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Packing List for the Everest Base Camp Trek

As you prepare to lace up your hiking boots and breathe in the crisp mountain air, it's essential to be equipped with the right gear and essentials. The Everest Base Camp trek is no ordinary expedition; it's a test of endurance, a dance with altitude, and an encounter with some of the most awe-inspiring landscapes on Earth.

Whether you're a seasoned trekker or a first-time explorer, our curated list will ensure you have everything you need to conquer the challenges and savor the triumphs of this remarkable journey. These are the items you need to pack for the Everest Base Camp Trek:

Basic Gears and Equipment:

- Duffle Bag (Nepal Peak Adventure will provide you with a 50-70 liters duffle bag if you're trekking with us)
- Day Pack (35-45 liters recommended) with waterproof rain cover
- Trekking Poles (1 pair)
- Four-season sleeping bag (available for rental in Thamel)
- Sleeping bag liner (optional)
- Dry bags
- Quick drying towel

Personal First Aid Kit and Medications:

Our guides will carry a first aid kit (different medications and oximeter) provided by the company. However, you can have your own with the consultation of your doctor.

- Water bottle / Water bladder
- Water purification tablets or steripen
- Hydration supplements

Headwear:

- Beanie (1 Nos)
- Sun hat or Cap (we provide a free company cap) (1 Nos)
- Polarized Sunglass (1 Nos)
- Buff/Neck Gaiter (1 Nos)
- Headlight (1 Nos)



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Body Wear:

- Insulating layers/thermal wear (2 pairs)
- T-shirt (2 pairs)
- Full sleeve t-shirt (thin and thick) (1 each)
- Waterproof and windproof outer layers (1 Nos)
- Fleece jacket (1 Nos)
- Down jacket (Company provides)

Lower Body:

- Hiking Pants (2 pairs)
- Comfortable pants for the teahouses (1 Nos)
- Hiking shorts (optional)
- Waterproof and windproof pant (optional)

Hand Wears:

- Fabric liner gloves (1 pair)
- Hard-shell outer glove (1 pair)

Feet Wears:

- Fabric warm socks (2/3 pairs)
- Hiking socks (2/3 pairs)
- Trekking boot high ankle with a good grip recommended (1 pair)
- Casual shoes for the teahouses
- Gaiters (optional)

Personal Utilities:

- Undergarments (according to your needs)
- Pajamas or sleeping clothes (optional)
- Sunscreen cream
- Toothbrush, toothpaste and mouth wash



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- Toiletries
- Snacks (chocolates, dry fruits, energy bars, etc.)
- Feminine hygiene products as per needs
- Soap and deodorant
- Shampoo
- Hand sanitizer and wet wipes
- Face and body lotion
- Lip guard
- Hairbrush

Additional Supplies:

- Playing cards
- Power banks
- Books
- Camera, batteries and memory card
- Journal and pen

Documentation:

- Valid passport and necessary permits
- Nepal visa
- Extra passport-sized photos
- Travel insurance details
- Emergency contact information

Money (local currency and small denominations)