



Shortest Everest Base Camp EBC Trek 7 Day Heli Return Equipment Lists

The right equipment is the key to a safe, comfortable, and successful 7-day Everest Base Camp trek. Proper gear ensures warmth, protection, and confidence in the high-altitude environment. From sturdy trekking boots and layered clothing to essential accessories like gloves, hats, and sunglasses—each item plays a vital role in your journey. A well-prepared trekker enjoys the adventure with ease and comfort, regardless of the mountain's challenges. Please review our detailed equipment list carefully, and if you have any questions or need clarification, feel free to contact us. We're happy to provide accurate and personalized information for your trek.

City Clothing and Travel Essentials

- Comfortable casual clothes (pants, shirts & t-shirts) (Depends on the season)
- Lightweight jacket or fleece (Depends on the season)
- Travel documents (passport, visa, travel insurance, flight tickets)
- Copies of important documents (digital or hard copies)
- Cash (USD and NPR) and/or travel cards (Recommended in NPR)
- 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 | Can be rented in KTM)

- Trekking pants (2–3 pairs, quick-drying)
- Base layers (2 sets, thermal top and bottom)
- Trekking T-shirts (2/3 pairs)
- Fleece or softshell jacket
- Power bank and charging cables
- Toiletries and personal hygiene items
- Waterproof shell jacket and pants (Gore-Tex or similar)
- Gloves (inner liner + outer insulated/waterproof)
- Trekking boots (broken-in, waterproof)
- Camp shoes (e.g., Crocs or sandals)

Daypack Essentials

- Daypack 30-40L with rain cover
- Water bottles or hydration bladder (2L 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 (Just for a day, pack the rest in the Porter Bag)
- Camera or phone
- Lightweight gloves and a hat
- Buff or neck gaiter
- Personal ID and some cash

Personal Medical Kit

- Prescribed medications (with copies of prescriptions)
- Diamox | Zolamide 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

Note: Please consult with your doctor before taking all of these medicines

Additional Recommended

- Trekking poles (collapsible)
- Water purification tablets or filter (e.g, SteriPEN or tablets)
- Journal or notebook
- Book or Kindle
- Quick-dry travel towel
- Earplugs and an 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