Everest Base Camp Trek 12 Days Equipment Lists

Having the right equipment is essential for a safe, comfortable, and successful Everest Base Camp trek. Good-quality gear helps you handle extreme weather, altitude, and rugged terrain more easily. Breeze Adventure has compiled a comprehensive list of essential trekking items to guide your preparation. From city wear to high-altitude gear, each category is thoughtfully curated to ensure you're fully equipped for the journey. Please find the detailed equipment checklist recommended by Breeze Adventure.

City Clothing and Travel Essentials

- Comfortable casual clothes (pants, shirts, t-shirts)
- Lightweight jacket or fleece
- Travel documents (passport, visa, travel insurance, flight tickets)
- Copies of important documents (digital and hard copies)
- Cash (USD and NPR) and/or travel cards
- Sunglasses (UV-protected)
- Lightweight duffel or suitcase for city gear storage
- Sandals or casual shoes

Porter Carried Trekking Gear

- Duffel bag (provided by Breeze Adventure)
- Sleeping bag (Can be rented in Kathmandu)
- Down jacket (warm and packable)
- Trekking pants (2–3 pairs, quick-drying)
- Base layers (2–3 sets, thermal top and bottom)
- Fleece or softshell jacket

- Power bank and charging cables
- Toiletries and personal hygiene items
- Waterproof shell jacket and pants (Gore-Tex or similar)
- Trekking shirts (3–4, moisture-wicking)
- Warm hat and sun hat
- Gloves (inner liner + outer insulated/waterproof)
- Trekking boots (broken-in, waterproof)
- Camp shoes (e.g., Crocs or sandals)

Daypack Essentials

- Daypack with rain cover
- Water bottles or hydration bladder (2–3L total capacity)
- Rain jacket or windbreaker
- Snacks (energy bars, nuts, dried fruit)
- Headlamp (with extra batteries)
- Sunscreen and lip balm (SPF 30+)
- Hand sanitizer and wet wipes
- Trekking map or route notes
- Camera or phone
- Lightweight gloves and hat
- Buff or neck gaiter
- Personal ID and some cash

Personal Medical Kit

- Prescription medications (with copies of prescriptions)
- Diamox (Acetazolamide) for altitude sickness (consult doctor)
- Painkillers (ibuprofen, paracetamol)

- Antiseptic cream and band-aids
- Blister care (Compeed, moleskin)
- Anti-diarrhea medication (e.g., loperamide)
- Rehydration salts (ORS)
- Antibiotics (broad-spectrum – consult doctor)
- Cold and flu tablets
- Throat lozenges
- Multivitamins
- Tweezers and small scissors

Additional Recommended

- Trekking poles (collapsible)
- Water purification tablets or filter (e.g., SteriPEN)
- Journal or notebook
- Book or Kindle
- Small towel or travel towel
- Earplugs and eye mask
- Duct tape or repair kit (for gear fixes)
- Laundry soap (biodegradable)
- Extra camera batteries and memory cards
- Lightweight thermos for hot drinks
- Snacks or special dietary items