

## Everest Base Camp – Check List

### Head

- Sun hat or scarf
- Winter hat or insulating hat or wide-brimmed hat
- Headlight with extra batteries

### Face

- Sunscreen
- Sunglass with UV protection
- Face/body wipes

### Hands

- Lightweight gloves
- Heavyweight winter gloves

### Body

- Hiking shirts
- Long-sleeved shirt
- Hooded rain jacket
- Fleece jacket
- Lightweight cotton pants
- T-Shirt (bring Lightweight wool)
- Polypropylene underwear
- Down jacket (available for rent in Kathmandu)
- Sweater
- Waterproof jacket and pants

### Footwear

- Hiking Boots
- Thick wool socks (take an extra pair of thick light socks)

### Essential gear

- Backpack or daypack (Size depends on whether you take a porter or not).
- Thermal bottle
- Water purification

- Trekking pole
- Sleeping bag (-15 bag is best in high altitude trekking)


#### **Toiletries**

- Medium size drying towel
- Toothbrush
- Toothpaste
- Deodorant floss
- Biodegradable bar soap
- Nail clippers
- Small mirror

#### **Personal accessories**

- Money
- Watch
- Cell phone
- Camera

#### **Extra items**

- First aid kit
  - Extra passport photos and photocopies of passport
  - Notebook and pen
  - Binoculars
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- A large, faint watermark of the Asiana Treks & Tours logo is centered on the page, behind the 'Extra items' list. It features the same mountain range, hiker silhouette, and text as the main logo.