

Ama Dablam Base Camp Trek Packing Checklist

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Necessary

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).