



Deluxe Khumbu and Everest Base Camp Trek

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Recommended Gear for Berg Adventures Everest Base Camp Trek

Top-quality mountaineering clothing and equipment are investments that will see you through years of adventures. It is wise to choose carefully, and not to skimp on quality. We recommend specific manufacturers or models as starting points of reference for you; there are several other equipment manufacturers you may want to consider. Please take this list to your local outdoor specialty shop.

Trekking in the Khumbu presents opportunities and challenges that call for unique choices in clothing and equipment. You will be inside Sherpas' homes and in monasteries, yet you will also be outdoors in a demanding and changeable mountain environment. High altitude is a factor and clothing that provides efficient insulation and is versatile is important. You will have many comforts available in the Sherpa villages along the way, but life is simple and the days are full during your trip. The porters and yak-drivers who transport your equipment leave very early in the morning, and are not normally seen during the day. You will need to keep your layers of clothing, simple health and toiletry items, cameras, journals and other supplies with you in your daypack.

Much attention is given to modesty in dress for visitors coming to Nepal. We feel practical athletic and mountaineering clothing supplemented with some casual travel wear is the best solution. You will be more appropriately dressed in lightweight long trousers than in shorts. Temperatures are almost always cool enough in the Khumbu to make long pants preferable anyway.

Footwear

- Running Shoes: These are great for travel and easy walking.
- Hiking Boots: Leather with a sturdy mid-sole and Vibram sole. $\frac{1}{2}$ or $\frac{3}{4}$ shank, boots should be warm and fit well over light and heavy sock combinations. Fit is much more important than brand. Take the time to select a pair that fits your foot, and break them in well. (Asolo, Merrill, Scarpa, La Sportiva)
- Gaiters: Short, simple gaiters are best. Gore-Tex gaiters are not necessary. (Outdoor Research-Rocky Mt. Low)
- Sport Sandals: They are excellent in camp during evenings when worn over wool socks and perfect for living in tea shops, Sherpa lodges and for visiting monasteries. (Teva, Chaco)
- Booties: Down or synthetic. An optional luxury, any brand with thick foam soles is recommended.
- Lightweight Socks: 3 pairs of synthetic/wool blend (Bridgedale, Patagonia, Wigwam, Fox River)
- Heavy Socks: 3 pairs synthetic/wool blend (Smartwool, Bridgedale, Wigwam, Fox River)

Clothing

- Lightweight Pants: 2 pair (any brand Supplex or “stretch woven” pants)
- Lightweight Long Underwear Top: (Patagonia-Capilene, REI, Mountain Equipment Co-op)
- Mid-weight Long Underwear Top: Zip T-neck design is good. Light colors are better for tops because they are cooler when hiking in direct sunlight and just as warm as dark colors when worn underneath other layers. (Patagonia, North Face, Mountain Hardwear)
- Lightweight Long Underwear Bottom: Dark colors are preferable. (Patagonia-Capilene, REI, Mountain Equipment Co-op)
- Mid-weight Underwear Bottom: Dark colors are preferable because they do not show dirt. (Patagonia, REI, Mountain Equipment Co-op)
- Briefs: 4 pairs synthetic or cotton. Running shorts also work well for underwear.
- Short-Sleeved Shirts: 2 synthetic; most nylon running shirts or athletic shirts work well. Shirt material should have vapor wicking capabilities. (North Face, Patagonia-Capilene)
- Jacket Synthetic or Fleece: Synthetic jackets or pullovers are a great alternative to fleece because they are lighter and more compressible. Primaloft type fill or Polartec 100 or 200 fleece is recommended. (Wild Things Primaloft, Patagonia Puff Jacket)
- Synthetic Insulated Pants: Primaloft or Polarguard 3D. Full side zips are recommended. Mountain Hardwear Chugach 3D pants are an example. An acceptable alternative are fleece pants Polartec 100 or 200, but they are bulky, heavier and less versatile.
- Down Insulated Jacket: A medium weight down fill jacket with a hood. The hood is optional but is highly recommended. (Marmot, North Face, Mountain Hardwear, Patagonia)
- Waterproof/Breathable Jacket & Pants: The jacket must have a hood and the pants must have full-length side zips. (Arc’Teryx, Marmot, Mountain Equipment Co-op)

Head & Hand Gear

- Liner Gloves: They should be lightweight and synthetic. (Patagonia Capilene)
- Windstopper Fleece Gloves: (any brand of Windstopper fleece)
- Mittens w/ pile liners: (Outdoor Research)
- Bandana: 2-3 traditional cotton style. This is an important item with many uses, large sizes are best.
- Sun Hat: Any lightweight hat with a good brim or visor.
- Wool or Fleece Hat: Any brand of warm hat that can go over ears.
- Balaclava: Should fit underneath your wool or fleece hat or be thick enough to be worn alone.

