

# Everest Base Camp Trek

## GEAR LIST

Note: This equipment is not just “suggested”, it is a comprehensive list that we have designed with your safety and comfort in mind! Please follow it closely and if you have any questions, feel free to contact Tricia at [tricia@trekkingforkids.org](mailto:tricia@trekkingforkids.org).

### **FOOTWEAR**

**Hiking Boots** – The boots should be waterproof, warm, leather or combination fabric and leather, have a sturdy mid-sole and a Vibram sole, and fit well over light and heavy sock combination. Fit is much more important than brand. Take time to select a pair that fits, and **break them in well**.

**Camp/Lightweight Trail Shoes** – Running shoes or other lightweight shoe you can wear around the teahouses and even use for hiking. It is important to be able to change footwear to aid in prevention of blisters and other foot discomforts.

**Gaiters** (*optional*) – For mud and rain. Helps keep your pants cleaner too. Short, simple gaiters are best, but any size will work.

**Camp Booties** – (*optional luxury*) Down or synthetic, any brand with thick foam soles.

**Lightweight/Heavy Trekking Socks** – 6 pairs Synthetic/Wool Blend (like Smartwool). You will use mostly lightweight but a pair of heavy socks is nice to have at higher elevations.

**Liner Socks** (*optional*) – 3 pairs of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and helps the outer sock last longer before needing to be changed. Some people prefer not to use liner socks so try them out beforehand and see what you like.

### **CLOTHING**

***It is very important that your clothing fits loosely and comfortably so you can layer your clothes appropriately. This is key for maintaining a comfortable body temperature.***

**PLEASE NO COTTON!**

**Shirts** – 2 short sleeve synthetic; most nylon running shirts or athletic shirts will work. TFK will provide you with one short-sleeved synthetic shirt.

**Lightweight Long Underwear Top and Bottom** – Zip T-neck design is good. Light colors are better for tops because they are cooler when hiking in direct sunlight and just as warm as dark colors when worn underneath other layers.

**Mid-weight Long Underwear Top and Bottom** – Temperatures will vary so having two different weights of long underwear is ideal, but you can also use two lightweight tops and double up.

**Briefs** – Synthetic or cotton.

**Light Trekking Pants** – 2 pairs. Zip offs are great so you can have a shorts option.

**Soft Shell Pants** (*optional*) – These non-insulated pants can be worn in place of trekking pants while on the trek. They provide a higher level of warmth and also repel light rain. Alternative combinations are: *thermals under trekking pants for cooler weather and fleece pants under gore-tex shells for extreme cold.*

**Hard Shell Pants** – Waterproof and breathable such as Gore-Tex. It is recommended that pants have full-length side zips. Full zip is helpful when removing pants while wearing boots. 7/8th or 3/4 zips that reach to lower hip will also work. Make sure pants are large enough to fit over your other layers.

**Fleece or Synthetic Jacket** – Polartec 100 or 200 is good. An even better alternative is a synthetic fill jacket made of Primaloft or Polargard.

**Hard Shell Jacket** – Waterproof, breathable shell, full zip, with hood and no insulation. Make sure jacket is large enough to fit over your other layers.

**Down Insulated Jacket** – Medium weight would be great.

## **HEAD & HAND GEAR**

**Lightweight or Windstopper Fleece Gloves** – Fabric that will dry quickly in case they get wet.

**Hard shell Mittens or Gloves** – With insulated liners. Ski gloves/mittens work well. These will be used probably only for Everest Base Camp and Kala Pattar summit, but you will be glad you have them.

**Buff** – Used to shade your neck, cover your mouth, keep your ears warm, and hide your hair. Protects respiratory system when traveling in dusty conditions and keeps you warm at night. **No need to purchase.** We will be giving you a Trekking for Kids one.

**Sun Hat** – Any lightweight hat with a good brim or visor.

**Wool or Fleece Hat** – Any brand of warm hat that can go over ears.

## **GEAR**

**Daypack** – Usually 2500-3000 cubic inches is the max. you will need. Top opening, internal frame, mountaineer's rucksack style is best. Avoid large zipper openings and excessive outside pockets. It **must have** a functional waist belt meaning that the waist belt supports the weight of the pack. You will be carrying water, snacks, warm clothes, camera, etc.

**Rain cover for pack** – In case we get caught in the rain or snow, this will help your gear stay dry. You can also put everything inside of plastic garbage bags for added protection or a dry sack.

**Sleeping Bag** – Minus 10F to 0F Down 700 fill minimum is recommended, but synthetic is ok. It will get cold at night. You can also bring a sleeping bag liner for added warmth if your bag is not as warm.

**Sleeping Pad** – Inflating, full-length. (Teahouses will have mattresses, but a personal pad to put on top is always nice!)

**Trekking Poles** – Useful for going up and down steep, muddy trails, and general trekking in the higher elevations. Adjustable poles are best so that you can strap them on your pack when not in use. Remove the ski baskets since you will use them for walking.

