

## PACKING LIST – TREKKING EVEREST BASECAMP

### FOOTWEAR

- 1 pair Mid- weight hiking boots, well broken in.
- 1 pair comfortable walking shoes – athletic shoes, Keens, or Tevas/Chacos
- 3 - 4 pair Hiking socks: wool or synthetic equivalent (Thorlo, Smartwool, Ultrex, or Teko)
- 2 -3 pair thin liner socks: silk or synthetic equivalent (**optional -- not everyone uses sock liners**)

### CLOTHING

- 1-2 pair comfortable, lightweight, synthetic hiking pants (Supplex, or nylon/polyester/spandex blend). Zip-off pants are ideal
- 1 pair (top and bottom) lightweight long underwear such as Capilene or polypropylene
- 1 pair (top and bottom) mid-weight long underwear (polyester fleece)
- 1 Mid – weight fleece jacket
- 1 Pair warm fleece pants
- 1 warm down or synthetic-fill jacket
- 1 lightweight long-sleeved shirt for sun protection (a button-up is easy to put on/take off.)
- 2-3 T-shirts (made of synthetic material or lightweight wool, 1 can be a tank top if desired)
- 1 wide-brimmed hat for sun, rain, and high fashion
- 1 rain parka and rain pants: coated nylon or a waterproof/breathable fabric like Gore-tex.
- 1 windproof jacket (your rain parka could be used for this as well)
- 1 wool or fleece hat and balaclava or neck gaiter
- Warm mittens / lightweight gloves (wool or fleece) with waterproof overmitts.
- Underwear/night wear
- 1 set travel clothes to leave at our hotel in Kathmandu for after the trip

### EQUIPMENT/ESSENTIALS

- 1 daypack (see 'notes on packing list for size recommendations)
- 1 pack cover
- 1 sleeping bag rated 0° F (down is recommended)
- Pair of trekking poles (required)
- Passport and a photocopy of your passport**
- Sunscreen and lip block with SPF of at least 15
- Sunglasses (100% UV blocking) and retention strap
- 2 liters water carrying capacity (water bottle or hydration system).
- Several large Ziplocs for sorting dirty/wet clothes, etc. and enough large plastic bags to protect clothes in your duffle while on trek.
- Duct tape (wrap some around poles or water bottle)
- travel alarm/watch with alarm
- 1 roll TP (purchase upon arrival)
- Insect repellent
- 2 bandannas
- headlamp/small flashlight

### TOILETRIES (small everything)

- Small camp towel
- Toothbrush, small toothpaste, dental floss, shampoo, hand sanitizer, camp soap, moist towelettes, sanitary supplies and a zip- lock plastic bag, contact lens paraphernalia
- Personal "patch kit"/ medications. (See 'notes on packing list' for recommendations)
- Individuals allergic to insect stings must bring an epi-pen.**

### OPTIONAL (not required, personal preference)

- Small journal and pen
- Camera and film/memory card
- Favorite snack(s)
- Book and/or small game
- Ear plugs (for a good night's sleep)
- Short gaiters
- Electrical adaptor/converter)
- Utility core, clothespins

## NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

**Daypacks:** Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 30 – 40 Liters (1800 and 2400 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

**Pack Cover:** These are waterproof/resistant, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty, plastic bag to line your pack to protect the contents from rain – your pack however will get wet using this method. Purchasing a pack cover is highly recommended.

**Footwear:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**Clothing:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. **NO COTTON** for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

**Sleeping bag:** Bring a sleeping bag with down or synthetic insulation, wrapped in a heavy plastic bag (a Hefty garbage bag works well) inside its stuff sack. Weight and bulk are some of the factors to consider in sleeping bags. Consider packing your sleeping bag in a compression stuff sack. This will decrease the amount of space your sleeping bag takes up in your pack. Bring a bag rated to 0 degrees F.

**Hydration:** Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to

use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), your preferred over the counter remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

**Trekking Poles:** Trekking poles are highly recommended for this trip. (SUGGESTION: For those trips we have traditionally put trekking poles on the optional list, consider putting them in the essentials with 'recommended' and adding this line here: Trekking poles are always recommended for our hiking trips.) Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>.

**Short gaiters:** are optional but highly recommended for keeping your socks clean (reducing the chance of blisters), keeping debris out of your boots (another blister preventive measure), and, if it rains they help keep your socks dry and prevents wicking water down into your boots.