



## Everest Region Packing List

|                      | DESCRIPTION                     | BRAND / MODEL                                       | QTY | CheckList |
|----------------------|---------------------------------|---|-----|-----------|
| <b>HIKING</b>        | Trekking poles                  | BYO or purchase cheaply in Ktm                      | 2   |           |
|                      | Micro Spike                     | Micro Spike - Hire from Ktm                         | 2   |           |
|                      | Backpack                        | Zpack, Osprey, HMG, 30-40 litre w Porter 60-80 w/o  | 1   |           |
|                      | Water reservoir                 | BYO or use 1.25 litre water bottle                  | 1   |           |
|                      | Water filter                    | Katadyn BeFree                                      | 1   |           |
|                      | Pack liner                      | Ultrasil or a garbage bag (unless waterproof)       | 1   |           |
|                      | Stuff sacks                     | Ultrasil BYO or buy in Ktm                          | 1   |           |
|                      | Pack cover                      | Ultrasil BYO or buy in Ktm (unless waterproof)      | 1   |           |
| <b>SLEEPING</b>      | Sleeping bag -USD 1/day to rent | <b>BYO or Rent</b> in Ktm -10 to -20 degrees        | 1   |           |
|                      | Sleeping bag liner              | Silk BYO and purchase cheaply on Ebay               | 1   |           |
|                      |                                 |   | 1   |           |
| <b>GARMENT</b>       | Underwear                       | Breathable synthetic BYO                            | 3   |           |
|                      | Socks                           | Wool BYO  | 3   |           |
|                      | Bra                             | Sports BYO  | 3   |           |
|                      | Base layers - Pants             | Merino wool BYO                                     | 1   |           |
|                      | Trekking shirt                  | Synthetic lightweight BYO or purchase in Ktm        | 2   |           |
|                      | Rain pants                      | Sythetic lightweight Frogg Toggs are excellent      | 1   |           |
|                      | Trekking pants                  | Synthetic lightweight BYO or purchase in Ktm        | 2   |           |
|                      | Hiking shoes / boots            | BYO Salomon Quest 4D or Xultra 3 or 4               | 1   |           |
|                      | Camp shoes                      | Down booties BYO or purchase in Ktm                 | 1   |           |
|                      | Gloves                          | One pair thin merino wool. 2nd pair thick insulated | 2   |           |
|                      | Hat                             | Sun hat or peak cap with neck protection. BYO       | 1   |           |
| Down Jacket          | BYO                             | 1   |     |           |
| Wind Breaker         | BYO                             | 1   |     |           |
| <b>MISCELLANEOUS</b> | Sunglasses                      | Non- polarised Glacier Glasses Julbo recommend      | 1   |           |
|                      | Book or E-reader                | BYO Kindle or book                                  | 1   |           |
|                      | Solar Charger                   | BYO great for keeping batteries charged             | 1   |           |
|                      |                                 |   |     |           |

|                                | DESCRIPTION                         | BRAND / MODEL                                | CheckList |
|--------------------------------|-------------------------------------|--|-----------|
| <b>HYGIENE / SAFETY</b>        | Microfiber towel                    | Lighthouse BYO                               |           |
|                                | Tooth brush                         | BYO  |           |
|                                | Tooth paste                         | BYO  |           |
|                                | First aid kit                       | BYO  |           |
|                                | Medicine kit                        | <b>BYO Prescribed medications</b>            |           |
|                                | Sunscreen                           | BYO  |           |
|                                | Sewing kit                          | BYO  |           |
|                                | Insect repellent                    | BYO  |           |
|                                | Blister kit                         | BYO  |           |
|                                | Soap/Sampoo                         | Castille soap recommended                    |           |
| <b>ELECTRONICS</b>             | Comb or brush                       | BYO  |           |
|                                | Period supplies                     | BYO  |           |
|                                | Small swiss army Knife (Optional)   | Victorinox Swiss Army classic SD recommended |           |
|                                | Toilet paper                        | Rolls in a waterproof zip lock bag           |           |
|                                | Sanitising gel                      | A small squeeze bottle                       |           |
|                                | Camera (Optional)                   | BYO  |           |
|                                | Phone                               | BYO (purchase Nepal sim card)                |           |
| GPS (Optional)                 | BYO or use your phone               |  |           |
| External hard drive (Optional) | BYO to back up photos not mandatory |  |           |
| Head torch                     | BYO Nitecore NU25 recommended       |  |           |
| Power Bank for charging phone  | BYO                                 |  |           |