

Everest Panorama Trekking – Check List

CLOTHING & FOOTWEAR

- Moisture-wicking long-sleeve t-shirts (2)
- Moisture-wicking short-sleeve t-shirt (1)
- Heavy fleece jacket
- Heavy down jacket
- Gortex or waterproof jacket with hood
- Windbreaker
- Rain poncho
- Fleece pants
- Trekking pants (2)
- Hiking shorts (1)
- Waterproof pants
- Hiking socks (10)
- Warm thermal socks (1)
- Long underwear (2)
- Underwear (10)
- Hiking boots with ankle support
- Camp shoes or tennis shoes
- Light inner gloves/glove liners
- Insulated wool or down mittens/gloves
- Sunglasses
- Broad-brimmed hat
- Neck gaiter or bandana
- Wool hat or balaclava (should cover ears)
- Gaiters (needed Dec-Feb)
- Sweatshirt (optional)
- Sock liners (optional)

TREKKING GEAR & SUPPLIES

- Duffle bag (provided by Himalayan Wonders if you're trekking with us)
- 25-45 L Daypack (40 L recommended)
- Waterproof cover for daypack
- Water bottles or hydration bladder
- Sleeping bag rated to -18°C/ 0°F
- Sleeping bag stuff sack

- Trekking poles
- Micro spikes (Gokyo & Three Passes)
- Headlamp with extra batteries
- Water filter or water purification tablets
- Hand warmers
- Travel pillow or pillowcase
- Sleeping bag stuff sack
- Drybags in several sizes
- Stuff sacks for dirty clothes/shoes
- Camera with extra batteries and memory cards
- Small lock(s) for duffel bag and daypack
- Sleeping bag liner (optional)
- Quick-drying trekking towel (optional)

FOOD & SNACKS

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

TOILETRIES & FIRST AID

- Sunscreen
- Lip balm with sunscreen
- Toilet Paper
- Moleskin, medical tape, and/or duct tape for treating/preventing blisters
- Advil or Ibuprofen
- Diamox (for altitude sickness)
- Personal prescriptions
- Antibiotics (Cipro for travelers' diarrhea)
- Anti-chafe balm (e.g. Body Glide)
- Diaper rash cream (to treat chafing)
- Soap
- Deodorant
- Toothbrush/toothpaste
- Razor (as needed)
- Wet wipes
- Hand sanitizer



- Feminine hygiene products (as needed)
- Face lotion
- Hairbrush
- Hair ties
- Earplugs (for sleeping)

ADDITIONAL SUPPLIES

- Portable solar charger/power bank
- Book
- Journal/pen
- Playing cards

IMPORTANT DOCUMENTS

- Passport (needed at entry gate for registration)
- Visa (these are easy to attain when you land in Kathmandu—bring \$30 (15 Days) or \$50 (30 Days) USD for Visa Application)
- Money (\$200-350 USD cash is recommended—while there are occasional ATMs on the trail, they are almost always out of order)
- One passport-sized photo if trekking in the Annapurna Region (needed at times for trekking permit). Not needed for Everest Treks
- Travel insurance

Note: The defined price may varies.
