

EXPEDITION KIT LIST ✓

Everest Region Treks

All mountain treks have a wide range of temperatures so best clothing is a lot of thin layers, which are easier to adjust as the temperature fluctuates and are more effective than a few thick items of heavy clothing. Please note that many Nepalis are still traditional in the way they dress. We therefore recommend that you dress conservatively - no sleeveless tops or revealing clothes.

Although shorts are acceptable they should be modest and reach to just above the knee and for women a skirt or trousers are preferable.

GENERAL

- EXODUS KITBAG/SOFT DUFFEL BAG**
- BACK PACK/DAYPACK** 25-35 litre capacity preferably with rain cover, hip belt for support (at least 30-35 litre for trips TNE & TNG)
- PLASTIC/DRY BAGS** To line your kitbag & daypack
Take spares too
- SLEEPING BAG** 4 season/4-5 season for trip TNG. 5 season for Dec-Feb departures of all trips, except TNO which is lower altitude
- HEAD TORCH LED** recommended
- TWO PASSPORT PHOTOS** For your trekking permit

OPTIONAL:

- KIT STORAGE BAG** To leave any items not required for the trek at the hotel in Kathmandu
- SLEEPING BAG LINER**
- SLEEPING MAT** Mattresses are provided in lodges as are foam mats whilst camping but you may wish to bring your own top up
- TREKKING POLES** Highly recommended. Lightweight aluminium or carbon fibre
- SOLAR CHARGER/SPARE BATTERIES** Lithium last longer in cold temperatures
- TRAVEL GAME/CARDS** etc.

HEAD & HANDS

- SUN HAT WIDE** brimmed/baseball cap
- SUITABLE UV BLOCKING SUNGLASSES** Should meet EU Class 4 standards with a 'wraparound' design to avoid snow blindness
- SCARF/BUFF** For wind/dust protection
- WARM HAT/BALACLAVA** For cold conditions
- WARM GLOVES**

LEGS & FEET

- TREKKING BOOTS** Waterproof and well worn-in synthetic or leather upper
- WALKING SOCKS** Several pairs of wool/synthetic socks
- THERMAL BOTTOMS** Leggings or long johns
- TREKKING TROUSERS & SHORTS** Light-mid weight synthetic recommended. Warmer for Dec-Feb departures
- WATERPROOF OVERTROUSERS**
- WARM COMFORTABLE TROUSERS** For evenings
- GAITERS** Dec-Feb departures only
- TRAINERS &/OR SANDALS** For evenings

OPTIONAL:

- MINI-CRAMPONS/YAKTRAX/SPIKEYS** Your leader will advise if required (available cheaply in Kathmandu/Lukla). Highly recommended for trips TNE & TNG

UPPER BODY

- DOWN JACKET WITH HOOD 3/4** season medium weight. 4 season for Dec-Feb departures and for trip TNG)
- WIND & WATERPROOF JACKET** Gore-Tex or similar breathable fabric
- TSHIRTS/SHIRTS** Quick drying short sleeved tops (cotton/synthetic)
- THERMAL BASE LAYERS** Long sleeved synthetic/merino wool tops (light & mid-weight)
- WARM MID LAYER/FLEECE**

Expedition kit list continued

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HYGIENE, FOOD & TOILETRIES

- WATER BOTTLES** 1/2 x 1 litre plastic/metal drinking bottles
e.g. Nalgene/Sigg.
- SUN CREAM & LIP BALM** High SPF (50+)
- PERSONAL TOILETRIES**
- TRAVEL TOWEL** Small and quick drying
- TOILET ROLLS &/OR TISSUES** One or two extra rolls/packs
- PERSONAL FIRST AID KIT**

OPTIONAL:

- WET WIPES OR HAND SANITISER GEL**
- BIODEGRADABLE SOAP/SHAMPOO**
- WATER PURIFICATION TREATMENT**
- EXTRA SNACKS/ENERGY BARS**
- EAR PLUGS**

EQUIPMENT HIRE

Duffle bags or soft kit bags are required for the porters to carry on trek. For all clients with a UK postal address a soft kitbag is provided free of charge. For the flight to/from Lukla the weight limit for your kitbag/checked luggage is 10kg, plus 5kg hand luggage. Any luggage not needed for the trek can be stored at the hotel in Kathmandu free of charge. Many people prefer to pack the kitbag inside a suitcase so that the suitcase can be left in Kathmandu with such items.

Equipment such as down jackets and sleeping bags can also be hired cheaply in Kathmandu through our local agent; these must be prebooked through the Exodus office to ensure availability – please call for details. There are also many shops in the Thamel district of Kathmandu which sell cheap clothing and trekking accessories of varying quality.

If you prefer to hire gear in UK, equipment is available from **Trek Hire UK (www.trekhireuk.com)**.

Cotswold Outdoor and Nomad Travel Stores offer Exodus clients a 12.5% discount and Ellis Brigham offers Exodus clients a 10% discount off purchases; please present your booking confirmation to redeem this.

For specific advice on individual items we recommend that you contact our Customer Operations department on customerops@exodus.co.uk or talk to a specialist outdoor retailer prior to your trip.