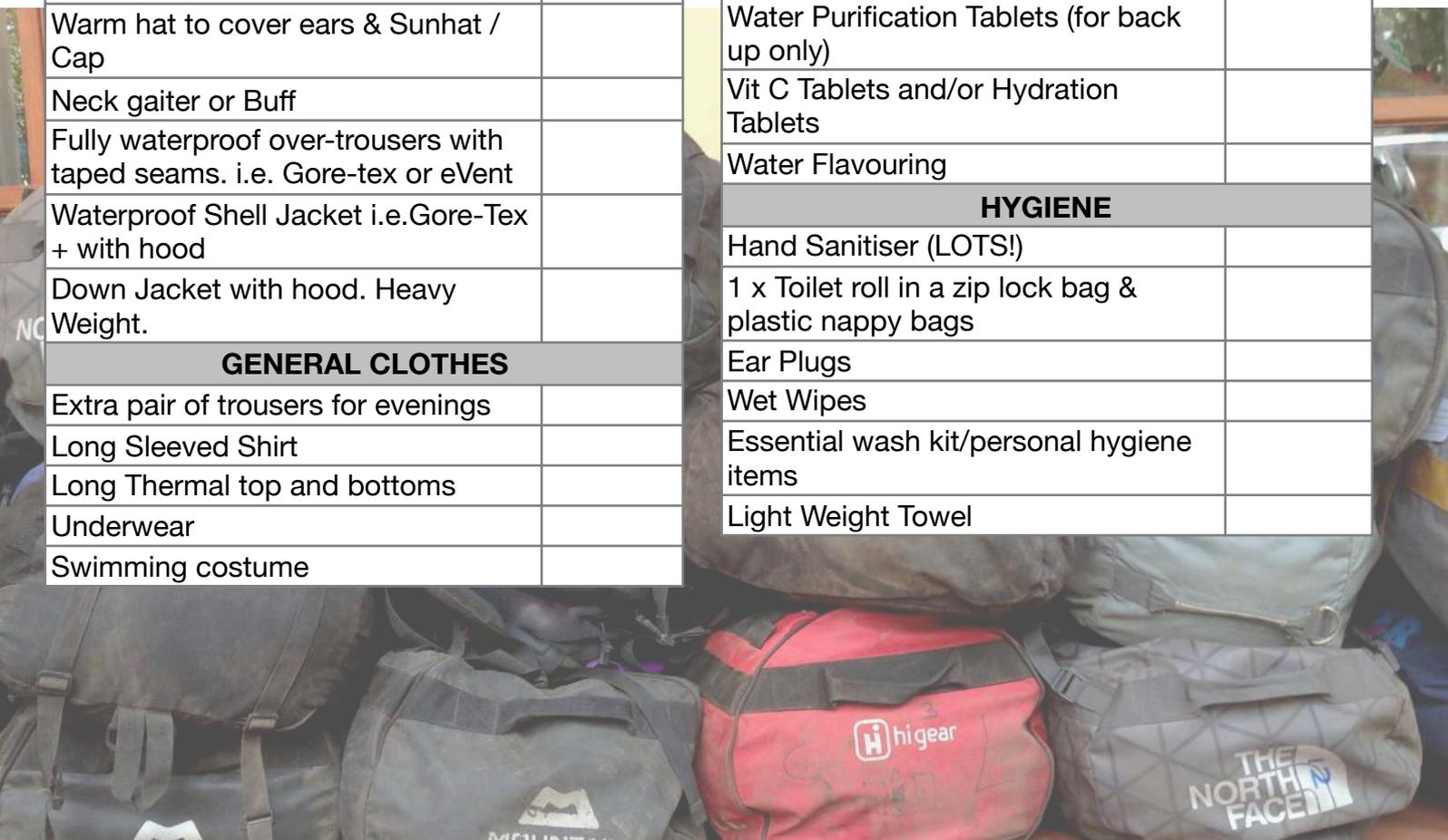


CLOTHING

Item Needed	Packed it
FEET	
Double skinned Mountaineering boots 6000m. i.e. Scarpa Vega, La Sportiva Spantiks or G5	
Trainers or light footwear	
Hut Slippers (optional)	
6 - 8 x pairs of trekking socks + Pairs of thicker socks for very cold conditions	
Gaiters - for keeping snow out of boots.	
TREKKING WEAR	
4 - 5 x Thermal t-shirts (long and short sleeved, not cotton)	
2 x Fleece tops (1 thick, 1 thin) or Primaloft jacket.	
2 x Walking type trousers (zip off legs are ideal)	
1 x Shorts (if you don't have zip off leg trousers)	
1 x Pair light weight trekking gloves or liner gloves	
1 x Pair Heavy weight Glove or Mitten. Must be big enough to fit over liner gloves	
Warm hat to cover ears & Sunhat / Cap	
Neck gaiter or Buff	
Fully waterproof over-trousers with taped seams. i.e. Gore-tex or eVent	
Waterproof Shell Jacket i.e. Gore-Tex + with hood	
Down Jacket with hood. Heavy Weight.	
GENERAL CLOTHES	
Extra pair of trousers for evenings	
Long Sleeved Shirt	
Long Thermal top and bottoms	
Underwear	
Swimming costume	

