

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
- ☐ Carabineers: 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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