

## Equipment's & Packing List

Proper equipment and packing is very necessary during the trek. No proper trekking gears can ruin your trekking experience. You will need following trekking gears and equipment's for Classic Everest Base Camp Trek.

### Summary

- Heavyweight gloves or mittens with a waterproof shell outer
- Down vest and/or jacket (optional)
- Fleece or wool trousers/pants
- Trekking/Hiking boots with spare laces
- Thick, warm wool hiking socks
- Footwear for around camp, example, running shoes and/or sandals
- Gaiters (optional)
- Thermal tops
- Fleece jacket or pullover
- Wind cheater jacket (optional)
- Waterproof shell jacket
- Thermal gloves
- Underwear
- Shorts
- Cotton trousers/pants
- Thermal bottoms
- Sun hat or scarf or Hat or light balaclava
- T-shirts
- Socks
- Sunglasses with UV protection (opt to but this at your home country)
- Sleeping bag rated to 0 degrees (3/4 season)
- Head lamp, spare bulbs & batteries
- Small padlock to lock trek bag
- Plastic bags
- Daypack (35-40 litres/2500-3000 cubic inches)
- Camping mattress
- Water bottles
- Small wash towel
- Footwear (see footwear section below for details)

# Actual Adventure Pvt. Ltd.

Amrit Marg, Bhagawan Bahal, Thamel, Kathmandu, Nepal

Phone: +977-14417579 Fax: +977-1 6636092

- 
- Waterproof shell trousers/pants (preferably breathable fabric)
  - Toiletries
  - Basic first aid kit

## DETAILS PACKING LIST (DOWNLOAD PDF)

### ON THE TRAIL DAYPACK

- Extra layers, gloves, wind breaker 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 protect from the sun)
- Duct tape or moleskin for blisters
- Toilet Paper
- Trekking Poles (optional)
- Thermos (optional for hot beverages)

### CLOTHING: BASE, MIDDLE AND OUTER LAYERS

- Moisture wicking long sleeve tee-shirts (2)
- Moisture wicking tee-shirts (1)
- Long underwear pants (2)
- Underwear (5 to 7)
- Heavy Fleece or Down Jacket
- Long sleeve shirts (2)
- Sweatshirt (optional)
- Fleece Pants
- Trekking Pants (2)
- Shorts (optional)

# Actual Adventure Pvt. Ltd.

Amrit Marg, Bhagawan Bahal, Thamel, Kathmandu, Nepal

Phone: +977-14417579 Fax: +977-1 6636092

- Gortex or Waterproof Jacket with hood
- Rain Poncho that covers your day pack
- Waterproof Pants
- Wide brimmed hat
- Wool hat (Should cover ears) or Balaclava
- Lightweight Gloves
- Insulated Wool or Down Mittens
- 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

## DUFFEL BAGS AND DAY PACKS

- Duffel Bag for Carrying Your Gear (we provide this for the trek)
- Day Pack for Carrying what you need on the trail
- Small Lock(s) for duffel bag and day pack
- Waterproof cover for daypack
- Drybags in several sizes
- Stuff sacks for dirty clothes/shoes

## FIRST AID KIT AND TOILETRIES

Our team brings along a basic first aid kit but we recommend you also carry the following;

- Advil or Ibuprofen
- Diamox (for altitude sickness)
- Personal Prescriptions

# Actual Adventure Pvt. Ltd.

Amrit Marg, Bhagawan Bahal, Thamel, Kathmandu, Nepal

Phone · +977-14417579 Fax · +977- 1 6636097

- Medical Tape (for preventing treating blisters)
- Antibiotics (Cipro for travelers' diarrhea)
- Diaper Rash Cream (Can treat rashes or chaffing)
- Basic toiletries (Soap, Deodorant...)
- Wet wipes
- Panty Liners and Tampons
- Face lotion
- Hair brush
- Hair ties
- Hand warmers
- Ear plugs for sleeping

## PAPERWORK AND MONEY ON THE TRAIL

- Minimum 06 months Valid Passport (needed at entry gate for registration)
- Spending Money for personal use
- 3 Passport Size Photo (Needed for trekking permit)

## OTHER ITEMS

- Portable Solar Charger
- Journal, pen and paper

### Equipment Buy in Kathmandu

If you have not brought any of these equipments then you can also buy this in Kathmandu as well. If you need help our guides will help you to buy the trekking gears in Kathmandu. You can find the wide range of varieties while buying the trekking gears in Kathmandu. The qualities of the trekking gears are similar to that you get in your countries. You can also find medium quality gears at cheaper rates as well. You can find all types of trekking gears in Thamel which is the main street for backpackers and trekkers in Nepal.

### Equipment Hire in Kathmandu.

You can also hire the equipments and trekking gears in Kathmandu as well. But we recommend you to bring your own equipments as far as possible. You will have a better experience in your own equipments' rather than hiring the used equipments'. However, hiring trekking gears can be a great idea for backpackers and budgeted trekkers since hiring trekking gears can be a lot cheaper than buying. Have a look to the cost of hiking and trekking gears in Kathmandu.

# Actual Adventure Pvt. Ltd.

Amrit Marg, Bhagawan Bahal, Thamel, Kathmandu, Nepal

Phone: +977-14417579 Fax: +977-1 6636097

Gears	Size & Temperature	Cost per items
Sleeping bag	10°C to -15°C	USD 1 per day rent
Down Jacket	5°C to -10°C	USD 1 per day rent
Hiking boots	Any size	USD 1 per day rent
Backpack	55ltr to 65ltr	USD 45-65 per bag
Daypack	25ltr-35ltr	USD 25-35 per bag
Hiking shorts	Any size	USD 20-25 per piece
Hiking pants	Any size	USD 25 - 30 per piece
Hiking shirts	Any size	USD 15 - 20 per piece
Thermal set	Any size	USD 10-15 per pair
Warm fleece upper wear and bottom	Any size	USD 20-25 per pear
Warm hat	Any size	USD 3-5 per piece
Trekking pole	Any size	USD 5 - 10 per pair
Wind-proof gloves	Any size	USD 5 - 10 per pair
Woolen hiking shocks	Any size	USD 2-4 per pair
Scarf	Any size	USD 2 - 5 per piece
Sun Glasses	Any size	USD 5 - 10 per piece
Head light	Any size	USD 15 - 20
Water Bottle	Any size	USD 3 - 7 per bottle