

Mt. Everest

Packing List

Travel Documents

- Passport 6mts Valid
- Debit/Credit Cards
- Insurance Papers
- Photocopy of passport

Base Layers

- Merino Wool Underwear (4 pcs)
- Merino long sleeve base layer (2 pcs)
- Merino long pants base layer (2 pcs)
- Merino Short Sleeve T Shirt (2 pcs)

Mid Layers

- Tech Fleece (2pcs)
- Tech fleece with hood (1pcs)
- Heavyweight Hiking Pants (2pcs)
- Lightweight Hiking Pants (2pcs)

Insulation Layers

- Heavyweight Insulated Down Jacket with hood: we primarily wear this when climbing below Camp 2
- Insulated Pants: worn primarily when climbing below Camp 2
- Down Suit: worn when climbing above Camp 2

Windproof/Rain Layers

- Hard Shell Jacket (1pcs)
- Hard Shell Pants (1pcs)

Headwear

- Warm Hat (2pcs)
- Balaclava (1pcs)
- Baseball Cap (1pcs)
- Bandana or Buff (2pcs)

Eyewear

- Cat 4 Glacier Glasses
- UV Nose protector
- Cat 4 Ski Goggles

Gloves

- Lightweight Synthetic Base Layer Gloves: for wearing on a hot day
- Soft Shell Gloves: to wear for moderate cold/wind
- Shell Glove with Insulated Liner: to wear for severe cold/strong wind
- Expedition Mitts: large enough to fit a liner glove inside
- Heated Gloves (optional): Battery-powered heated gloves

Packing List

Footwear

- Liner Socks (3 pairs)
- Wool or Synthetic Socks (6 pairs)
- Heated Socks (optional)
- Mountaineering boots 8000m
- Hiking Boots/Shoes: comfortable boots or shoes for the trek to base camp
- Camp boots: comfortable boots for wearing in camp
- Shower shoes/sandals (optional)
- Lodge Slippers (optional): comfortable slippers for wearing about trekking lodges
- Gaiters (optional)
- Booties (optional)

Sleeping Equipment

- Sleeping Bag (for high camps): rated to at least -40°C. Goose down
- Sleeping Bag (for base camp): rated to at least -30°C Goose down
- Self-inflating Sleeping Pad: full length is preferred
- Closed-cell Foam Pad: to be used in conjunction with the inflating pad for warmth and comfort when sleeping
- Earplugs

Travel Items

- Small hotel Duffel Bag
- Travel Clothes
- Cash
- Visa Card
- ATM card

Additional Food Items

- Small hotel Duffel Bag
- Travel Clothes
- Cash
- Visa Card
- ATM card

Mountaineering Gear

- Large 120ltr Duffel Bag
- Expedition Backpack: approximately 75 – 105L
- Compression Stuff Sacks: for reducing the volume of the sleeping bag, down parka, etc., in your pack
- Trekking Backpack: to carry on the trek to base camp. Simple and light.
- Trekking Poles with Snow Baskets: adjustable poles
- Ice Axe: general mountaineering tool (65cm)
- Crampons: general mountaineering crampons
- Climbing Helmet: must be able to fit over your warm hat
- Ascender: 1 right or left-hand ascender
- "Y" Rig or Petzl for ascender and safety carabiner
- Accessory Cord: 30 feet (9m) of 6mm accessory cord
- Alpine Climbing Harness: mountaineering harness
- Carabiners: 3 regular and 3 locking
- Carabineer for progression lanyard (locking)
- Belay/Rappel device
- Headlamps 600-700 lums (2pcs)
- Pack Liner (2 pieces)

Toiletries (Personal)

- Toilet Paper
- Toothpaste & Toothbrush
- Bio Baby wipes (2pcs)
- Soap
- Shampoo
- Shaver
- Towel
- Small nail-brush
- Sunscreen: SPF 50
- Lip Screen: SPF 30
- Aftersun

Packing List

Medical

- Personal First-aid kit
- Compeed blister packs
- Sutures & steri strips
- Ibuprofen
- Paracetamol
- 250mg Diamox 20days
- Medicated throat lozenges
- Medicated throat spray
- Antibiotic Azithromycin 500mg
- Laxatives
- Imodium
- Mosquito repellent
- Menstrual products
- Electrolytes
- Nail cutter
- Duck tape - Repair Kit
- Hand & Feet chemical warmers

Additional Items

- Compression Stuff Sacks
- Plastic Cup (high camps)
- Plastic Bowl (high camps)
- Plastic Spoon (high camp)
- Water Bottles 1- litre (3pcs)
- Thermos 1- litre
- Pee Bottle 1- litre
- Female Urination Device (FUD)
- Knife or Multi-tool (optional)

Optional Electronics

- Country-appropriate power adapters
- Avalanche Transceiver
- Adventure Sports Watch
- GPS/ Garmin inReach Mini
- Sherpa 100AC Power Bank
- Phone camera
- Batteries
- Charging leads

Additional Personal Items

(Add your own personal items here)

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