

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on an Everest Basecamp Trek. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

RUCKSACKS AND BAGS

- Day sack 30-40L
- Rucksack/Duffle bag 70-90L

SLEEPING

- 4 season sleeping bag comfort rating of -10

FOOTWEAR

- Walking boots with ankle support
- Hiking socks at least 4 pairs, of which one thermal
- Training/comfy shoe for evenings

CLOTHING

- Waterproof & breathable jacket GORTEX recommended
- Waterproof over trousers
- Down jacket
- Windproof softshell jacket
- Lightweight fleece top
- Wicking t-shirt
- Trekking trousers/shorts (not denim)
- Thermal long johns
- Underwear light and loose
- Bandana/buff for the cold
- Balaclava/hat
- Insulated gloves/mittens
- Casual clothes for around the tea-houses

GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- 2 x Water bottles/bladder min 3L in total
- Sunglasses
- High energy snacks (dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Walking poles

SMALL FIRST AID KIT

- Antiseptic wipes
- Compeed blister pads
- Diarrhoea tablets
- Pain killers
- Plasters
- Rehydration sachets
- Your own medication
- Zinc oxide tape

TOILETRIES

- Personal toiletries
- Shampoo/conditioner
- Travel towel
- Deodorant
- Tissue/toilet paper
- Insect repellent containing DEET
- Aftersun/moisturiser
- Sun protection (min factor 30)

DOCUMENTS

- Passport
- Visa
- Tickets (given to you at the airport)
- Photocopy of passport
- Cash in US dollars
- Debit card
- Travel insurance

OPTIONAL

- Alarm clock/watch
- Camera
- Contact lenses (plus spare glasses)
- Deep heat
- Dextrose tablets for extra energy
- Dry shampoo
- Dry wash
- Ear plugs
- Gaffa tape for emergency repairs
- Knee supporters
- Sleeping bag liner
- Smart clothes for the celebratory meal
- Spare laces
- Swimwear dependant on hotel
- Waterproof liner

MAKING THE MOST OF YOUR KIT

PACKING

Check out Outdoorhire's useful tips on how to pack your kit bag [here](#). Remember that the Sherpas on your Everest Basecamp trek are only able to carry duffel bags or soft kitbags up to 15kg, so don't overpack!

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

CLOTHES

Temperatures can fluctuate enormously from day-night and between the bottom of the mountain and the summit. Lots of light layers are key, as well as a synthetic or down jacket for reaching Basecamp. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek this should be between 10° and -10° C. If you particularly feel the cold then upgrade your sleeping bag to the next level e.g. from 4 Season to 4+ Season. A silk sleeping bag liner will provide for extra comfort without taking up too much space in your pack, for an example [click here](#). Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

HYDRATION

At high altitude and during exercise your fluid needs increase dramatically and hydration is vital, not least to help prevent Altitude Sickness. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a wide mouth bottle with a drinking tube adaptor ([click here](#) for an example). This set up is easy to fill on the mountain and if the tube freezes it can be removed and you can still drink straight from the bottle.

See Outdoorhire's top tips for hydration [click here](#) for an example.

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.

