

KIT LIST - EVEREST BASE CAMP TREK

The kit you take can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and those of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS + FLIGHT ESSENTIALS	✓
Passport + copy	
E-Tickets + pre departure info	
2 Passport photos for trek permit	
Visa approval & US\$30 in cash	
Travel insurance	
ATM and credit card (s)	
Cash (£ Sterling)	
Pen for immigration forms	
Sunglasses (preferably polarized)	
Mobile phone + charger	
Camera + spare batteries	

LUGGAGE	✓
Trek kit bag	
Suitcase/large holdall for luggage	
Daypack (25-30 litres)	
Hand Luggage (take note of dimensions from airline)	
Combination padlocks	
Dry bag/rucksack liner	

CLOTHING + FOOTWEAR	✓
Trekking boots: either worn on flight or carried in hand luggage	
Trek trousers	
Non-cotton, technical t-shirts	
Non-cotton long sleeved base layer	
Trek socks	
Underwear	
Warm fleece/mid layer	
Warm insulated jacket (e.g. down or Primaloft)	
Waterproof jacket and trousers	
Casual clothes and shoes for sightseeing	
Thermal trousers and long-sleeve top	
Sun hat with brim and warm hat for night	
Gloves or mitts + liner gloves	
Trainers for camp	

HEALTH + HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, shower gel, moisturiser, nail brush and nail care kit	
Personal first aid kit to include: prescription medicine, 50% DEET insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline	
Hairbrush/comb	
Feminine care products	
Travel towel	

OTHER KIT	✓
Sleeping bag (comfort -10 to -15°C) + silk/thermal liner	
Sun block (high SPF)	
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	
2 ltr water hydration system (e.g. Camelbak)	
1 ltr metal/insulated water bottle	
LED head torch + spare batteries	
Adaptor (European 2 round pin)	
Ear plugs	
Hiking poles – to be stowed in hold luggage for flight	
Buff (e.g. buffwear.co.uk) + Cobber cooking neck wrap	
Balaclava	
Energy food/snack bars	
Electrolyte (e.g. NUUN)	
Water purification tablets (e.g. Biox Aqua)	
Spare glasses/contact lenses	
Video camera + charger	
MP3 player/ipod/books/pack of cards	
Portable power bank	