Accessories

- Sunglasses #1: For high altitude. 1 pair of high quality 100%UV and 100%IR with a minimum of 80% light reduction, side shields such as those found on “glacier glasses” are not recommended, but size and shape of lens should offer maximum protection from bright light on snow.
- Sunglasses #2: 1 pair high quality 100%UV and 100%IR, for lower elevations, also as a backup. It is important to have a spare pair of sunglasses.
- Headlamp w/ spare bulb: AA or AAA battery powered (Petzl or Black Diamond)
- Spare Batteries: Bring plenty for reading in tents at night.

Camping Gear

- Backpack: 2500 cubic inches (40L) or more, internal frame. Top opening mountaineer’s rucksack style is best. Avoid large zipper openings and excessive outside pockets. Larger packs are better than smaller, because they are easier to pack with cold hands and they distribute loads more effectively. (Dana, Arc’Teryx, Black Diamond)
- Sleeping Bag: 10F to 30F (0C to -10C) Down 700 fill minimum (Marmot, Mountain Hardwear, Moonstone, The North Face)
- Water Bottles: Two 1-liter, leak-proof wide-mouth (Nalgene or lexan type bottle)
- Pee Bottle: This is optional. One 1-liter, leak-proof wide-mouth (Nalgene or lexan bottle)
- Pee Funnel for Women: Optional (Freshette)
- Pack Towel: Small or medium size pack towel. Do not bring ‘terrycloth’ they are too bulky and difficult to dry. Bandanas work in a pinch. (PackTowl)
- Trekking Poles: Recommended. Useful for going up and down trails of the Khumbu. Adjustable poles are better for packing. (Leki, Black Diamond)
- Swiss Army Knife: Remember not to leave in carry-on bags for any international or domestic flight.

Medical & Personal

- Sunscreen: SPF 30 or higher, non-oily (Dermatone or Terrapin)
- Lipscreen: SPF 30 or higher (any brand)

- Toiletry Kit: toothbrush, toothpaste, lotion, alcohol-based anti-bacterial hand sanitizer, anti-bacterial soap, comb/brush, shave kit, lighter, small long-burning candle, needle/thread, throat lozenges (bring travel size bottles to keep you kit small)
- First Aid Kit: Ibuprofen/aspirin, assorted band-aids, moleskin, little of hydrogen peroxide, Neosporin-type suave, Nu-skin spray, small gauze pad, roll of adhesive tape, tweezers, safety pins, small bottle of water purification tablets. Include any prescription travel meds that might be prescribed by your doctor. (antibiotics, Diamox, malaria meds, sleep aids)
- Large Trash Compactor Bags: For waterproofing some items inside your duffel.
- Zip-loc bags: These are always useful.
- Baby wipes
- Earplugs: Very useful for sleeping in tents and lodges. Available in most hardware stores.
- Water Purification Tablets: Such as Potable Aqua brand iodine tablets. You will be given plenty of purified water during your trek, but one bottle of backup purification tablets is always a good idea for your travels. They are especially useful in hotels on your way to Nepal. You should not drink untreated tap water anywhere in Asia and bottled water in some rare cases might not be available.

Travel Items

- Expedition Duffel Bag: Important. Large size with strong zippers. (Wild Things The North Face, Eagle Creek, Black Diamond)
- Small Travel Bag: Can also use a second duffel bag. For storing travel clothes and personal items at the hotel in Kathmandu.
- Nylon Stuff Sacks: 2 or 3, for organizing your gear and clothes. Lighter colors are preferable for easy labeling.
- Clothes for Kathmandu and International Travel: 2 or 3 three changes of comfortable simple travel clothes. Evenings in Kathmandu can be slightly cool in autumn and spring where Bangkok is very hot.
- Work-out clothes and/or bathing suit: Simple and versatile, for hotels.
- Passport Belt/Pouch
- Small Padlocks: for locking duffel bag(s)
- Book(s)
- Journal
- Camera: Digital and/or film camera. Bring plenty of extra batteries, and memory cards for your digital camera. If you recharge your batteries power will be available in most of the lodges during the trek. Adaptors to fit the outlets in Nepal can be purchased easily in Kathmandu. Digital video camcorders are very useful. They allow you to record sounds and still images as well as video.
- Film: Be sure to keep in your carry-on luggage, in clear zip-loc bags so that it can be inspected.