

Everest Base Camp Equipment List

*Required	Item	<i>What Mike Will Bring</i>	Comment 1	Comment 2
*	Passport		<u>Does not expire 6 months earlier than return date!</u>	
*	Covid Vaccination Card			
*	Trekking boots	Vasque Breeze WT GXT	1 size larger than your shoe size	
*	Trekking socks	Smart Wool	Various thicknesses	6 Pairs
*	Underwear - tops & bottoms	Various	100% synthetic	6 Pairs
*	Heavyweight Thermal Base Layer	Hot Chili's		
*	Thermal Underwear	Patagonia	Use as sleeping Pajamas	
*	Trekking poles	Black Diamond Alpine Carbon	Very Adjustable	
*	Puffy Jacket	Patagonia	Down	
*	Light weight rain jacket	REI	No rain expected, xtra layer only	
*	Day Pack	40L Gregory		
*	3L of water capacity	3L Camelbak	I may bring an insulated tube	Drink 3-5 liters/day
*	Wide-brimmed hat			
*	Wool Hat			
*	Warm Gloves	Marmot		
*	Head Lamp	LE	extra batteries	
*	Prescription Medicines	Diamox, Zofran, Z-pack, Cipro, Flagyl, Amoxicillin		D/250mg, Z/4mg
*	Over-the-counter Medicines	Tums, Aleve, Tylenol		
*	Smartphone	iPhone		
*	International AC Adaptor	Zoppen		
*	Sunscreen			
*	Hand sanitizer, wipes, etc.			
*	Soft Duffle bag for my porter stuff			
	Liner Socks	Fox River	100% synthetic	6 Pairs
	Trekking shorts	Gander Mtn	100% synthetic	
	Heavy Long sleeve Hoodie	Arterex		
	Heavy Long Pants	Outdoor Research		
	"Safari Style" long pants			
	"Safari Style" long sleeve shirt			
	"Safari Style" short sleeve shirt			
	-10°C Sleeping Bag	Western Mountaineering	(20°F Down); blankets in Tea Houses	-10°C = 14°F
	Balaclava			
	Trekking gloves	Arterex		
	Personal toiletries, TP, Pee Bottle			
	Vitamins	A bunch of different ones!		
	Energy Drink	Spark	Bring bottle for mixing	
	Snacks	Trail Mix, Jerky, Energy Bars, Gu	Saltine Crackers	
	Dirty clothes bag		Can also be used as pillow*	
	Camera	Canon	<i>May not bring depending on weight</i>	xtra batteries
	Smartphone Gimbal Mount	Osmo Mobile 3 Combo	<i>May not bring depending on weight</i>	
	Tripod/Monopod		Timelapse videos	
	Remote Tracking Device	nReach Garmin		
	Battery Pack (s) for charging devices	Aukey	30000mAh	AC available low elev.
	Down Booties	Thermoball Traction Bootie		
	Camp shoes	Merrills	<i>May not bring depending on weight</i>	
	Glove Rain shell	REI Gore-Tex Glove Covering		
	Fanny pack			
	Flip Flops		Showers available in some Tea Houses!	
	WiFi <u>usually</u> available at a reasonable price			
	Showers Available at lower elevations at reasonable price			
	Can recharge battery packs at higher elevations at a reasonable price			
	Tea Houses and Hotel Everest View Hotel have blankets and pillows*			
	Make sure you do not wear any cotton clothing on the hike!			
	Porters will take up to 25-30 pounds. We are advised to personally carry only 7 pounds or so!			
	My weight goal will be no more than 25 pounds for porter and no more than 15 pounds for myself!			
	I may leave out, add, or reduce numbers of certain items depending on my final weight of the above!			