



**GUIDE NEPAL**  
HOLIDAYS PVT. LTD.

Discover Himalaya with Sherpa Guide

Guiding Nepal since 1998  
[www.guidenepal.com](http://www.guidenepal.com)

## Everest base camp packing list

### ESSENTIALS:

1. Passport and extra passport photos (3 copies) **and** Visa Fees  
\$25 (15 Days) or \$40 (30 Days) USD for Visa Application
2. Airline tickets (Please make a copy and leave one at our office in KTM just  
in case if you need to change the date of yours)
3. Durable wallet/pouch for travel documents, money & passport
4. Good daypack (30L- 35L better)

### FOR YOUR DUFFEL: (we deliver our company duffel bag for the trek)

Our Porters will carry up to 20-25 kg of your personal items sharing with 2 people. You must need your personal sleeping bag and down jacket (Must have for mornings, nights and evenings, and for altitudes above 4,000 m; You can rent for \$35 if you need one for trek)

## Layering – Base, Middle and Outer Layers

### The Base Layer

- ✓ Moisture wicking long sleeve tee-shirts (2)
- ✓ Moisture wicking tee-shirts (1)
- ✓ Long underwear pants (2)
- ✓ Underwear (5 to 7)

### Middle Layers

- Heavy Fleece or Down Jacket
- Long sleeve shirts (2)
- Sweatshirt (optional)
- Fleece Pants
- Trekking Pants (2)
- Shorts (optional)

### Shell or Outer Layer

1. Gortex or Waterproof Jacket with hood
2. Rain Poncho that covers your daypack.
3. Waterproof Pants

### Hats, Hand and Gaiters

**Hats** – When its warm a bandana or wide brimmed hat is important to protect you from the sun and when it's cold you should have a Balaclava or wool hat that covers your ears.

**Gloves** – Its best to apply the principle of layering here as well and bring a lightweight glove and heavier wool or down mitten that you put over it when it's extremely cold.

**Gaiters** – Optional

### Footwear: Shoes and Socks

- ❖ Hiking boots with ankle support
- ❖ Camp shoes or Tennis Shoes
- ❖ Plastic bag to carry spare shoes
- ❖ Hiking socks (10)
- ❖ Sock Liners (optional)

### Sleeping Bag

- Sleeping bag rated to -15° C/ 0° f
- Sleeping bag liner (optional)
- Sleeping bag stuff sack

## **TOILETRIES:**

- Sunscreen
- Face moisturizer
- Bug spray
- Hand sanitizer
- Wet wipes
- Toothbrush and paste
- Toilet paper
- Personal medication
- First aid kit: band aids, moleskin, etc.

## **INSIDE YOUR DAYPACKS- On the Trail:**

- ✓ Extra layers, gloves, windbreaker and poncho
- ✓ Sunscreen
- ✓ Lip Balm with Sunscreen
- ✓ Broad brimmed hat or bandana (for sun protection)
- ✓ Iodine Water Tablets (personal preference)
- ✓ Water Bottles or Camel Back
- ✓ Sunglasses
- ✓ Headlamp with extra batteries
- ✓ Favorite Snacks
- ✓ Waterproof bags to protect electronics or paperwork
- ✓ Camera with extra batteries and memory cards
- ✓ Umbrella (works great in a light rain or to keep from the sun)
- ✓ Duct tape or moleskin for blisters
- ✓ Toilet Paper
- ✓ Trekking Poles (optional)
- ✓ Thermos (optional for hot beverages)

## **Medicines and First Aid Kits**

(Please note our guide will carry the first-aid kit bag during the trek. However we still advise you to bring your personalized first-aid kit as well.)

- ❖ Additional Strength Excedrin for elevation connected headaches
- ❖ Ibuprofen for overall aches and pains
- ❖ Imodium or Pepto bismol capsules for upset stomach or diarrhea
- ❖ Diamox (normally advised as Acetazolamide) 125 or 250mg tablets for high altitude sickness
- ❖ Anti-infection ointments
- ❖ Band-aids
- ❖ Lip balm (At least SPF 20)
- ❖ Sunscreen (SPF 40)

For any further inquiry please e-mail us at: [guidenepalholidays@gmail.com](mailto:guidenepalholidays@gmail.com)

# Guide Nepal Holidays

**Guiding Nepal since 1998**

[www.guidenepal.com](http://www.guidenepal.com)

**E-mail:** [guidenepalholidays@gmail.com](mailto:guidenepalholidays@gmail.com) or  
[sherpaguidenepal@gmail.com](mailto:sherpaguidenepal@gmail.com)

**24 hour support:** +9779849643731 (Sumba Sherpa)

**Skype:** shrepa.sumba

**WhatsApp:** +977-9849643731