

## Everest Base Camp Chola Pass Gokyo Trek Packing Checklist

Head & Face items	Description	Qty	Check
Sun hat/cap <input checked="" type="checkbox"/>	Protects face, ears, & neck from strong sun rays.	1	
Warm beanie <input checked="" type="checkbox"/>	Keeps your head & ears warm in cold weather.	1	
Buff/neck gaiter <input checked="" type="checkbox"/>	Useful as a neck warmer, dust mask, & face cover.	1-2	
Headlamp <input checked="" type="checkbox"/>	Needed for early starts & power cuts.	1	
High-SPF sunscreen <input checked="" type="checkbox"/>	Protects exposed skin from harsh UV rays.	1	
SPF lip balm <input checked="" type="checkbox"/>	Prevents dry, cracked, & sunburned lips.	1-2	
UV-protection sunglasses <input checked="" type="checkbox"/>	Protects eyes from sun, glare, wind, & dust.	1 pair	

Upper Body items	Description	Qty	Check
Moisture-wicking T-shirts <input checked="" type="checkbox"/>	Keeps sweat away from your skin.	2	
Long-sleeve shirts <input checked="" type="checkbox"/>	Protects arms from sun, dust, wind, & cold.	2-3	
Thermal base layer tops <input checked="" type="checkbox"/>	Adds warmth during cold day & night.	1-2	
Fleece jacket <input checked="" type="checkbox"/>	Mid-layer for warmth during walks, & rests.	1	
Down jacket <input checked="" type="checkbox"/>	Insulated feather-jacket for cold weather.	1	
Water/wind proof jacket <input checked="" type="checkbox"/>	Protects from rain, snow, & wind.	1	
Raincoat or poncho <input checked="" type="checkbox"/>	Extra rain protection.	1	
Bra <input checked="" type="checkbox"/>	Provides support & comfort for women.	1-2	

Hand items	Description	Qty	Check
Liner gloves <input checked="" type="checkbox"/>	Thin gloves for cold & layering under warmer gloves.	1 pair	
Insulated gloves / mittens <input checked="" type="checkbox"/>	Keeps hands warm in cold mornings & high-altitude.	1 pair	
Waterproof gloves <input checked="" type="checkbox"/>	Protects hands from rain, snow, & wet conditions.	1 pair	

Lower Body items	Description	Qty	Check
Quick-drying pants <input checked="" type="checkbox"/>	Main walking pants; lightweight, flexible, & fast drying.	1-2 pairs	
Thermal leggings underwear <input checked="" type="checkbox"/>	Adds warmth under pants or while sleeping.	1-2 pairs	
Insulated pants <input checked="" type="checkbox"/>	Extra warmth for winter treks or very cold evenings.	1 pair	
Waterproof trousers <input checked="" type="checkbox"/>	Protects legs from rain, snow, & cold wind.	1 pair	
Lodge pants/sleeping pants <input checked="" type="checkbox"/>	Comfortable clean pants for tea houses & sleeping.	1 pair	
Underwear <input checked="" type="checkbox"/>	Quick-drying underwear helps hygiene & comfort.	3-6	

Footwear items	Description	Qty	Check
Broken-in Trekking boots <input checked="" type="checkbox"/>	Main footwear; prevents ankle injuries & blisters.	1 pair	
Wool / synthetic socks <input checked="" type="checkbox"/>	Keeps feet warm, dry, & comfortable inside boots.	4-6 pairs	
Liner socks <input checked="" type="checkbox"/>	Reduces friction & helps prevent blisters.	2 pairs	
Crampons/spikes <input checked="" type="checkbox"/>	Adds grip on icy trails (for high passes treks only).	1	

Hydration items	Description	Qty	Check
Water bottles <input checked="" type="checkbox"/>	Main water storage for daily use.	1 x 2 L	
Water purification tablets <input checked="" type="checkbox"/>	Makes local water safer for drinking.	1	
Electrolyte sachets <input checked="" type="checkbox"/>	Replaces salts & supports hydration.	Several	

Necessary

Don't have one? We'll provide a used one.

Bags items	Description	Qty	Check
Duffel bag / Rucksack <input checked="" type="checkbox"/>	Main bag for clothes, sleeping gear, & spare items.	50-60 L	
Daypack <input checked="" type="checkbox"/>	Carries daily essentials you need while walking.	20-30 L	
Backpack rain cover <input checked="" type="checkbox"/>	Keeps your daypack dry during rain or snow.	1	

Support Gear item	Description	Qty	Check
Trekking poles <input checked="" type="checkbox"/>	Improves balance & reduces knee strain on descents.	1 pair	

Sleeping Gear items	Description	Qty	Check
Sleeping bag (-5° to -10 °C) <input checked="" type="checkbox"/>	Keeps you warm in cold weather.	1	
Sleeping bag liner <input checked="" type="checkbox"/>	Adds warmth & improves hygiene.	1	

Toiletries/Hygiene items	Description	Qty	Check
Biodegradable soap <input checked="" type="checkbox"/>	For washing hands, body, or small clothing items.	1	
Toothbrush & toothpaste <input checked="" type="checkbox"/>	Basic dental care for your teeth.	1 set	
Travel-size shampoo <input checked="" type="checkbox"/>	Small & lightweight option for occasional showers.	1	
Quick-dry towel <input checked="" type="checkbox"/>	Lightweight & dries faster than cotton towels.	1	
Wet wipes <input checked="" type="checkbox"/>	For body cleaning when showers are unavailable.	1-2 packs	
Hand sanitizer <input checked="" type="checkbox"/>	Maintain hygiene before meals & after toilet use.	1	
Toilet paper <input checked="" type="checkbox"/>	May not be available in trail toilets or lodges.	1-2 rolls	
Period supplies <input checked="" type="checkbox"/>	Sanitary pads and tampons for period.	As needed	

Medical items	Description	Qty	Check
First Aid Kit <input checked="" type="checkbox"/>	Quick relief in remote mountain areas.	As needed	
Personal prescription <input checked="" type="checkbox"/>	Required medicines for your health needs.	As advised	
Allergy medicine / inhaler <input checked="" type="checkbox"/>	For allergies, asthma, or breathing-related needs.	If needed	
Diamox <input checked="" type="checkbox"/>	Altitude medicine; use only after doctor consultation.	As advised	

Electronics items	Description	Qty	Check
Smartphone <input checked="" type="checkbox"/>	For photos, communication, & emergency use.	1	
Camera / GoPro <input checked="" type="checkbox"/>	For higher-quality photos & videos.	Optional	
Power bank <input checked="" type="checkbox"/>	Keeps phone, camera, & headlamp charged.	1	
Charging cables <input checked="" type="checkbox"/>	Required for phone, camera, power bank, etc.	As needed	
Universal travel adapter <input checked="" type="checkbox"/>	Preferably a 2-pin adapter to charge your device(s).	1	

Snacks items	Description	Qty	Check
Energy / Protein bars <input checked="" type="checkbox"/>	Quick energy during walking days.	Several	
Trail mix / nuts <input checked="" type="checkbox"/>	Lightweight snacks with good calories & nutrients.	Small packs	

Essential items	Description	Qty	Check
Travel documents <input checked="" type="checkbox"/>	Original/copies of passport, visa, insurance & permits.	2-3 copies	
Extra cash <input checked="" type="checkbox"/>	For beverages, snacks, amenities & tips.	As needed	

**Note:** One porter is shared between two trekkers to carry duffel bag / day bag pack, with a maximum weight limit of 18 kg per porter (9 kg per trekker).