

Base Layers

- Merino wool Underwear (2-3 pair): cotton smell
- 1 x Lightweight Long leg Base Layer.
- 2x long sleeve base layer merino wool doesn't smell
- 2x Short Sleeve Synthetic Shirt or T-shirt for low down on the trail.

Mid Layers

- 1x Trekking shorts for low down on trail.
- 1x Soft Shell or hoodie or fleece top to be worn over other layers
- 1x Lightweight walking Pants
- 1 x Heavyweight walking Pants (higherup)

Windproof/Rain Layers

- 1x Hard Shell Jacket with hood: waterproof and breathable
- 1x Hard Shell Pants: waterproof and breathable

Insulation Layers

1x good quality heavy Insulated Down fill puff Jacket with hood (gets cold at night)

Headwear

- 1x Warm Hat: synthetic or wool hat (ski hat)
- 1x Baseball Cap or other sun hat: to shade your face/neck from the sun on a hot day
- 2x Buff: to protect your neck/face from the sun and high winds

Eyewear

1x Good quality Sunglasses.

Gloves

- 1x Lightweight Base Layer Gloves: for wearing on cool morning starts.
- 1x heavier ski Gloves: to wear for cold days, Cold nights or days with high winds

Footwear

- Comfortable Wool or Synthetic hiking Socks (3 pairs)
- Hiking Boots/Shoes: comfortable boots or shoes for the trek to base camp.
- cros style footwear for wearing in lodges with good thick warm socks

Sleeping Equipment

- Sleeping Bag: rated to at least -4°F
- Pillow case to put over the pillow supplied in the tea houses.
- Earplugs (A must if a light sleeper)

Trekking Gear

- Trekking Backpack: to carry on the trek to base camp. Simple and light 40ltrs.
- Compression Stuff Sacks: for reducing the volume of the sleeping bag, down parka, etc., in your pack/duffels

- A few strong trash/Black Bag: to line backpack.
- Trekking Poles adjustable
- Headlamp: with 2/3 extra sets of new batteries or can charge each night in tea houses

Travel Items

- Large 120L Duffel Bags with Locks for porters to carry each day transporting your gear head
- 2 sets of Travel Clothes, for days while back in Kathmandu
- Wait and do your currency exchange (in Kathmandu) to purchase SIM cards or merchandise in cities and villages

Other Equipment

- Water Bottles (2): wide mouth bottles with 1-liter capacity (easy buy in KMD)
- Water Treatment (optional): UV-based or tablets
- Sunscreen: SPF 50 or better
- Lip Screen (2 sticks): SPF 30 or better
- Toiletry Bag: include small towel, toilet paper and hand sanitizer
- Pee bottle: 1-liter minimum bottle for convenience at night (personally a must, to avoid cold night walk to outdoor toilet)
- Female Urination Device (FUD)
- Small Personal First-aid Kit: include athletic tape, band-aids, Ibuprofen, blister care, cough drops, etc.
- Medications and Prescriptions: bring antibiotics (Azithromycin, etc.), and altitude medicine such as Diamox and dexamethasone
- Country-appropriate plug adapters to charge phone camera etc.
- Camera: bring charger, and memory cards.

Optional Electronics

- books, iPad or Kindle