

Everest Base Camp is probably the most kept bucket list destination for traveling. However, you may not know what to pack for this trek. It is highly important for the selection of right kind of equipment and gears.

Nepal Adventure Pilgrimage is the responsible and pioneering trekking agency for any kinds of trekking activities in Nepal. Therefore, the blog is for the trekkers to understand what they need to pack while going on EBC Trek. The things mentioned here are not compulsory. You can always pack according to your need. Contact the travel planners of Nepal Adventure Pilgrimage and plan with them regarding gears and equipment. There is an option to buy or rent these things.

Everest Base Camp Packing List:

Clothing:

- Base layer (2-top and 2-bottom): This is the clothing that will sit on the skin tightly and doesn't trap moisture. It is recommended to carry two pairs of base layers.
- Trekking shirts/t-shirts (minimum 5): Trekkers wear this above the base layer, and these should also be of high wicking (absorbing) capacity. Shirts made from merino wool are the best options. Depending on one's need, trekkers can carry as much as they want, but it is best to take at least five trekking shirts/t-shirts.
- Trekking pants/ shorts (2 pairs of pants): These are made from thick materials that are not damaged by snow or rain. They are designed to be comfortable.
- Fleece jacket (minimum 1): The fleece material helps to keep the body warm, so it is essential to carry such kinds of jackets.
- Insulated jacket (minimum 1): In the higher elevations, insulated jackets help to block the wind and maintain body temperature. You can carry two such jackets if you want.
- Waterproof/ hardshell jacket (1): in the lower elevations, there are chances of sudden precipitation. So, trekkers need to carry at least one waterproof/ hardshell jacket.
- Breathable underwear: As you'll be walking 5 hours on average every day during the trek, you need to wear breathable underwear. These are the best for trekking as it is made from high-wicking material.
- Sports bra (for females): For female trekkers, it is best to carry a sports bra than the regular one.

Packing List For Everest Base Camp Trek -Headwear:

- Sun protection hat (1): In the higher elevations, the sun rays get stronger, so a proper sun-blocking hat is required.
- Woolen hat or cap (1): Especially in the nighttime, the winds get chiller and colder, so it is a must to bring one woolen hat or cap.

- Buff (1): Buffs can be used as neck warmer and headbands as well. Thus, trekkers are recommended to carry one.
- UV protection sunglasses (1): As trekkers head to higher elevations, the UV rays get stronger, so sunglasses with UV protection is a must.

Packing List For Everest Base Camp Trek -Handwear:

- Inner gloves: These are thinner and stick more to the hand.
- Outer gloves: These can be put over inner gloves.
- Mittens: Woolen mittens can also help to keep trekkers warm.

Mount Everest Base Camp Trek Packing List - Footwear:

- Hiking shoes (1): Hiking shoes are the best footwear for trekking purposes. Trekkers should bring hiking shoes that they are already used to wearing. Sometimes, new ones can cause problems.
- Slippers (1): Slippers come in handy when trekkers stay at lodges and teahouses.
- Trainers (optional): For those who feel that hiking shoes are uncomfortable, they can bring trainers. There is no hard and fast rule to wear hiking shoes only. Some people have completed the trek with trainers alone.
- Hiking socks (minimum 4): These socks are made from high-wicking material.

Everest Base Camp Trek Packing List -Trekking Gears:

- Backpack: Backpacks of around 45 liters are needed. Even if trekkers have porters, a backpack will be more convenient.
- Day backpack: In this backpack, one can store water snacks, and other necessities for the day.
- Duffle bag: Here, trekkers can store clothes and other items that cannot fit into the backpack.
- Sleeping bag (1): It is recommended to carry at least one sleeping bag because there is no guarantee that all the teahouses have comfortable beds to sleep on. It is an essential item when trekkers reach the base camp.
- Trekking poles: According to one's needs and preferences, they can buy or rent trekking poles. There are various kinds of poles with varying lengths and features. For first-timers, it is advised to carry a pair.

- Water bottle/hydration bladder: It is costly to buy water at every stop, so it is best to carry a bottle or a hydration bladder. There are teahouses along the route where trekkers can refill them.
- Headlamps/ lights (1): During the night, headlamps or lights come in handy. So, it is recommended to carry one which runs on batteries.

Mount Everest Base Camp Trek Packing List - Toiletries:

- Towel (for bathing and face washing purposes)
- Toilet paper (minimum two rolls): There is no assurance that all the lodges and teahouses have toilet papers, so it is recommended that you carry some. It may also come in handy while trekking.
- Toothbrush
- Mouth wash
- Soap
- Deodorant
- Sunblock lotion
- Hairbrush
- Sanitary napkins/ tampons (for females)

Everest Base Camp Trekking Kit List -First aid kit:

- Diamox: This is the medicine that helps to tackle altitude sickness. One can consult with the guides and doctor regarding when and how much to take it.
- Cold medicines: Cold weather can inevitably cause illnesses like a common cold. So, it is advised to carry a few cold medications like cough syrup.
- Throat lozenges: These also come in handy when trekkers see the first signs of the common cold or sore throat.
- Electrolyte powder
- Band-Aids
- Gauge
- Painkillers
- Neosporin

- Water purifying tablets or droplets: It is recommended that trekkers carry water purifying tablets as the water quality may be bad. In the higher elevations, there are higher risks of contaminants in water.

Nepal Everest Base Camp Trek Gear List -Electronics:

- Camera
- Mobile phone
- Extra batteries
- Chargers
- Power banks
- International electric plugs

Nepal Everest Base Camp Trek Gear List - Miscellaneous:

During the trek, there are times when one might feel bored, so the following various items are recommended:

- E-book
- Board games
- Pee funnel
- Extra tote bag
- Journal
- Cards