

EVEREST BASE CAMP TREK GEAR CHECKLIST



**HIMALAYA
SACRED**
TREKS & EXPEDITION

☐ Gore-Tex Pant

HAND WEAR

☐ Liner Gloves (1 Pair)

☐ Fleece Gloves (1 Pair)

☐ Mountaineering Gloves
with Removable Liners
(Optional)

FOOT WEAR

☐ Thin, Thick, & Woolen
Each Pair of Socks

☐ Trekking Gore-Tex
Boots

☐ Lightweight
Shoes/Sandals

ACCESSORIES

☐ Sleeping Bag (-20°C)

☐ Trekking Bag / Day Bag

☐ Duffle Bag

☐ Trekking / Hiking Poles

☐ Water Bottle or Camel
Bag

☐ Hygiene Kit (Toilet
Paper, Wipes)

☐ Thermos / Water Bottle

☐ Personal Medications

☐ Personal First Aid Kit

☐ Books / Playing Cards

☐ Toothbrush &
Toothpaste

☐ Towel

TRAVEL GEAR

☐ Passport, Documents &
Copies

☐ International Electrical
Adapter

☐ PP-Size Photo (4
Pieces)

☐ Insurance Paper &
Contact Address

HEAD WEAR

☐ Sun Glasses

☐ Sun Hat or Scarf

☐ Head Light

☐ Sun Screen

☐ Lip Guard

UPPER BODY

☐ Quick-Dry Shirts (Half
& Full Sleeve)

☐ Fleece Jacket

☐ Down Jacket & Gore-
Tex Jacket

☐ Water Poncho /
Raincoat

LOWER BODY

☐ Trekking Trousers /
Cotton Pants (Long/Short)

☐ Fleece Trouser

HIMALAYA SACRED TREK & EXPEDITION

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