**Headlamp w/ spare bulb** – plus two sets of batteries.

**Water Bottles** – 3, one-liter, leak-proof wide-mouth Nalgene bottles **or** 1 if you bring a 2-liter hydration bag. Some people need more water in a day and some will need less. Adjust accordingly.

**Hydration Bag** – If you bring a hydration bag you will still need to bring 1, one liter bottle to treat your water in.

**Water Purification Tablets, Steripen or Water Filter** – You should bring a method of treating your own water. Bottled water is available, but is very expensive and since there is no landfill the plastic usually end up on the trail. Steripens are quick and easy to use, but batteries can drain quickly with the cold. Bring plenty of batteries and a backup water treatment method such as tablets. Tablets such as Potable Aqua brand or Katadyn Micropur Purification tablets (these don't leave the bad after taste). Small packets of Crystal Light or Powerade are nice to hide the taste of iodine treated water.

**Sunglasses** – 2 pairs recommended. *It is important to have a spare pair of sunglasses*

**Carabineers (optional)** – to hang water bottle, camera, hat, to your day-pack or belt.

## **MEDICAL & PERSONAL**

**Sunscreen** – SPF-30 or higher, non-oily, not older than 6 months. Sunscreen older than six months loses half of its SPF rating. Bring multiple small containers; you should not carry large quantities in your daypack.

**Lip-screen** – SPF-30 or higher, any brand. Bring 2 in case you lose one.

**Toiletry Kit** – Toothbrush, toothpaste, lotion, alcohol-based anti-bacterial hand sanitizer (Purell), comb/brush, shave kit, needle/thread, shampoo, soap (bring **travel size** bottles).

**Small personal First-Aid Kit** – (simple and light) Antibiotic ointment, moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, small roll of duct tape, etc.

**Drugs/Medications/Prescriptions** – **EVERYONE must come with a prescription of Diamox (Acetazolamide), 5 pills minimum (preferably 500mg time release). If you are allergic to sulfa meds, please let us know.** Other useful items: Pepto Bismol. Ciprofloxin (Cipro) 500mg tablets and Azithromycin (Z-pak) 250mg for traveler's diarrhea and for urinary tract infections (**Z-pack is highly recommended while on the mountain as Cipro is not as effective**). Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen for stomach sensitivity.

**Pack Towel** – Small or Medium size. Do not bring "terrycloth," bandanas work in a pinch.

**Pillowcase** – Pillows are provided in the teahouses, but who knows how often they wash the pillowcases. Bring your own and then you don't have to worry.

**Swiss Army Knife** (*optional*) – Remember not to leave in carry-on bags for any international or domestic flight. Scissors are probably the most useful features; you will seldom need the knife blade.

**Duct tape** – Great for blister care and to repair anything. Don't bring a large roll; instead, put some around your trekking pole, water bottle, or pen.

**Zip-loc bags** – Always useful, bring plenty (gallon and quart size).

**Trash Bags** – Good for wrapping stuff in if it rains and keeping your duffel bag organized and dry. Trash compactor bags are also good and are made from a heavier plastic.

**Baby wipes** – Do not need 3000. 2 or 3 packets of 20 will do fine to help keep you clean on the trail.

**Ear-plugs** – You will definitely want these in the teahouses. The walls are paper-thin!

**Trail Snacks** – Energy bars, trail mix, dried fruit, beef jerky, or other high energy snacks that you like (we will be fed well along the way so don't go overboard). Snacks like Snickers and Pringles are for sale along the trail but at a premium price, especially the higher you are.

## **TRAVEL ITEMS**

**Large Expedition Duffel Bag or Internal Frame Backpack** – The porters or yaks will carry this with your belongings on the mountain and it is also great for flying to Nepal with all of your gear. (Highly recommended - bring a waterproof bag, or line your duffel with a garbage bag). **NO WHEELS!**

**Small Travel Duffel Bag or Suitcase** – Important. This will be stored at your hotel in Kathmandu while you are on the mountain. This needs to fit all "city stuff", city clothes, toiletries you are not bringing on the trek.

**City clothes** – Simple and versatile, for working in the orphanage as well as around town. Please make sure outfits are respectful of the local culture, ie nothing tight, short or revealing. Slippers for the hotel and warm clothes like sweaters will be nice as there is little or no heating in the buildings and even though day time temperatures can be pleasant, you will still feel cold when not in the sun.

**Passport Belt/Pouch** – Keep your passport and money safe.

**Book/card games** – For evening entertainment in the teahouses.

**Journal**- Make sure it is not too large. Remember, you are only allowed 10 kgs!

**Camera, Lenses, Video Camera, Memory Cards and extra batteries for Digital Cameras** – Make sure you have plenty of memory cards and extra batteries. You will not be able to charge batteries at all the teahouses on the trek and the cold will drain them quickly. When you can charge things, it can cost up to \$6.00 an hour.

**Luggage Locks** – To keep your belongings safe and when you store your bag in Kathmandu.