12 Days Everest Base Camp Trek

Packing List - Tick each box as you pack

HOW TO READ	BRING = pack from home	BUY IN KTM = easy to buy in Kathmandu	RENT IN KTM = rent in Kathmandu

BRING / BUY KTM = bring from home, or buy in Kathmandu if you prefer.

Good news: Sleeping bags and down jackets can be **rented** in Kathmandu, and all other trekking gear can be **bought locally**. Himalaya Hub will happily help you arrange everything you need.

1. CLOTHING - Head & Hands

	ITEM	WHAT TO PACK	QTY	GET IT
☐	**Headwear**	Sun hat or peaked cap with neck cover	1	BRING
☐	**Warm Hat**	Warm hat for cold evenings and high altitude	1	BRING / BUY KTM
☐	**Gloves**	1 thin merino pair + 1 thick insulated pair	2 pairs	BRING
☐	**Scarf or Buff**	Extra warmth and protection when needed	1	BRING / BUY KTM

2. CLOTHING - Upper Body & Layers

	ITEM	WHAT TO PACK	QTY	GET IT
☐	**Trekking Shirt**	Lightweight synthetic, moisture-wicking. Pack long-sleeve (sun protection) and short-sleeve (warm days)	2	BRING / BUY KTM
☐	**Sports Bra**	Comfortable sports bra (if needed)	As needed	BRING
☐	**Thermal / Insulating Layer**	Thermal layer for warmth under your jacket	1	BRING / BUY KTM
☐	**Down Jacket**	Insulated down jacket for cold mornings, evenings and altitude	1	RENT IN KTM
☐	**Windbreaker**	Lightweight windproof jacket	1	BRING

3. CLOTHING - Lower Body

	ITEM	WHAT TO PACK	QTY	GET IT
☐	**Underwear**	Breathable synthetic fabric	3	BRING
☐	**Base Layer - Pants**	Merino wool thermal pants	1	BRING
☐	**Trekking Pants**	Lightweight synthetic, comfortable, quick-drying	2	BRING / BUY KTM
☐	**Rain Pants**	Lightweight synthetic (Frogg Toggs recommended)	1	BRING

4. FOOTWEAR & SOCKS

	ITEM	WHAT TO PACK	QTY	GET IT
☐	**Hiking Boots / Shoes**	Waterproof, well-cushioned, supportive (Salomon Quest 4D or X-Ultra 3/4). Break them in before the trip	1 pair	BRING
☐	**Casual Shoes**	Lightweight shoes for town visits and indoor use	1 pair	BRING
☐	**Camp Footwear**	Down booties for cozy evenings	1 pair	BRING / BUY KTM
☐	**Socks**	Wool or synthetic. Include thick pairs for hiking comfort	3 pairs	BRING

5. ESSENTIAL GEAR

	ITEM	WHAT TO PACK	QTY	GET IT
☐	**Daypack**	Carry your daily essentials on hikes and short trips	1	BRING / BUY KTM
☐	**Trekking Poles**	Better balance and less strain on rough, uneven paths	1 pair	BRING / BUY KTM
☐	**Sleeping Bag**	Warm bag for camping or simple tea-house stays	1	RENT IN KTM
☐	**Water Bottle**	Reusable, preferably insulated	1	BRING / BUY KTM
☐	**Headlamp / Flashlight**	For early mornings, late evenings and low light	1	BRING / BUY KTM
☐	**Power Bank**	Keep phone and devices charged on the move	1	BRING

6. HYGIENE & SAFETY

	ITEM	WHAT TO PACK	QTY	GET IT
☐	**Personal Care**	Eco-friendly soap, toothbrush, toothpaste, other hygiene needs	1 set	BRING
☐	**Sunscreen**	High-SPF to protect from strong sun	1	BRING
☐	**Lip Balm**	SPF-infused to prevent dryness and cracking	1	BRING
☐	**Insect Repellent**	Especially if traveling in warmer seasons	1	BRING
☐	**First Aid Kit**	Personal medications, adhesive bandages, antiseptic wipes, blister care supplies	1 kit	BRING

7. PERSONAL ITEMS FOR YOUR JOURNEY

	ITEM	WHAT TO PACK	QTY	GET IT
☐	**Camera / Smartphone**	Capture landscapes and memories	1	BRING
☐	**Book or E-Reader**	Novel or Kindle for relaxing downtime	1	BRING
☐	**Notebook & Pen**	Record thoughts and travel memories	1	BRING

Need help with gear? Sleeping bags and down jackets are available for rent in Kathmandu, and all other trekking gear is easy to buy locally. Himalaya Hub will gladly arrange everything so you can head into your adventure fully prepared and confident.