

EVEREST BASE CAMP TREK

Following in the footsteps of mountaineering greats like Hillary, Bonington and Cool, a trek to Everest Base Camp is like no other journey on earth. Approached from either Nepal (south) or Tibet (north) the trek is a real challenge that sends you into the heart of the Himalaya. The correct equipment is essential and below is a selection of kit we recommend to endure the rough terrain and long days. If you would like additional advice then call us on 0844 372 1010 or visit one of our stores nationwide where you will find experts delighted to discuss your expedition and the gear you need.

KIT Lists

| ITEMS | QNTY | ✓ |
|------------------------------------|------|---|
| Large rucksack/ kit bag/ duffle | 1 | |
| Day sack 30-40L | 1 | |
| 4 Season sleeping bag | 1 | |
| Sleeping bag liner | 1 | |
| Pillow | 1 | |
| Thermarest/ Insulation mat | 1 | |
| Waterproof gloves | 1 | |
| Waterproof jacket | 1 | |
| Trekking trousers | 1 | |
| Lightweight trekking trousers | 1 | |
| Long-sleeved shirt | 2 | |
| T-shirts | 2 | |
| Fleece with hood | 1 | |
| Thermal top | 1 | |
| Thermal leggings | 1 | |
| Waterproof trousers | 1 | |
| Down jacket | 1 | |
| Hat | 1 | |
| Walking boots | 1 | |
| Gaiters | 1 | |
| Blister patches | 1 | |
| Alternative footwear for camp area | 1 | |
| Socks | 3 | |

| ITEMS | QNTY | ✓ |
|--------------------------|------|---|
| Water bottle - 1 litre | 1 | |
| Water bladder 1-2 litres | 1 | |
| Chlorine dioxide tablets | 1 | |
| Neutralising tablets | 1 | |
| Trek towel | 1 | |
| Sun hat | 1 | |
| Balaclava | 1 | |
| Sun cream | 1 | |
| Gloves | 1 | |
| First Aid Kit | 1 | |
| Sunglasses | 1 | |
| Sunglasses case | 1 | |
| Dry wash | 1 | |
| Ear plugs | 1 | |
| Waterproof camera case | 1 | |
| Head torch | 1 | |
| Mirror | 1 | |
| Body Wallet | 1 | |
| Spare boot laces | 1 | |
| Food | 1 | |
| Camera | 1 | |
| Ipod | 1 | |
| Passport | 1 | |