

# Packing Checklist

## Trek to Everest Base Camp

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Be prepared for all kinds of weather and having more layers than a 6-layer nacho dip! Choose warm, lightweight, multiple-use clothing. Layering and appropriate fabrics will help keep your pack lighter and you'll stay warm and dry. Wool and synthetic fabrics are known as "pile" (ie. polar-plus, Patagonia's recycled Synchronilla, fleece) and magically remain warm even when wet. Anything made of cotton (socks, jeans, sweaters, sweatshirts) will quickly become inefficient, soggy when wet and takes a long time to dry out.

Here are a few [great gear tutorials](#) from our friends at Mountain Equipment Co-op and REI that can help you select the best items for your Everest experience.

[How to choose hiking boots.](#)

[Read more about choosing raingear.](#)

[How to choose insulated outerwear.](#)

[Choosing the best base layers.](#)

[Learn how to choose a travel adapter.](#)

For visual learners, here's a tutorial on [how to pack for your trek](#) from a WWE in-house expert!

## Required Items

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- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase, a backpack or similar with small padlocks or combination locks.

- Daypack: Must be well-fitting with supportive shoulder straps and an adjustable waist strap. It should be large enough for your water bottle, jacket, fleece sweater, camera and snacks. Recommended size: 20-30 liters (2000 cubic inches). We recommend resilient and high performance brands like Osprey.
- Waterproof/windproof jacket and waterproof, breathable pants. Choose a shell jacket with a hood and zippered armpits. Rain gear **MUST BE** guaranteed waterproof to be effective!
- Trekking poles (these can be purchased in Kathmandu—if you bring your own, you must pack them in your checked luggage due to airline carry-on restrictions)
- Hiking boots: They must be waterproof, comfortable, and well worn-in.
- Down/synthetic jacket: 1 super warm jacket
- Warm sweaters: 2, fleece or wool, one for hiking and one for evening wear
- Long sleeve shirts: 2-3, mid-weight, moisture-wicking fabric
- Short sleeve shirt: 2, lightweight, moisture-wicking fabric
- Hiking pants: 1-2, lightweight, quick-dry fabric
- Set of long underwear/base layers: 1-2, top & bottom, moisture-wicking fabric.
- Underwear, as desired: 4-8 pairs (plan to hand wash) or 14 pairs (no laundry)
- Sport bras, as desired
- Brimmed sun hat and fleece/wool hat
- Sunglasses
- Medium weight gloves/mitts: fleece or wool, especially when using trekking poles
- Trail runners/running shoes/Crocs: for casual wear in the evenings
- Socks: 3 to 6 pairs, medium/heavy weight, wool or synthetic
- Head lamp, with extra new batteries (\*Keep batteries close to your body, it will make them last longer)
- 2 x 1L (32oz) wide mouth water bottles such as Nalgene - ***it is important that your two water bottles are no smaller than 1L; if you prefer to drink from a hydration bladder, please bring this in addition to your 2 x 1L bottles***

- Ziploc bags (various sizes, to keep gear dry and separate inside your duffle and daypack)
- Toiletries (soap, toothpaste, toothbrush, feminine hygiene products, etc.)
- Prescriptions (\*bring in duplicate and pack separately), Ibuprofen/ASA or Advil. We also suggest packing cough syrup, throat lozenges and/or cold/flu tablets (or products like Nyquil/Dayquil) as the extreme conditions, elevation and communal spaces can trigger nuisance colds or respiratory issues.
- Sunscreen (SPF 30+)
- Lip balm (with SPF)
- Toilet paper (toilet paper can be purchased along the way)
- Wet Wipes, alcohol-based sanitizer and face masks
- Travel towel (compact, lightweight, quick-dry)
- Personal first aid kit: Band-Aids, alcohol wipes, medical tape, moleskin (\*the WWE guide will also carry a group kit)
- Rehydration powder
- Anti-nauseant (Dimenhydrinate): it's common to feel nauseous due to the altitude
- Imodium (or similar tablets for mild cases of diarrhea, also common at altitude and in Nepal in general)
- Nasal moisturizer: altitude causes nasal cavities to be very dry
- Water purifying tablets such as Aqua Tabs or other water treatment solutions (pack enough 18 days x 5.5 L per day or 100 tablets minimum)
- Energy bars, gel packs, electrolyte powder or similar (like Tang to flavour the water and add calories)/2 sachets per day. Some snacks are provided but we recommend that you can bring your faves!
- Ear plugs (recommended for sharing rooms)
- Electricity plug adapter. In Nepal there are three associated plug types, **types C, D and M**. Plug type C is the plug which has two round pins, plug type D has three round pins in a triangular pattern and plug type M has three round pins. Nepal operates on a 230V supply voltage and 50Hz.

