

EVERSET BASE CAMP TREK EQUIPMENT LIST

Travel Documents:

- ☐ Valid Passport - min 6 months
- ☐ Credit Cards
- ☐ PP Size Photo (4 Pieces)
- ☐ Insurance Paper & Contact Address
- ☐ Family Members / Company's Contact Address
- ☐ Copy of vaccination certificate

Head:

- ☐ Sunhat with Shade
- ☐ Neck Gaiter (2 Pcs)
- ☐ Light Balaclava/Fleece Hat/ Warm Hat (1-2 Pcs)

Upper Body:

- ☐ Thermal Top Base Layer (2 Pcs)
- ☐ Gore Tex Jacket (1 Pcs)
- ☐ Down Jacket (1 Pcs)
- ☐ Cotton T-Shirt (2 Pcs)
- ☐ Fleece Jacket Or Pullover (1 Pcs)

Lower Body:

- ☐ Thermal Bottom Base Layer (2 Pcs)
- ☐ Fleece Trouser (1pcs)
- ☐ Gore Tex Pant (1 pcs)
- ☐ Mid Weight Pants (1Pcs)
- ☐ Light Weight Quick Dry Trekking Pants (2-3 Pairs)
- ☐ Gaiters for trekking boots
- ☐ Under Garments (3-6 Pcs)

Hands:

- ☐ Thin Fleece Gloves (2 Pairs)
- ☐ Wind Stopper / Screen Tap Gloves
- ☐ Trekking Poles

Sleeping Stuffs:

- ☐ Sleeping Bag -10°C to -20°C (Returnable if hire from us)
- ☐ Thermarest Mattress (Cell Foam)
- ☐ Pillow
- ☐ Ear Plugs

Medical/First Aid:

- ☐ Brufen / Ibuprofens
- ☐ Antibiotic
- ☐ Diamox
- ☐ Paracetamol
- ☐ Handy Plaster
- ☐ Crack Bandage
- ☐ Tincture Iodine
- ☐ Ondem
- ☐ Cetirizine
- ☐ Electrolyte
- ☐ Minil 10mg (Palpitation, anxiety)
- ☐ Codopar (Headache & chest pain)
- ☐ Salbetol 4mg (Breathless)
- ☐ Azithromycin 500mg (chronic tonsillitis, fever, nose, throat infection-must take 5 days)
- ☐ Flupen 250mg (prevent wound infection)
- ☐ Allegra 120/180mg (Allergic tonsil)

Bag Packs

- ☐ Rucksacks 35L - 45L
- ☐ Large Plastic Bags (1 Pcs)
- ☐ Day Bag Pack 20L - 30L

Foot Wear:

- ☐ Trekking Shoes (Gore Tex)
- ☐ Slipper (1 Pair)
- ☐ Crampons/ Microspikes (1 Pairs)-for High Passes
- ☐ Pairs of Good Walking Socks (3-4 Pairs)

Sun Stuffs:

- ☐ Banana Boat/ Nivea Sun Cream (-30 SPF)
- ☐ Lip Guard -30 (SPF)
- ☐ Sun Glasses (UV Protection)

Toiletries:

- ☐ Toilet Paper / Wet Tissue
- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Soap
- ☐ Quick Dry Towel
- ☐ Garbage Bag

Eating & Drinking Health Care:

- ☐ Water Purifiers or Filter, UV Stare Pen, Iodine, Chlorine
- ☐ 1/ 1.5 Ltr. Thermos
- ☐ 1 Ltr. Water Bottle 2 Good Quality
- ☐ Mug, Bowl, Spoon/ Fork -Strict Gluten-Free (Celiac) Diet
- ☐ Energy Bars & Dietary Drinks

Miscellaneous:

- ☐ Nail Cutter
- ☐ Umbrella / Rain Coat
- ☐ Hot Water Bag
- ☐ Pee Bottle
- ☐ Trails Maps
- ☐ Head Lamp
- ☐ Binoculars
- ☐ Mobile Phone Camera
- ☐ Memory Sticks & Power Bank
- ☐ Pen Knife
- ☐ EBooks/Notebook, Pen, Pencils & Paper
- ☐ Small Padlock or Combination Lock
- ☐ Money Belt
- ☐ MP3 Player (optional) or Walkman
- ☐ Scarf, Mask for Dust Protection