



NEPAL: EVEREST BASE CAMP & ISLAND PEAK

Packing List

Mandatory Items

1 daypack/backpack: Minimum gear capacity of 1,800-2,500 cubic in. (30-45 L). Must have a waist belt and outside pockets to hold (2) 1-liter Nalgene water bottles. Backpack will hold a jacket, hat, gloves, snack, 2 water bottles, gaiters, waterproof jacket and pants, headlamp, passport and money at all times. **Maximum weight limit of backpack: 18-20 lbs per person (includes 2 full 1 Liter water bottles).**

1 mountain duffle bag with no wheels: Capacity of 8,000-10,000 cubic in. (95-160 L). This falls in the range of XL to XXL duffels. This duffle bag will hold your sleeping bag, sleeping pad, mountain clothes, extra pair of boots and other items needed for the mountain. Consider getting a waterproof duffle that will protect from rain and dust. **Maximum weight limit of mountain duffle: 30 lbs per person.**

Roller suitcase or duffle: This will hold your street clothes and all other personal items that will not be needed on the mountain. This suitcase will be left at the hotel in a secure location while you are on the mountain.

1 sleeping bag: Recommended temperature rating of 10°F (-12°C) or lower. This is a personal preference based on your internal body temperature. Preferably down-filled. Sleeping bags vary in length and zipper side location. Prices are subject to brand and quality of the down. You must use a compression sack for packing purposes.

1 pair of trekking poles: Adjustable shaft recommended. No folding poles.

2 (1-Liter) Nalgene water bottles (Hydration bladders are NOT RECOMMENDED)

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Mandatory Items for *Island Peak Only*:

- 1 climbing harness
- 1 pair of mountaineering boots
- 1 set of crampons
- 1 climbing ascender (jumar)
- 1 climbing helmet
- 1 ice axe

Mandatory Items for Torso:

- 1 windproof/waterproof rain jacket
- 1 medium/heavyweight down jacket
- 1 medium/heavyweight long sleeve fleece jacket
- 1 pair of thermal underwear (polypropylene, polyester or silk)
- 2 mediumweight long sleeve shirts (polypropylene, polyester or silk)
- 4 long sleeve non-cotton t-shirts
- 4 short sleeve non-cotton t-shirts

Mandatory Items for Head:

- 1 warm beanie cap
- 1 wide-brimmed hat or visor
- 1 headlamp with batteries
- 1 pair of sunglasses, side protection recommended

Mandatory Items for Hands:

- 1 pair of warm mittens or gloves
- 1 pair of glove liners or lightweight gloves

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Mandatory Items for Feet:

- 1 pair of waterproof high-rise hiking boots for the trail
- 3 pairs of medium to heavyweight hiking socks, preferably wool that fit the boot listed above
- 4-5 pairs of lightweight hiking socks, preferably wool that fit the boot listed above
- 1 pair of micro spikes. Kahtoola is a popular brand.
- 1 pair of closed-toe shoes or warm boots for the teahouses

Mandatory Items for Legs:

- 1 pair of windproof/waterproof rain pants. Make sure they will fit over your hiking boots or have a full length zipper on the side of each leg for easy on and off and ventilation
- 1 pair of heavyweight pants, ski pants or down pants
- 2 pairs of long hiking pants
- 2 pairs of hiking shorts
- 2 pairs of thermal underwear (polypropylene, polyester or silk)
- 1 pair mediumweight pants for the trail or at camp. Can be polar fleeced.
- 1 pair of gaiters for inclement weather and summit day

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Additional Important Items to Bring:

- \$300 USD per person in tips for hotel staff, drivers, porters, cooks and guides. Bills need to be in small denominations with no tears or marks and circulation of 2012 or later.
- Adapter for Nepal
- Sunscreen
- 1 lip balm with sunscreen
- 1 small personal first aid kit. Include personal medications to assist with altitude sickness, digestive problems, headaches, soreness or other personal health issues that may be of concern. High altitude conditions can cause headaches and fatigue. K2AT cannot administer these medications; it is your responsibility to bring your own. Refer to the K2AT General Information document for recommend medications for the climb.
- Electrolytes (2-3 servings per day)
- Gu or other energy gels
- Daily snacks (2 per day is sufficient)
- 1 pack of baby wipes for personal hygiene
- 3 compression sacks to organize and compact your mountain clothes
- 1 pack of tissues or 1 travel roll of toilet paper
- 5 medium Ziploc (plastic) bags
- 2 large plastic garbage bags if your mountain duffel is not waterproof
- 1 spare pack of batteries for headlamp
- 1 pocket knife or multi tool
- 3 ft. (1 m) of Duct tape. Wrap around your trekking poles.
- 2 small containers of hand sanitizer gel
- 1-2 packs of disinfectant wipes
- 1 pee bottle at least 1.5 L in size
- 1 bar of soap

Optional Items to Bring:

- Portable power source for charging cell phone
- 1 small camping/sleeping pillow
- 1 pack of hand/foot warmers
- 1 set of earplugs for sleeping
- 1 container of insect repellent
- Journal and pen/pencil
- Paperback book
- Camera/Music

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Important:

- Approximately \$40 USD for Nepal visa for USA clients. International clients need to check visa requirements for the country stated on their passport. Visas will be acquired upon arrival (cash only).
- Label all luggage with name and address
- Lock all luggage with TSA approved locks
- Check with your international airline for specific baggage restrictions and if there is a charge for checked baggage. Most international airlines accept 2 checked bags with a 50lb. (22.5kg) weight restriction. Baggage fees vary by airline.
- Label the 2 Nalgene water bottles with your name
- Use your backpack as your carryon bag for your flight. Keep all medications inside the backpack and wear or carry your hiking boots.

Resources:

Check your local outdoor recreational store for all gear and supplies.

Popular resources for researching or purchasing gear and supplies online are:

www.blackdiamondequipment.com

www.sierratradingpost.com

www.rei.com

www.backcountry.com

www.moosejaw.com

www.northface.com

www.mountainhardwear.com

www.marmot.com

www.leki.com

We look forward to traveling with you!

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