

Everest Base Camp Trek Required Equipment

BASE LAYERS

- Synthetic Short Underwear** (2-3 pair)
non-cotton style underwear
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- Lightweight Long Underwear** (1-2 pair)
long sleeve shirt and long pants
recommended: [Mountain Hardware Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms
- Heavyweight Long Underwear** (1 pair)
recommended: [Mountain Hardware Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms
- Short Sleeve Synthetic Shirt** (1-2)
recommended: [Mountain Hardware Diamond Peak Short Sleeve T-Shirt](#)

MID LAYERS

- Soft Shell Jacket**
to be worn over other layers
recommended: [Mountain Hardware Stretch Ozonic Jacket](#)
- Soft Shell Pants**
very breathable and water repellent
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- Lightweight Nylon Pants** (1-2 pair)
recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF/RAIN LAYERS

- Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardware Exposure/2 Gore-Tex 3L Active Jacket](#)
- Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

- Insulated Down Jacket with hood**
recommended: [Mountain Hardware Absolute Zero Parka](#) or [Nilas Jacket](#)
- Insulated Pants** (optional)
recommended: [Mountain Hardware Compressor Pant](#)

HEADWEAR

- Warm Hat**
synthetic or wool hat (ski hat)
recommended: [Mountain Hardware Dome Perignon Pro](#)
- Balaclava**
to protect your neck and face in high winds
recommended: [Mountain Hardware Alpine Balaclava](#)

**Baseball Cap or other sun hat**

to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#)

**Bandana or Buff**

to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#)

EYEWEAR

**Glacier Glasses**

full protection with side covers or wrap around
recommended: [Julbo Shield Sunglasses](#)

**Ski Goggles (optional)**

to be worn in the event of high winds
recommended: [Scott USA LCG Goggle](#)

GLOVES

**Lightweight Synthetic Base Layer Gloves**

for wearing on a hot day
recommended: [Mountain Hardware Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**

to wear for moderate cold/wind
recommended: [Mountain Hardware Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind
recommended: [Mountain Hardware Exposure/2 Gore-Tex Glove](#)

FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**Wool or Synthetic Socks (3 pairs)**

recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)

**Hiking Boots/Shoes**

comfortable boots or shoes for the trek to base camp
recommended: [La Sportiva Trango TRK GTX](#)

**Gaiters (optional)**

recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

**Booties (optional)**

..for wearing about the lodges
recommended: [Feathered Friends Down Booties](#)

SLEEPING EQUIPMENT

**Sleeping Bag**

rated to at least -20°F
recommended: [Mountain Hardware Lamina -30 Sleeping Bag](#)

**Earplugs**

recommended: [Eagle Creek Travel Ear Plug Set](#)

TREKKING GEAR

Trekking Backpack

to carry on the trek to base camp. Simple and light.
recommended: [Mountain Hardware Scrambler 35 Backpack](#)

Compression Stuff Sacks

for reducing the volume of the sleeping bag, down parka, etc., in your pack/duffels
recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC Dry Sacks](#)

Trash Compactor Bags

to line backpack and stuff sacks as well as for separating gear

Backpack Rain Cover (optional)

Trekking Poles with optional Snow Baskets

adjustable poles
recommended: [Black Diamond Alpine Carbon Z Trekking Poles](#)

Headlamp

with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)

TRAVEL ITEMS

Large Duffel Bags with Locks (2)

for transporting gear
recommended: [The North Face Base Camp Duffel](#)

Carry-on Backpack

can use trekking backpack, approximately 18" x 16" x 10" (46cm x 41cm x 26cm)

Travel Clothes

for days in cities and towns

Lightweight journal, sketchbook, pencils, pen

U.S. cash

for currency exchange to purchase SIM cards or merchandise in cities and villages

ADDITIONAL FOOD ITEMS

Snack Food

bring a few days' supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc.
variety of salty and sweet is good

OTHER EQUIPMENT

Cup

plastic 16 oz. minimum cup or mug

Bowl

large plastic bowl for eating dinner or breakfast

Spoon

plastic spoon (Lexan)

- Water Bottles (2)**
wide mouth bottles with 1-liter capacity
recommended: [Nalgene 1L bottle](#)
- Water Bottle Parkas (2)**
fully insulated with zip opening
recommended: [Outdoor Research Water Bottle Parka #1](#)
- Water Treatment (optional)**
recommended: [SteriPEN Ultra](#), [Aquamira](#), tablets, etc.
- Thermos**
1 liter
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)
- Hand and Toe Warmers**
recommended: [Yaktrax Hand Warmer](#)
- Sunscreen**
SPF 50 or better
- Lip Screen (2 sticks)**
SPF 30 or better
- Toiletry Bag**
include small towel, toilet paper and hand sanitizer
- Pee Bottle**
1-liter minimum bottle for convenience at night
- Female Urination Device (FUD)**
recommended: [Sani-Fem Freshette](#)
- Knife or Multi-tool (optional)**
- Small Personal First-aid Kit**
include athletic tape, band-aids, Ibuprofen, blister care, cough drops, etc.
- Medications and Prescriptions**
bring antibiotics (Azithromycin, etc.), and altitude medicine such as Diamox and dexamethasone
- Handkerchiefs/Bandanas (optional)**

OPTIONAL ELECTRONICS

- Country-appropriate power plug adapters and power transformers**
- Adventure Sports Watch**
recommended: [Garmin fēnix 6](#)
- GPS/Personal Satellite Communicator**
recommended: [Garmin inReach Mini](#)

**Personal Power System**

recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100AC Power Bank](#)

**Digital Entertainment**

movies, tv shows, music, books loaded on to smartphone, iPad, Kindle

**Camera**

bring extra batteries, charger, and memory cards