

EXPEDITION KIT LIST ✓

Everest Region Treks

All mountain treks have a wide range of temperatures so the 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, many Nepalis are 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.

GENERAL

- ☐ **EXODUS KITBAG**
- ☐ **BACKPACK** 25-35 litre capacity preferably with rain cover, hip belt for support (at least 30-35 litre for the Everest & Gokyo Lakes Circuit trip)
- ☐ **PLASTIC/DRY BAGS** To line your kitbag and backpack. Take spares too
- ☐ **SLEEPING BAG** Four-season. Five-season for Dec-Feb departures of all trips
- ☐ **LED HEAD TORCH (HEADLAMP)** 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 while 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**
- ☐ **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 (PANTS) & SHORTS** Light to mid-weight synthetic recommended. Warmer for Dec-Feb departures
- ☐ **WATERPROOF OVERTROUSERS (OVERPANTS)**
- ☐ **WARM COMFORTABLE TROUSERS (PANTS)** For evenings
- ☐ **GAITERS** Dec-Feb departures only
- ☐ **TRAINERS (SNEAKERS) &/OR SANDALS** For evenings

OPTIONAL:

- ☐ **MINI-CRAMPONS/YAKTRAX/SPIKEYS** Your leader will advise if required (available cheaply in Kathmandu/Lukla). Highly recommended for the Everest & Gokyo Lakes Circuit trip

UPPER BODY

- ☐ **DOWN JACKET WITH HOOD THREE/FOUR-SEASON** Medium weight. Four-season for Dec-Feb departures
- ☐ **WIND & WATERPROOF JACKET** Gore-Tex or similar breathable fabric
- ☐ **T-SHIRTS/SHIRTS** Quick-drying short-sleeved tops (cotton/synthetic)
- ☐ **THERMAL BASE LAYERS** Long-sleeved synthetic/merino wool tops (light- and mid-weight)
- ☐ **WARM MID LAYER/FLEECE**

Expedition kit list continued

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HYGIENE, FOOD & TOILETRIES

- ☐ **TWO REFILLABLE WATER BOTTLES OR A WATER BLADDER** (also known as a hydration pack/CamelBak, which are useful for on-the-go rehydrating)
- ☐ **SUNSCREEN & LIP BALM** High SPF (50+)
- ☐ **BIODEGRADABLE MINI TOILETRIES** (please do not bring full-size items and limit to essentials)
- ☐ **TRAVEL TOWEL** Small and quick drying
- ☐ **TOILET ROLLS &/OR TISSUES** One or two extra rolls/packs
- ☐ **PERSONAL FIRST-AID KIT**
- ☐ **WATER PURIFICATION TREATMENT**

OPTIONAL:

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

EQUIPMENT HIRE

Equipment such as down jackets and sleeping bags can be hired 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 that sell reasonably priced clothing and trekking accessories of varying quality.

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.

BAGGAGE ON TREK

Soft kitbags are required for the trek. See the Essential Equipment section of the Trip Notes for more information on claiming your free Exodus kitbag.

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 the suitcase can be left in Kathmandu with such items.