

Recommended packing list for:

Classic Everest

CLOTHING

- Walking boots and spare laces (e.g. Scarpa Mistral, Scarpa Terra, Mammut Trovat)
- Trainers/approach shoes /sandals - to wear in the hotels / huts
- Underwear 3+
- T-shirts (quick dry) 3+
- Walking socks 3
- Thin socks 3
- Light trekking trousers
- Warm trousers (e.g. Rab VR Trousers)
- Short Trousers
- Mid layer shirt or fleece
- Soft shell jacket
- Fleece or Primaloft jacket
- Down Jacket (e.g. Rab Axiom) *
- Thermal Baselayer top and leggings
- Waterproof jacket with hood (e.g. Rab Ladakh, Marmot Crater)
- Waterproof trousers (e.g. Rab Latok, Marmot Precip)
- Thermal gloves
- Insulated mitts/gloves
- Sun hat
- Warm hat
- Buff - a multitude of uses!
- Swimwear (just in case!)

EQUIPMENT

- Adventure Peaks kitbag (provided)
- Daypack/rucksack (size approx. 30-35 litre capacity)
- A variety of dry bags/plastic bags (kitbags are not waterproof)
- Daypack waterproof cover
- 2 one-litre water bottles (or 1x water bottle & 1x hydration system)
- Camera & accessories

- Sleeping Bag liner
- Sleeping Bag to -18° degrees (e.g. Rab Ascent 900) *
- Thermarest (optional - 'local' mattresses/ foam mats are supplied)
- Sunglasses with full UV protection
- Head torch plus spare batteries
- Washing/Shaving kit
- Travel wash (for clothes)
- Towel - quick drying pack towel is recommended
- Penknife (Don't pack this in hand luggage!) (optional)

USEFUL EXTRAS

- Binoculars (optional)
- Trekking poles (highly recommended) (e.g. Black Diamond Trail)
- Padlock for bag
- Reading material
- Earplugs (optional)
- Phrase book / dictionary (optional)
- Botanical / bird guides (optional)
- Universal sink plug (optional)
- Universal travel adaptor
- Personal toilet paper (or pocket tissues)
- Umbrella (against sun or rain!) (optional)

SMALL PERSONAL FIRST AID

- Rehydration sachets
- Anti-bacterial handgel
- Blister plasters - i.e. Compeed
- Insect Repellent
- Sun cream & lip salve factor 20+
- Water purifying tablets
- Paracetamol
- Ibuprofen
- Diamox (to aid acclimatisation) - OPTIONAL

DOCUMENTS

- Money and ATM cards
- Passport
- Photocopy of your passport
- Flight E-tickets
- Your final letter from Adventure Peaks
- 4 passport photographs for Visa and/or trekking permit
- Trip itinerary
- Notebook and pencil
- Insurance details