

ANYWHERE+

EVEREST BASE CAMP TREK EQUIPMENT LIST

OPTIONAL SUPPLIES

BASEBALL CAP

For extra protection from the sun during the trek.

ELECTRONICS YOU CAN'T LIVE WITHOUT

Listening to music on headphones during the trek is not recommended. It is best to always stay alert for all kinds of reasons (oncoming Yak-traffic, porters who may want to pass you, potential rock fall, etc.)

CAMERA

You can take your own pictures if you like. Our Anywhere+ photographer and guide will take pictures along the way and put together a photo book that you will receive once you return home. That way you can enjoy the trip without worrying about taking vacation photos.

PERSONAL SNACKS

Guides will carry a variety of snacks, however, if you need a certain type of snack during the trek, please advise our guide prior to the trip or bring a small quantity yourself.

PERSONAL MEDICATION

Please speak to your doctor if you have a preexisting condition and bring your own specific medication for the trek. Our guides carry a variety of high altitude medicine and first aid kits.

QUESTIONS?

Contact Karl Nesslerer

K@Anywhere.com

Please review the equipment list below, you can find links to product examples highlighted in blue throughout this document.

CLOTHING

• HIKING BOOTS

One (1) pair of [hiking boots](#), please make sure to break boots in prior to the trip.

• TENNIS SHOES

One (1) pair of tennis shoes, these should be comfortable shoes for walking around Kathmandu.

• SANDALS OR SPORTS SLIDES

One (1) pair of [sandals](#) or [sports slides](#) for wearing in the mountain lodges. This will give your boots a chance to dry, and your feet a chance to breathe (Make sure they fit with thick hiking socks).

• SOCKS (X4)

Bring at least four (4) pairs. Please try them out with your boots prior to the trip. [Merino wool](#) is the recommended material, as it is very odor resistant (you can wear a pair for three days of intense trekking without a problem).

• BEANIE (WOOL OR FLEECE)

This [beanie](#) should be made of thermal material, and should cover your ears.

• TREKKING PANTS

Two (2) pairs of [trekking pants](#) will be sufficient for this trip.

• FLEECE PULLOVERS (X2)

One (1) finer and one (1) thicker fleece or two (2) [regular fleece](#) pullovers.

• DRYFIT SHIRTS (X4)

We recommend either (2) [Short sleeve](#) and two (2) [long sleeve](#), or four (4) long sleeve shirts for those with sun sensitivity.

• THERMAL UNDERWEAR

Two (2) long [sleeve shirts](#) and two (2) long [thermal pants](#). One set of thermal underwear will serve as pajamas and 'social attire' when we are relaxing in the lodges. The other set is for the last days of the trek when temperatures drop, and for the hike to Kala Pattar to admire the sunset on Everest. Material should be Capilene/ Merino Wool/ PolarTec Fleece.

• GLOVES (X2)

One (1) pair of [thin gloves](#) for during the day, and one (1) [pair for the cold](#) days and the afternoon on Kala Pattar (preferably made from windbreaker material).

• HARDSHELL JACKET WITH HOOD

One (1) Preferably lightweight and breathable [jacket](#) that will also need to be highly weather resistant (waterproof/ wind breaker).

• BUFFS (X3)

One (1) [polar buff](#) for the cold days, and two (2) [regular weather buffs](#).

GEAR

• UV SUNGLASSES

One (1) [pair of UV glasses](#) to protect your eyes. Every 3,280 feet (1,000 m) UV levels increase by approximately 10 percent.

• HEADLIGHT

One (1) [headlight](#) with extra batteries.

• BACKPACK 35L-50L

Please try out the [backpack](#) prior to the trip to make sure you feel comfortable with it.

• SLEEPING BAG

One (1) [sleeping bag](#) for -12° to -20° F (-24° to -28° C) weather. You can rent one in Kathmandu for \$1 per day.

• TREKKING POLES

One (1) set of [trekking poles](#).

• HIGH SPF SUNSCREEN

Sunscreen with a minimum of SPF 30.

• PERSONAL HYGIENE ITEMS

Toothbrush, toothpaste, shampoo, soap, deodorant etc.

• ULTRA LIGHT TOWEL

One (1) [ultra light](#) super absorbent towel.

• BABY POWDER & WIPES

For the "trekker's shower." Baby powder and wipes will become your best friends on this trek.

• LOCK FOR TREKKING BAG

One (1) [lock to use](#) to use with a duffel bag. We will provide the duffel bag for the trek (but you can also bring your own if you like). The lock will be used to secure your possessions while the porters are carrying it for you.