

Recommended Gear List

- Clothing**
- Day pack (30-40 litre is ideal)
 - Waterproof pack cover for day-pack
 - Walking/trekking boots, medium weight, ankle height (worn-in, not brand new!)
 - Sturdy running/walking shoes for when not trekking
 - Good quality walking socks (5)
 - Underwear (5)
 - Under garments, Icebreaker, Thermatech or similar (2 each of leggings and tops (short or long sleeve))
 - Shorts (2) (**cultural sensitivity dictates that women's shorts must not be brief, and must be to knee length**)
 - Trousers/tracksuits (1)
 - Short or long sleeve shirts (3) (**no sleeveless tops and cultural sensitivity dictates that women's tops must not have a low cut neckline**)
 - Heavyweight fleece sweatshirt
 - Rainproof parka (breathable fabric)
 - Down Jacket
 - Warm hat (fleece or woollen, or balaclava if preferred)
 - Sun hat (all round brim preferred); sunglasses
 - Gloves (Windstopper or similar) (1 pair)
 - Optional:**
 - Pack liners for day pack and kit-bag; plastic bags
 - Scarf for neck protection or Neck warmer
 - Waterproof overtrousers
 - Buff
 - Swimming togs for Kathmandu Hotel
 - Over gloves
- Sleeping**
- Warm nightwear
 - Sleeping bag, four season minimum, preferably down
 - Optional:**
 - Travel pillow/pillow case
 - Sleeping bag liner
- Other**
- LED torch plus spare batteries; a head torch is ideal
 - Power/energy/choc bars or similar (1-2 per day)
 - Camera and charger
 - 1 litre drink bottle
 - 2-3 litre water bladder for water storage
 - Optional:**
 - Trekking poles
 - Stuff bags to pack clothes in
- Hygiene**
- Wet wipes, for body washing (2 packets)
 - Hand Sanitizer Gel (2 x 50ml bottles)
 - Towel, Face Cloth & Toiletries
 - Sunscreen and lip balm
 - Personal medication
 - Sunlight Soap or similar for laundry
 - Optional:**
 - Washing line/rope

*Everest Treks preferred apparel supplier is Macpac, another proud New Zealand based company. All trekkers who shop at Macpac and identify as Everest Treks clients will receive **30% off Macpac gear or the sale price, whichever is the best deal.** Follow the links on their website to find your closest store: www.macpac.co.nz*

