

Everest Base Camp Trek Packing List

Category	Item	Got it?	Packed it?
Basics	Backpack		
Basics	Hiking boots		
Hiking clothes	Merino hiking shirt		
Hiking clothes	Longsleeve hiking shirt/sweater		
Hiking clothes	Down jacket		
Hiking clothes	Lightweight jacket		
Hiking clothes	Hiking pants		
Hiking clothes	2 pair of hiking socks		
Hiking clothes	Scarf		
Hiking clothes	Buff		
Hiking clothes	Gloves		
Hiking clothes	Underwear + bras		
Hiking clothes	Rain jacket		
Hiking clothes	Backpack raincover		
Hiking clothes	Sunglasses		
Lodge clothes	Thermal underwear		
Lodge clothes	1 fleece sweater		
Lodge clothes	1 pair of pants		
Lodge clothes	1 pair of warm socks		
Lodge clothes	1 pair of warm slippers		
Lodge clothes	1 t-shirt (optional)		
For sleeping	Sleeping bag		
For sleeping	Pillow case		
For sleeping	Travel sheet		
For sleeping	Ear plugs		
For sleeping	Eyemask		
Food	Oatmeal		
Food	Raisins		
Food	Honey		
Food	Salted peanuts		
Food	Snickers		
Food	Cookies		
Food	Instant coffee and plenty of teabags		
Food	Instant noodles		
Toiletries	Baby wipes		
Toiletries	Baby powder		
Toiletries	Hand sanitizer		
Toiletries	Shampoo (small bottle)		
Toiletries	Microfiber towel		
Toiletries	Sunscreen		
Toiletries	Labello		
Toiletries	Deodorant		
Toiletries	Contacts and glasses		
Toiletries	Hairbrush		
Toiletries	Floss, toothpaste and toothbrush		
Medicine	Diamox		
Medicine	Loperamide (stopper) and laxatives (goer)		
Medicine	Paracetamol		
Medicine	Antibiotics		
Medicine	Band-aids		
Medicine	Antiseptic cream		
Medicine	Iodine		
Medicine	Strepsils (or different brand) for throat pain		
Medicine	ORS rehydration sachets		
Medicine	Vitamin C		
Electronics	NCell SIM Card		
Electronics	iPhone 6s		
Electronics	Goal Zero Nomad 7 Plus Solar Panel		
Electronics	Goal Zero Venture 30 Power Pack		
Electronics	Laptop (optional)		
Electronics	Kobo Glo e-reader		
Essential documents	TIMS card		
Essential documents	Sagarmatha National park permit		
Essential documents	passport		
Essential documents	plenty of cash		
Other essential items	Lifestraw Water Filter Bottle		
Other essential items	Trekking poles		
Other essential items	Pocket knife		
Other essential items	Duct tape		
Other essential items	Lots of toilet paper		
Other essential items	Detailed map for Jiri to Everest Base Camp trek		
Other essential items	Lonely Planet Trekking in the Nepal Himalaya		