CAMPING AND GENERAL KIT

Item Needed	Packed it
BAGGAGE	
Soft expedition holdall 90 Ltr - 110 Ltr	
Waterproof Rucksack liner or small dry bags for keeping clothing dry and organised	
Day Bag - 35 - 50 Ltr with ice axe loops	
CAMPING AND SLEEPING	
Sleeping bag - 4/5 season minimum	
Light Weight Dry bag for sleeping bag	
Sleeping bag liner (optional)	
Pillow case	
Head Torch (Battery operated only)	
Spare batteries for head torch	
Wide necked pee bottle (optional)	
Female urination device (women only, optional)	
HYDRATION	
2 x 1ltr Water bottles (wide necked is better)	
Water bladder (caution - tubes are prone to freezing)	
Water Purification Tablets (for back up only)	
Vit C Tablets and/or Hydration Tablets	
Water Flavouring	
HYGIENE	
Hand Sanitiser (LOTS!)	
1 x Toilet roll in a zip lock bag & plastic nappy bags	
Ear Plugs	
Wet Wipes	
Essential wash kit/personal hygiene items	
Light Weight Towel	



EXTRAS

Item Needed	Packed it
Camera	
Trekking Poles - highly recommended	
Sun Glasses. Cat.3/4 100% UVA/UVB (Wrap Around style is preferred)	
Ski Goggles. High UVA/UVB	
Snacks. A couple per day. (can be bought in Nepal)	
Luxury treats to share with the group. i.e. chocolate or coffee	
Phone / iPod / Book / Kindle / Diary	
Charging cables and plug adaptor	

PERSONAL 1st AID KIT

Item Needed	Packed it
Sun Block and Lip Block SPF 30+ / 50+	
Anti-Diarrhoea Tablets (Imodium)	
Painkillers	
Anti-inflammatories	
Throat Lozenges	
Rehydration Sachets	
Antiseptic wipes and Plasters	
Blister Plasters - Compeed	
Personal medication	
Vaseline - to rub on feet to reduce friction	
Diamox (Acetazolamide). Seek advice on its use. (optional)	

CLIMBING EQUIPMENT

Item Needed	Packed it
Climbing Harness and Helmet	
Ice Axe - Mountaineering or walking axe + leash	
Crampons - C2 crampons as a minimum	
Jumar - e.g Petzl ascender	
1m sling, 3 x screw gate carabiners, 4m of 9mm climbing rope and a prussic loop.	
Belay device	

DOCUMENTS & MONEY

Item Needed	Packed it
Passport and Visa + Photocopy	
2 x Passport photographs for visa	
Visa Money	
Money to be changed in country (we advise approx. \$300)	
Money for tips £70-£100	
Credit Card	
Insurance Documentation	
Airline Tickets	
Money Belt	



Kit & Luggage

Make sure your walking boots are waterproof and well-worn in. Go over the kit list to ensure that you have all the essentials for a comfortable trip.

We generally recommend that you acquire all the items you will need before you set off, however when you have free time in Kathmandu at the beginning of the challenge you will have the opportunity to buy or hire any items that you may not have taken out. You can hire or buy items such as sleeping bags, gloves, down jackets, thermals etc of a decent quality for reasonable prices. We will advise you where you can make such purchases on the trip if you need any items. Please note that hired items will most likely not be covered under your travel insurance.

There is a weight limit on the trek itself and your main bag must not weigh more than 15kg. Your additional toiletries, travel clothing and anything else that you will not require on the trek can be left in a separate bag at the hotel in Kathmandu so do bring something smaller to hold your extras in.

Your main luggage limit on the international outbound flight is 20kg with a 5kg allowance for hand luggage. However, your luggage limit for the flight from Kathmandu to Lukla is 10kg with a 5kg allowance for hand luggage, so do pack accordingly and as economically as possible.

Summary of Bags

Main, soft kit bag (approx. 90 - 110ltrs)

Goes in the hold on the plane, carried by the porters on the trek

Day pack/ruck sack (approx 35-50 ltrs)

Can be used as hand luggage on the plane, carried by you on the trek. Should have ice axe carrying loops.

Hotel bag

Small holdall or plastic bag to hold any items not required on the trail, that can be left securely at the hotel

