

## Recommended Gear List

- Clothing**
- Day pack (30-40 litre is ideal)
  - Waterproof pack cover for day-pack
  - Walking/trekking boots, medium weight, ankle height (worn-in, not brand new!)
  - Sturdy running/walking shoes for when not trekking
  - Good quality walking socks (5)
  - Underwear (5)
  - Under garments, Icebreaker, Thermatech or similar (2 each of leggings and tops (short or long sleeve))
  - Shorts (2) (**cultural sensitivity dictates that women's shorts must not be brief, and must be to knee length**)
  - Trousers/trackpants (1)
  - Short or long sleeve shirts (3) (**no sleeveless tops and cultural sensitivity dictates that women's tops must not have a low cut neckline**)
  - Heavyweight fleece sweatshirt
  - Rainproof parka (breathable fabric)
  - Down Jacket
  - Warm hat (fleece or woollen, or balaclava if preferred)
  - Sun hat (all round brim preferred); sunglasses
  - Gloves (Windstopper or similar) (1 pair)
  - Optional:**
  - Pack liners for day pack and kit-bag; plastic bags
  - Scarf for neck protection or Neck warmer
  - Waterproof overtrousers
  - Buff
  - Swimming togs for Kathmandu Hotel
  - Over gloves
- Sleeping**
- Warm nightwear
  - Sleeping bag, four season minimum, preferably down
  - Optional:**
  - Travel pillow/pillow case
  - Sleeping bag liner
- Other**
- LED torch plus spare batteries; a head torch is ideal
  - Power/energy/choc bars or similar (1-2 per day)
  - Camera and charger
  - 1 litre drink bottle
  - 2-3 litre water bladder for water storage
  - Optional:**
  - Trekking poles
  - Stuff bags to pack clothes in
- Hygiene**
- Wet wipes, for body washing (2 packets)
  - Hand Sanitizer Gel (2 x 50ml bottles)
  - Towel, Face Cloth & Toiletries
  - Sunscreen and lip balm
  - Personal medication
  - Sunlight Soap or similar for laundry
  - Optional:**
  - Washing line/rope

*Everest Treks preferred apparel supplier is Macpac, another proud New Zealand based company. All trekkers who shop at Macpac and identify as Everest Treks clients will receive **30% off Macpac gear or the sale price, whichever is the best deal.** Follow the links on their website to find your closest store: [www.macpac.co.nz](http://www.macpac.co.nz)*

