

Trekking Gear List



BACKPACK

1 x 25–35 liter backpack or whatever size you prefer. (No smaller)

FEET

3 x trekking socks
2 x liner socks
1 x waterproof trekking boots/shoes
1 x camp shoes/sandals

HEAD / HANDS / EYES

1 x pair insulated waterproof/windproof gloves
1 x pair thermal gloves
1 x Beanie
1 x sunglasses (category 3 or 4 lenses)
1 x Sunhat (wide brim)
2 x buff (great for covering face when dusty, sun protection and over the face on summit day)
1 x head lamp (plus spare battery/bulb)



UPPER BODY

1 x soft shell/ light weight fleece jacket
1 x 800+ loft down jacket
1 x micro down jacket (synthetic or down)
1 x waterproof/windproof jacket (Goretex)
1 x waterproof/windproof jacket (Goretex)
2 x mid layer long sleeve shirt – quick dry
1 x mid layer long sleeve shirt – quick dry
2 x synthetic or Merino wool t-shirts
2 x thermal top

LOWER BODY

2 x trekking pants
1 x softshell pants
1 x shorts or zip-off pants (optional)
1 x windproof waterproof pants (optional)
2 x thermal bottoms



IMPORTANT ESSENTIALS

1 x pair trekking poles (optional)
1 x Gaiters (optional)
1 x travel towel (microfibre are best)
1 x small face cloth
2 x small bottles hand sanitiser (important)
1 x tube Sunscreen
1 x tube Lip balm (minimum 40 SPF)
Spare laces (important)
Camera (optional)

SLEEPING

1 x –15 to –20° celcius sleeping bag

HYDRATION

2 x one litre water bottles or 2 litre camelbak bladder

TRAVELLING DOCUMENTS

Passport (plus 2 photocopies of passport)
4 passport size photos
Airline tickets
Travel insurance
Wallet/Pouch for travel documents/money and passport

FIRST AID KIT

Medications / Pain Killers / Anti-inflammatory
Band-aids / Blister Pads
Ointments

OPTIONS:

If you require a sleeping bag or down jacket we can provide this on loan.

You will receive an Everest One duffel bag (to keep) which will be carried by our porters on the trek (Nepal only).

