

Everest Base Camp Packing List

Don't forget your equipment!



If you're planning on going to Everest Base Camp, the trek can be physically demanding and mentally exhausting. The mountain air at this elevation (5,364 meters/17,598 feet) also adds some unexpected challenges that can make your trek more difficult if you're not prepared.

Here are Lists for success to help you pack for an Everest Base Camp Trek like a pro so you can make the most of your journey.

UPPER BODY

1. Windproof/waterproof jacket. (1)
2. Fleece jacket. (1)
3. Shirts and t-shirts. (3/4 pairs)
4. Down jacket. (1) (provided by Company)
5. Raincoat. (1)

LOWER BODY

1. Warm cotton long pants. (1/2 pairs)
2. Waterproof pants. (1)
3. Long thermal underwear. (2)
4. Short underwear. (3/4 pec)

HEAD

1. Sun hat or scarf. (1)

2. Warm fleece hat. (1)
3. Sunscreen sunblocks, and Lipbalms with UV protection.
4. Sunglasses. (1/2 pairs)

FOOTWEAR

1. Comfortable trekking boot.
2. Thick socks. (3/4 pairs)
3. Light socks. (3/4 Pairs)
4. Camp shoes and sandals.

HAND

1. Warm waterproof (gore-tex) gloves.

OTHER EQUIPMENT

1. Basic First Aid Kit.
2. Sleeping bag (Provide by the company)
3. Water Bottle
4. Towel
5. Day-pack or Backpack
6. Swiss Knife
7. Torchlight or Flashlight
8. Hand Sanitizer
9. Hiking Pole
10. Smartphone or Compact Camera
11. Power-bank