

everest base camp, kit list



The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; however please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a 15% discount on equipment from **Nomad Travel Stores** (call 020 8889 7014 and quote the special discount reference **CC1001** or click here to shop with [Nomad Online](#)). Nomad Travel Stores will also put together a first aid kit specifically for your expeditions.

We have also negotiated a 15% discount with **Cotswold Outdoor Ltd** at any of their stores nationwide. You will need to quote AF-CHARITY-D7 when making your purchase either online (www.cotswoldoutdoor.com), from the Cotswold Outdoor catalogues, or by mail order Tel. 0844 557 7755 Fax. 01666 575 507. Please [click here](#) to open full details of the scheme.

If you would prefer to hire kit, please contact Trek Hire (01306 886333 or visit www.trekhireuk.com).

Try to use your equipment before you go – particularly your rucksack, cycling kit, boots and sleeping bag (if camping) – this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn on treks. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night's sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry and should not be worn on the trek).

Your main bag should not weigh more than 15kg. If you exceed this limit, you may be charged for excess luggage on internal flights or when entering National Parks. Additionally, in line with our responsible tourism policy, it is important not to overload the porters and transfer agents who have to carry and transport it. Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else.

If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don't pack things you will need again before or during the flight – such as medicine - and make sure you have an adequate supply. Keep extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as toothbrush to freshen up on the long journey but please do remember that there are strict regulations governing the transport of liquids in hand luggage. For the most up-to-date air travel hand luggage rules, please follow the link [here](#).

Don't pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When leaving the UK, we recommend that you wear your trekking boots and trekking/cycling gear, and take as much as possible in your hand luggage, especially a full day's underwear and other clothing. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the expedition while we relocate any missing baggage.

Important: The weather can vary greatly from season to season and even within a very short period of time. You must be prepared for cold and wet weather at all times. Please pay particular attention to the kit that will keep you warm and dry ie: waterproofs, jacket, fleece etc. It is a good idea to wrap everything inside your main bag in plastic bags, so if it rains, your kit and especially your sleeping bag is less likely to get wet.

item	take it?
baggage and sleeping	
Large rucksack/kit bag – no more than 15kgs (a suitcase is not appropriate)	Yes
Day rucksack (for carrying sun cream, camera, film, water bottles etc)	Yes
Sleeping bag 4 season (you can hire one from Nepal for \$1 per day (\$150 if lost or damaged) payable in country before you trek, please order through Charity Challenge)	Yes
Fleece sleeping bag liner	Yes
Thermarest (sleeping mat provided in Kathmandu, but can be used for extra comfort & insulation. You can hire one from Nepal for \$2 per day (\$200 if lost or damaged) payable in country before you trek, please order through Charity Challenge)	Yes

clothing	
Waterproof jacket and trousers	Yes
Long-sleeved shirt	Yes
T-shirts	Yes
Fleece	Yes
Thermals (for cold nights)	Yes
Trousers (such as lightweight cargo trousers, avoid jeans)	Yes
Shorts & swimwear	Optional
Underwear (light and loose), plenty of socks - both hiking and light	Yes
Bandana /scarf (to avoid dust and sunburn)	Yes
Down jacket (highly recommended, you can hire one from Nepal for \$1 per day (\$150 if lost or damaged) payable in country before you trek, please order through Charity Challenge)	Yes
Walking boots (sturdy well worn in hiking boots)	Yes
Ankle gaiters (use in snowy conditions in the foothills & if compatible with own boots)	Optional
Trainers for evenings	Yes
Wide brimmed hat	Yes
Gloves (thermal lined)	Yes
Woolly hat (you will need to cover your head in its entirety)	Yes
hygiene	
Toothbrush & toothpaste, flannel for strip washing, soap (anti bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, vaseline	Yes
Razor & cream, sanitary products, shower gel (bio-degradable), travel towel, deodorant, toilet paper/tissues, hairbrush/comb	Optional
health	
Vitamins	Optional
After sun / moisturiser	Yes
Sun protection (factor 30 minimum)	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport & photocopy (with 6 months to run from the end of the expedition)	Yes
Visa	Yes
Flight tickets (collect at the airport from Charity Challenge rep)	Yes
Cash	Yes
Travellers cheques (only changeable in Kathmandu)	Optional
Credit card (for emergencies only)	Yes
Travel insurance	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Yes
Emergency contacts (you will be sent these prior to departure)	Yes
other	
Camera & camera film	Optional
Binoculars	Optional
Sunglasses (good quality with high 100% UV protection)	Yes
High energy snacks (tracker bars, dried fruit and nuts, you can purchase chocolate en route)	Yes
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Padlock	Yes
Cord or string	Optional
Sewing kit	Optional
Note book and pen(s)	Optional
Alarm clock, watch	Optional
Adjustable walking pole rubber tipped (highly recommended. Try to fit into main hold luggage)	Yes
Torch (with spare batteries and bulb) head torch recommended	Yes
Water bottle (two 1litre bottles minimum) & a thermos is recommended	Yes
Ear plugs	Yes
Re-sealable plastic bags (for dirty washing & to protect from damp etc)	Yes

Whistle	Optional
Spare boot laces	Optional
small first aid kit	
Pain killers / Paracetamol (Asprin also aids altitude acclimatisation)	Yes
Adhesive dressing (plasters) and Compeed blister pads / second skins	Yes
Antiseptic spray	Yes
Diahorrea tablets (Immodium or Pepto Bismol) & Re-hydration sachets (2 per trekking day)	Yes
Any medication you normally use	Yes