Discovery World Trekking

Everest Base Camp Hike Packing Checklist

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

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

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

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

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

Hydration items	Description	Qty	Check
Water bottles ✓	Main water storage for daily use.	1 × 2 L	
Water purification tablets ✓	Makes local water safer for drinking.	1	
Electrolyte sachets	Replaces salts & supports hydration.	Several	

Bags items	Description	Qty	Check
Duffel bag / Rucksack ! ✓	Main bag for clothes, sleeping gear, & spare items.	50–60 L	
Daypack ✓	Carries daily essentials you need while walking.	20–30 L	
Backpack rain cover ✓	Keeps your daypack dry during rain or snow.	1	

Support Gear item	Description	Qty	Check
Trekking poles ✓	Improves balance & reduces knee strain on descents.	1 pair	

Sleeping Gear items	Description	Qty	Check
Sleeping bag (-5° to -10 °C) ! ✓	Keeps you warm in cold weather.	1	
Sleeping bag liner	Adds warmth & improves hygiene.	1	

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

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

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

Snacks items	Description	Qty	Check
Energy / Protein bars ✓	Quick energy during walking days.	Several	
Trail mix / nuts	Lightweight snacks with good calories & nutrients.	Small packs	

Essential items	Description	Qty	Check
Travel documents ✓	Original/copies of passport, visa, insurance & permits.	2–3 copies	
Extra cash ✓	For beverages, snacks, amenities & tips.	As needed	

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

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).