



Team Mount Everest Recommended Packing List

Baggage and Sleeping Kit

- Medium Rucksack**, 50–70litres capacity
- Day sack**, 25–45litres –for personal use on mountain; ready–access items, should have good shoulder padding
- Small padlocks** –for duffle–kit bags x 2
- Sleeping bag** –minus 10°C/14°F comfort rating (or colder)*
- Sleeping bag liner fleece** (optional)
- Waterproof stuffsacks** x2
- Optional: Elasticated waterproof **rucksack cover**

*Not required for climbers as TME provides these.

Clothing

- Bandana or head scarf
- Warm hat that covers your ears** (Wool or Synthetic)
- Polypropylene Shirts**– 1 x half sleeve 2 x long sleeve
- Lightweight, expedition thermal tops
- Fleece, wind–stopper jacket or pull over
- Waterproof shell jacket – preferably breathable fabric
- Gore–Tex jacket with hood** – Waterproof and breathable
- Lightweight **Poly–liner gloves** and Lightweight **wool or fleece gloves**
- Breathable lightweight **waterproof jacket** and **waterproof trousers**.
- Mittens – Gore–tex over mittens matched with a very warm polar fleece mitt liner
- Non–cotton underwear briefs
- Hiking shorts x1 and hiking trousers x1
- Lightweight thermal bottoms
- Fleece** or woollen **trousers**
- Waterproof shell pants**– breathable fabric
- Lightweight **liner socks** x2
- Heavy **poly or wool socks** x2
- Hiking boots** – **with spare laces** (sturdy soles, ankle support, water resistant and “broken in”)

- Running shoes**– trainers and/or sandals
- Cotton socks** (optional)
- Gaiters**– Winter only (optional) “low” ankle high version

Hygiene Related Gear

- Toothbrush, toothpaste & deodorant**
- Lightweight travel **towel**
- Flat packed Wet Ones, or **travel wipes**, for personal hygiene on the mountain
- Kleenex **tissues** in plastic travel pouches or toilet paper
- Optional: **Hairbrush** /comb
- Ladies: **Sanitary products**
- Lip salve** with UV protection
- Vaseline**, to prevent chafing skin and heel friction blisters

Health Related Items

- Factor 30+ **sun cream**
- Sun **barrier cream** white /blue for nose and ears

Documents Needed

- Passport** with additional 6 months’ validity after proposed expedition return date
- Nepalese **visa** – **obtained at Kathmandu Airprt**
- Additional 2 passport photos
- Photocopies of passport
- Proof of insurance
- Credit card** (recommended for eventualities only)
- Cash to exchange for Nepalese Rupee

Personal Small First Aid Kit to be Carried by Each Climber

- Pain Killers(**Ibuprofen**)
- Optional: **Diamox** (Acetazolamide) if you choose to use this.
- Paracetamol**
- Zinc oxide tape** and small **scissors**
- Compeed **blisterpads**
- Loperamide **diarrhoeatablets**
- Any **medication** you normally use
- Loperamide** (Immodium) and Dioralyte sachets or similar **rehydration packs**
- Water purification tablets or a water filter

Note that your guide will carry a more comprehensive medical kit containing additional Acetazolamide, Ibuprofen, Anti-inflammatory gel, bandages, Loperamide, Amoxycilin, Oral Dexamethasone, and all the necessary medicine.

Other Items Recommended to be Carried

- Compact digital **camera**
- Sunglasses** with UV-filter lenses
- High energy **snacks** (cereal bars, dried fruit & nuts), & energy gels for summit night
- Contact lens wearers: Spare **contact lenses** and fluid, if worn
- Watch** –ideally, with heart rate and **GPS** features to track your route for later analysis
- Head torch** with **spare batteries** for summit night & tent admin
- Water Bottles & Camelbak**. Your total water carrying capacity should be 3 litres
- Ear Plugs** and **blindfold**(to aid sleep on afternoon before summit night)
- Optional: Telescopic **walking poles**
- Small roll of **repair tape**
- Sewing repair kit
- Cigarette lighter and a box of matches
- Mobile phone**. There is signal reception on most parts of the mountain. It is a good idea to unlock your phone before you come out so that a local sim card can be used.

A GPS watch with heart rate monitor, as well as being useful when training to monitor pace and distance, is also helpful at high altitude –where heart rate easily becomes elevated –to prevent climbers exceeding their anaerobic threshold, and to preserve stamina. Additionally, use of a heart rate monitor is strongly recommended for climbers with known coronary issues for whom it is advisable to keep their heart rate within certain parameters.