## Optional Items

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- Down booties (to keep your feet as warm as a hug in the evenings)
- Backpack rain cover (make sure it's of an appropriate size and keep it accessible when repacking each night)
- Sock liners (these tight, thin, synthetic liners are worn under socks to prevent blisters)
- Camera, with extra batteries
- Sleeping bag liner for additional warmth (adds 5-7°C)
- Sleeping bag: rated for sub-zero or down to 0°F/-20°C (\*the provided sleeping bag is rated to -20C/-4F and weighs 1.5kg but you are welcome to bring your own if it is rated warm enough)
- Gaiters (for additional warmth and to keep dirt out of your boots)
- Laundry soap
- Travel wallet, luggage locks, travel pillow
- Notebook and/or reading material
- Diamox (altitude pills) or Dexamethasone (altitude sickness emergency treatment). It's best to speak with your doctor or a travel doctor to see what's best for you
- Maps, guidebook
- Flip flops or sandals (to wear in the shower)

## Essential Documents

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- Passport: stored in a waterproof wallet/Ziploc bag
- Copy of passport, insurance, air tickets (store copies separate from the originals!)
- Nepal Visa (visas will be obtained upon arrival, bring 2 official passport sized photos with you!)

- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary: your international and domestic itinerary and tickets

## Packing Notes

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### Luggage Logistics

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Checked luggage on airplanes can get lost or delayed. Therefore, you should prepare for this possibility by wearing or carrying on the items that are essential to your climb. You should wear or carry one complete hiking outfit on the plane, including a long sleeve shirt, hiking pants, underwear, socks, and your hiking boots. In your carry-on bag (day pack), you should bring your waterproof jacket and pants, insulated jacket, snacks, toiletries, medications, camera and all paperwork. Make sure you wear or carry your hiking boots! This is critical!

Note: You will leave your travel luggage (extra travel clothing, etc.) at the Address Kathmandu Hotel and climb to Everest basecamp with ONLY your necessary personal items. These will be carried by the team of porters and yourself.

**IMPORTANT: The flight to Lukla has a strict / 22lbs checked bag (your duffle bag) and 5 kg / 11 lbs carry-on (your day pack) allowance for a TOTAL weight of 15 kg / 33 lbs of personal gear.**

All of your gear and clothing should be waterproofed using either plastic bags or dry bags. Porters will walk ahead of you on the trail. Everything the porters carry for you to the next tea house will be placed into a provided duffle bag, including the provided sleeping bag. You will not have access to the luggage carried by the porter until you reach the lodge each evening.



**NOTE:** The provided sleeping bag weighs 1.5 kg and the duffle is about 1 kg, leaving you with 7.5 kg **MAXIMUM** for personal items which should be plenty.

**Your Daypack Essentials are:**

- Trail snacks
- Personal first aid kit
- Electrolyte replacement powder and snacks
- Headlamp/lightweight flashlight
- Sunscreen/lip balm with SPF
- Toilet paper
- Alcohol-based sanitizer, face masks
- Waterproof jacket and pants
- Warm hat
- Water (your guide will direct you on how much to carry each day)
- Warm jacket (for cooler weather conditions)



**Note:** Your daypack should not weigh more than 5 kg / 11 lbs. Please practice packing your daypack at home so you don't arrive in Nepal and realize your pack is too small!

## Included Gear

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- Sleeping bag:** Rated to -20 C / -4 F and weighs 1.5 kg. It is a mummy-style sleeping bag. Wild Women Expeditions recommends you bring a liner and pillowcase.
- Expedition duffle bag:** Weighs 1 kg, 70 litres. Not waterproof.
- We recommend packing your sleeping bag and clothing inside plastic bags in your Wild Women Expeditions duffle bag in case of heavy downpours.

## Resources for Buying Outdoor Gear & Clothing

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- **Mountain Equipment Co-op, SAIL, REI, Atmosphere, Sportchek**
- **Borrow:** Why buy when you can borrow from a friend?!
- **Variety/Value Village, Goodwill, Salvation Army and online swap sites** are also fab places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Re-wear!