

ULTIMATE EVEREST

*EVEREST BASE CAMP SPECIALISTS

GEAR LIST

Technical Clothing

- 1 - Waterproof Jacket, breathable with hood
- 1 - Insulated Jacket, synthetic or down
- 1 - Soft Jacket, fleece or soft-shell
- 2 - Long Sleeve Shirt, moisture-wicking fabric
- 1 - Short Sleeve Shirt, moisture-wicking fabric
- 1 - Waterproof Pants, breathable (side-zipper recommended)
- 2 - Hiking Pants
- 1 - Fleece Pants
- 1 - Shorts (optional)
- 1 - Long Underwear, moisture-wicking fabric
- 3 - Underwear, briefs, moisture-wicking fabric
- 2 - Sport Bra (women)

Headwear

- 1 - Brimmed Hat, for sun protection
- 1 - Knit Hat, for warmth
- 1 - Balaclava, for face coverage (optional)
- 1 - Bandana (optional)

Handwear

- 1 - Gloves, warm (waterproof recommended)
- 1 - Glove Liners, thin, synthetic, worn under gloves for added warmth (optional)

Footwear

- 1 - Hiking Boots, warm, waterproof, broken-in, with spare laces
- 1 - Gym Shoes, to wear at camp (optional)
- 3 - Socks, thick, wool or synthetic
- 3 - Sock Liners, tight, thin, synthetic, worn under socks to prevent blisters (optional)

Accessories

- 1 - Sunglasses or Goggles
- 1 - Backpack Cover, waterproof (optional)
- 1 - Water Bottle (Nalgene, 32 oz. recommended)
- 1 - Water Bladder, Camelbak type (optional)
- 1 - Towel, lightweight, quick-dry (optional)
- 1 - Pee Bottle, to avoid leaving tent at night (highly recommended)
- Stuff Sacks or Plastic Bags, various sizes, to keep gear dry and separate

Equipment

- 1 - Sleeping Bag, warm, four seasons
- 1 - Sleeping Bag Liner, for added warmth (optional)
- 1 - Sleeping Pad, for added comfort (recommended)
- 1 - Trekking Poles (highly recommended)
- 1 - Head Lamp, with extra batteries
- 1 - Duffel Bag, for porters to carry your equipment
- 1 - Daypack, for you to carry your personal gear

Other

- Toiletries
- Prescriptions
- Sunscreen
- Lip Balm
- Insect Repellent, containing DEET
- First Aid Kit
- Hand Sanitizer
- Toilet Paper
- Wet Wipes (recommended)
- Snacks, light-weight, high calorie, high energy (optional)
- Pencil and Notebook, miniature, for trip log (optional)
- Camera, with extra batteries (optional)

Paperwork

- Trip Receipt
- Passport
- Visa (available at KTM)
- Immunization Papers
- Insurance Documents

Mountaineering Gear (for Island Peak and Mera Peak only)

- Helmet
- Climbing harness
- Ice axe
- Insulated climbing boots
- Crampons
- Ascender
- Belay device
- 2 - Locking carabiners