







# Trek to Everest Base Camp

## Packing Checklist


 **Gear Note:** We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!


 **Fabric Note:** We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.


 **Luggage Logistics Note:** You will repack in Ramechhap, put only the gear you will bring on the trek in the duffel for the porter and in your personal day pack. Your remaining gear will be stored safely and will be waiting for you in Kathmandu upon your return.

 **Hot Tip:** Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favourite pair of jeans!

Please note that regardless of the weather forecast Everest is potentially freezing at any time of year, please pack with this in mind.

 **Laundry Note:** There are no laundry facilities available throughout the trip. If you're extending your stay, most hotels in Nepal have laundry service.

 **Travel Tip:** Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. hiking boots, fleece) and pack your raincoat, waterproof pants, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

 **Hot Tip:** Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*), if you know you will never use it - think about how you travel and what works best for you.

## Required Items

- Main luggage: suggested small-medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack
- Daypack: A 20L-30L pack should be sufficient for your water bottle, CamelBak, packed lunch, raincoat, fleece sweater, camera/phone and personal items. Choose a pack with a chest strap and easy-access zippered pockets and properly sized rain cover that tightly cinches.
- Waterproof Hiking boots: Make sure you've given them a solid pre-trip workout in varying terrain and elements! Logging several miles in them will help ensure a blister-free trip.
- Waterproof, breathable jacket and pants: Jackets with hoods and armpit zips are best. Your rain gear **MUST BE** truly waterproof not just a shell.
- Down jacket: 1 super warm jacket
- Sunglasses with a retainer strap (It is a safety concern not to have them at this altitude)
- 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
- Trekking poles (these can be purchased in Kathmandu)
  - Note: you cannot pack hiking poles in your carry-on luggage, they must be checked in.
  - Carrying hiking poles with you is highly recommended for safety reasons, in the event of a mild strain or injury while hiking.

## Recommended Items

- Trail runners/running shoes: For casual wear at camp and walking around town
- Light sandals or slippers: for evening wear or around accommodations, and to wear in the showers.
- Socks: Bring enough socks to have a dry pair to hike in and change into at camp (post-hike) everyday. Good, long hiking socks are paramount—especially merino wool socks that will help keep your feet warm even when wet. There will be time to wash socks—but not necessarily enough time to air-dry them!
- Fleece/wool sweater: 2, one for hiking and one for evening wear
- Shirts/T-shirts: 2, lightweight, moisture-wicking fabric
- Long-sleeve shirts: 2-3, mid-weight, moisture-wicking fabric
- Lightweight hiking pants: one or two pairs, at least one quick-dry pair is recommended.
- Set of long underwear/base layers: 1-2, top & bottom, moisture-wicking fabric
- Underwear and bras as desired
- Pajamas
- Sun hat/baseball cap
- Warm hat: wool/fleece toque (for the Canadians) or beanie
- Medium-weight gloves or mitts: they will be appreciated on the colder mornings and evenings
- Toiletries
- Toilet paper (toilet paper can be purchased along the way)
- Wet Wipes
- Travel towel (compact, lightweight, quick-dry)
- Nasal moisturizer: altitude causes nasal cavities to be very dry
- Sunscreen (SPF 30+), lip balm with sunscreen
- Ear plugs (recommended for shared rooms)
- Small flashlight or headlamp, spare batteries
- Personal first aid kit and blister kit
- Electrolytes or 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)
- Extra strength Ibuprofen or similar
- Binoculars

- Backpack rain cover (make sure it's of an appropriate size and keep it accessible when repacking each night)

## Optional Items

- Down booties (to keep your feet as warm as a hug in the evenings)
- Sock liners (these tight, thin, synthetic liners are worn under socks to prevent blisters)
- 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)
- Bio-Degradable Laundry soap
- 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
- Portable battery/power brick for charging phone and items while hiking
- Extra travel and 'town' clothes
- Bandana/ Buff
- Small travel pillow
- Ziploc baggies to waterproof items in day pack or a small dry bag
- Pencil and Notebook/Journal
- Reading material
- Face masks, hand sanitizer
- Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few
- Envelopes for guide(s) for staff tips (see Travel Details Tipping section for guidance and instructions on tipping)

## Essential Documents

- Passport (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Local currency, ATM and credit cards

- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required

## Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!