



## SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

mail@swsmtns.com

[www.swsmountainguides.com](http://www.swsmountainguides.com)

Phone: 888.797.6867 / Fax: 877.797.6867

### EVEREST BASE CAMP TREK EQUIPMENT LIST

It is important to the success and safety of your trek that you bring all the items listed below. It is most important that you pack well and pack light your equipment is your protection against the elements. The weather in the Himalayas at times can be windy and cold with temperatures reaching below freezing and high winds. Be prepared to encounter all types of conditions. Remember to test all equipment at home or better yet on short training trips, make sure all your clothing fits together in a layering system. Make sure your hiking boots and packs fit well and have been tested on practice hikes prior to the trek. If you have any questions about what to bring please call our office at 1-888-797-6867, that's what we are here for.

#### The Basics:

- Hiking Boots – Gore-Tex or Waterproofed Leather
- Sleeping Bag (rated to 10 degrees f. / Synthetic or Down)
- Pack\* (Internal Frame 30-45 liters)
- Trekking Poles
- Large Duffel (for all gear on the airline including pack and for storage)
- Small lock for Duffel

#### Clothing:

- Light to Mid Weight Synthetic Top
- Mid Weight Synthetic Bottoms
- Extra Synthetic Top Light-weight
- Fleece Jacket (200-300 weight) or
- Down Jacket or down sweater with Hood
- Gore-Tex Jacket with Hood or equivalent
- Light Nylon Wind Pants or equivalent
- Hiking/Trekking Pants (convertible recommended)
- Wool or Synthetic/Wool Blend Socks (2-3 pairs)
- Light weight Fleece or Synthetic Gloves (windproof/water resistant preferred)
- Wool/Pile Hat
- Sunhat

#### Small Personal Items:

- Passport
- Passport Travel Wallet or Money Belt (id, passport, credit cards, money, etc.)
- 2-one Liter Wide Mouth Water Containers or Camelbak type Hydration Systems
- Swiss Army Type Knife or other small pocket knife - (Put in Checked Luggage)
- Excellent Quality Sunglasses with 100 UV-A protection
- Sun Block & Chapstick (Rated 25+)
- Bandanna
- Pack Towel

- Headlamp (extra batteries/bulb;)
- Small personal first aid kit (include personal medications and blister kit)
- Toothbrush and Toothpaste
- Foam Ear Plugs (for the noisy tea houses)
- Toilet Paper (small personal stash for 2-3 days)
- 3-4 Small stuff sacks for small items
- Ziploc bags, large garbage bags for waterproofing items

#### Recommended Travel Clothing:

- Two pairs of pants (jeans or light cotton)
- 4-5 pairs of underwear (fast drying recommended)
- Two pairs of shorts (or convertible trekking pants as noted above)
- Comfortable shoes (Running shoes or light weight Sport Sandals for travel days)
- 2-3 shirts (one button type/two t-shirts or synthetic)
- Cotton socks (2-3 pairs)
- Recommended Travel Kit: All in a small stuff sack
- Towel (lightweight or pack towel as noted above)
- Small soap & Small shampoo
- Comb or Brush
- Extra pair of glasses or contacts
- Personal toiletries

#### Optional Equipment:

- Notebook/Journal with pen
- Watch/Altimeter
- Good Book
- Solar Chargers for phone etc.
- Sport sandals or Shower Shoes
- Synthetic Liner socks (2-3 pairs)
- Balaclava
- Insulated water bottle carriers