



Ultimate Everest Base Camp Packing List

Maximum Checked Weight Per Person: 10kg / 22lbs

Maximum Hand Baggage Weight: 5kg / 11lbs

Clothing		
#	Item	Qty
1	Quick Dry Long Sleeve Base Layer Shirts	2
2	Underwear	6
3	Trekking Shirts Short Sleeve	2
4	Thermal Underwear	2
5	Liner Socks	2
6	Woolen Blend Trekking Socks	3
7	Zip-Off Trekking Trousers	2
8	Lightweight Fleece	1
9	Heavyweight Fleece	1
10	Wind and Rain-Proof Outer Layer (Jacket and Trousers)	1
11	Down Jacket	1
12	Warm Winter Hat	1
13	Lightweight Thermal Layer Hat	1
14	Peaked Hat/Baseball Cap	1
15	Headband/Buff	1
16	Gloves (Winter and Liner)	1
17	Trekking Boots	1
18	Crocs/Sandals/Down Boots	1
19	Sleepwear	1
Equipment		
#	Item	Qty
20	Headtorch	1
21	Sleeping Bag and Liner	1
22	Alarm / Clock	1
23	Sunglasses	2
24	DSLR Camera	1
25	DSLR Batteries	3
26	Go Pro	1
27	Solar Charger	1
28	Portable Power Bank	1
29	Plug Adapter	1
30	Spare Batteries for Headtorch	1
31	Day Pack	1
32	Platypus / Camelback / Sigg Water Bottle	1
33	Water-Proof Backback Cover	1
34	Trekking Poles	1
35	Pack Liners/Hand Vacuum Packs (to Waterproof Bag)	2
36	MoneyBelt	1
Sundries		
#	Item	Qty
37	Teabags	1
38	Chocolate	1
39	Trailmix and Nuts	1
40	Notebook	1
41	Cards	1
42	Locks for Bags	1
43	Spare Shoe Laces	1
44	Whistle	1

First Aid		
	Item	Qty
45	Diamox	1
46	Paracetamol	1
47	Aleve	1
48	Vicks Vapor Rub	1
49	Sunscreen (Factor 50)	1
50	Chapstick / Lip Balm	1
51	Anti Nausea Medication	1
52	Immodium	1
53	Band-aids	1
54	Blister Packs	1
55	Eye Drops	1
56	Advil Cold and Sinus	1
57	Nasal Moisturiser	1
58	Q-Tips	1
59	Tweezers	1
60	Tiger Balm	1
61	Antibacterial Gel/Wipes	1
62	Rehydration Powder	1
63	Antiseptic Cream	1
64	Water Purification Tablets or Drops	1
65	Insect Repellent	1
66	Sewing Kit	1
67	Prescription Medication	1
Toiletries		
	Item	Qty
68	Foot Powder	1
69	WetWipes	1
70	Toilet Paper	1
71	Shampoo	1
72	Soap	1
73	Micro Fibre Towel	1
74	Toothpaste	1
75	Toothbrush	1
Documents		
	Item	Qty
76	Passport (with Photocopies)	1
77	Waterproof Document Pouch	1
78	Visas	1
79	Nepalese Rupees	1
80	Tickets and Itinerary	1
81	Insurance Documents (and Photocopies)	1
82	Vouchers and pre-departure information	1
83	Required visas or vaccination certificates (required) (With photocopies)	1
84	US Dollars	1
85	Credit Cards	1