

## Everest Base Camp Packing List

1 Backpack each

### **Rob's clothes list**

5 pairs underwear  
2 pairs normal socks  
2 pairs hiking socks  
1 pair trekking trousers  
1 wick-away tshirt  
1 thermal top  
2 thermal bottom  
1 long sleeved tshirt  
1 spare tshirt  
1 fleece  
1 hoodie  
1 pair hiking boots  
1 pair flip-flops  
1 poncho  
1 packing cube  
1 baseball cap  
1 pair thin gloves  
1 medium thick buff  
1 warm hat  
1 pair polarised sunglasses

### **Jenny's clothes list**

5 pairs underwear  
2 pairs hiking socks  
2 pairs teahouse socks  
1 lightweight sandals (for teahouse)  
1 trekking trousers  
1 wickaway t-shirt  
2 bralets  
1 long sleeved top  
1 hiking boots  
1 medium thick buff  
1 warm hat  
1 sun hat  
1 thin leggings  
1 thermal bottom  
1 cotton tshirt  
1 thermal top  
1 fleece  
1 light down jacket  
1 polarised sunglasses  
1 thin gloves  
1 hair tie  
1 waterproof jacket

## **Medical / First-Aid**

### [First Aid Kit](#)

Plasters  
Blister plasters (Compeed)  
Indigestion tablets  
Paracetamol  
Ibuprofen  
Diamox tablets  
Diarrhoea relief  
Electrolyte powder  
Throat sweets

## **Electronics**

### [Power Bank](#)

Cameras- [photos](#) and [videos](#)  
Kindle / book  
Sim card  
[Headtorch](#)  
Chargers, wires and adapters

## **Other**

Sleeping bag  
[Map](#)  
[Water Bottles](#)  
[Water purification tablets](#)  
ear plugs  
duct tape  
compass

## **Toiletries**

Wet-wipes  
Toothbrush  
Toothpaste  
Soap bar  
[Clothes washing leaves](#)  
Suncream factor 50+  
Feminine hygiene

## **Snacks**

27 Snickers  
15 Nature Valley bars  
10 Protein Bars  
500g Cashew Nuts (Unsalted)  
200g Vitamin C Orange Drink – Never drank this.

## **We wish we took**

[Dryer sheets](#)  
Deodorant

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Solar charger  
Multi-vitamins