

# Packing list for Everest Base Camp Trek

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When [preparing for a trek to Everest Base Camp](#), having the right gear is essential for a safe and comfortable journey. Here's a basic packing list to help you get started:

## Clothing

1.

### Base Layers:

- Thermal tops and bottoms (moisture-wicking)
- Long-sleeve and short-sleeve T-shirts

2.

### Insulating Layers:

- Fleece jacket or pullover
- Down jacket (for warmth)

3.

### Outer Layers:

- Waterproof and windproof jacket
- Waterproof and windproof pants

4.

### Trekking Pants and Shorts:

- Lightweight, quick-drying pants
- Trekking shorts

5.

### Headwear:

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- Warm hat (beanie)
- Sun hat or cap
- Buff or neck gaiter

6.

#### **Handwear:**

- Lightweight gloves
- Insulated gloves

7.

#### **Footwear:**

- Sturdy trekking boots (waterproof, with good ankle support)
- Comfortable trekking socks (wool or synthetic)
- Gaiters (optional, for snow or mud)

## **Gear and Equipment**

1.

#### **Backpack:**

- Daypack (20-30 liters) for daily essentials
- Duffel bag (carried by porters) for the main luggage

2.

#### **Sleeping Gear:**

- Sleeping bag (rated for cold temperatures)
- Sleeping bag liner (optional, for extra warmth)

3.

#### **Trekking Poles:**

- Adjustable trekking poles

4.

#### **Hydration:**

- Water bottles or hydration bladder
- Water purification tablets or filter

5.

#### **Headlamp:**

- Headlamp with extra batteries

6.

#### **Sunglasses:**

- UV protection sunglasses

7.

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### **Trekking Accessories:**

- Map and compass (or GPS)
- Multi-tool or knife
- Duct tape (for repairs)
- Dry bags (for keeping gear dry)

## **Personal Items**

1. **Toiletries:**
  - Toothbrush and toothpaste
  - Biodegradable soap
  - Wet wipes
  - Hand sanitizer
  - Toilet paper
2. **First Aid Kit:**
  - Basic medications (pain relievers, altitude sickness medication, etc.)
  - Band-aids and blister treatment
  - Sunscreen and lip balm (high SPF)
3. **Snacks:**
  - Energy bars, nuts, and dried fruits
4. **Documentation:**
  - Passport and necessary permits
  - Travel insurance details
5. **Cash:**
  - Local currency for tips and purchases

## **Optional Items**

1. **Camera and Chargers:**
    - Camera with extra batteries or power bank
  - 2.
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**Entertainment:**

- Books, cards, or a journal

3.

**Additional Warmth:**

- Hand and foot warmers

Remember to pack light but ensure you have everything you need for a comfortable and safe trek. Conditions can vary, so be prepared for both warm days and cold nights.

For more details, please visit <https://www.eqlic.com/detail/packing-list-for-everest-base-camp-trek-goavilha-360017>

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