

Kathmandu Gear:

Kathmandu can be warm. Long cotton shorts are ok for men, but ladies may choose to respectfully wear capris or pants; cotton is OK for Kathmandu. You can leave a small clothing bag with some clean post trek clothes at the hotel in Kathmandu.

Remember to bring spare copies of your passport, passport photos and a copy of your travel insurance.

Trek Gear: (for the EBC Trek):

Trek Duffel. **This will be provided by Wong Chu Peak Promotion.** This duffel will be carried by yaks or porters to the camp sight or lodge each day- you will not have access to your main duffel bag during the day. You may wish to bring your own lock.

Miscellaneous:

- Warm sleeping bag: (it will be cold at altitude at nights) plus stuff sack.
- Good pair of hiking boots. Worn in, but not worn out.
- Trek poles
- Daypack: to carry your daily supplies and gear. This should be able to fit water, snacks and extra layers of clothes.
- Camera (bring plenty of memory!) and extra battery.
- Headlamp
- Rechargeable batteries for camera, headlamp, etc with adapters (Some lodges will have power to charge your batteries. Some trekkers choose to bring small solar chargers)
- Sunscreen - at least SPF 30
- Water system. Either camelback + 1L bottle or 2x 1L bottles. Your water bottle needs to be able to be filled with boiling water. Eg Nalgene.
- Treatment system for water disinfection. We will usually have boiled water. Some trekkers bring either a Steri-pen or water purification tablets as a back up.
- Ball cap or broad brimmed hat.
- 2 pair good quality sunglasses – at least one should be “glacier/ski glasses” or have wraparound feature
- Sandals/flip flops for the shower
- Covered/insulated mug (if you’re a coffee lover, you may wish to bring a French press integrated system)
- Personal hygiene- please bring biodegradable soaps/shampoos
- Camp towel/ quick drying travel towel
- Buff mask- for dusty days or cold/ windy days
- 2 rolls of your favorite TP...can’t believe how useful and wonderful it can be. Some bring baby wipes.
- Hand sanitizer.
- Fun stuff: cards, scrabble, Frisbee, etc.
- Snacks: “power” type bars, nuts, chocolate. Some can be bought in Kathmandu.

OUTER Gear:

- Fleece or wool hat
- One pair of warm gloves/mitts. Windstopper can work well. You may wish to bring a second lighter liner- type pair of gloves
- Down vest (can be used under 700 fill parkas just fine) or soft shell jacket
- Outer shell wind pants/jacket- for rain, snow, wind
- Warm/ insulated pants (Nano-puffs work great.)

CLOTHES:

Choose a system that you know works well for you. Layers are important Eg. your hiking top/ base layer, followed by a fleece/ insulation layer, followed by a down jacket.

- 2 short/long sleeve shirts for hiking – Eg. capilene or merino
- 2 long sleeve base layer tops: polypro or merino
- Midlayer long sleeve tops. Eg. fleece or merino wool. To wear over base layer.
- Thermal pants/ leggings/ tights. Merino or polypro
- Hiking pants: a couple of pair.
- Light weight, washable underwear.
- Down booties/ Teva sandals/ light shoes to wear inside tea houses at the end of the day
- 3 pairs thick hiking socks, 2 pairs liner socks. Use your own sock combo that works. