7 Day Everest View Trek | Best way to see Mt. Everest Equipment Lists

The right gear doesn't just make the Everest View Trek much easier; it makes it better. What you pack decides how warm you sleep, how steady you walk, and how much you actually enjoy the altitude. We've put together this packing list so you show up prepared, comfortable, and ready for every bit of it.

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 (Provided by Breeze Adventure)
- Down jacket (Provided by Breeze Adventure)
- Trekking pants (2–3 pairs, quick-drying)
- Base layers (2 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

- 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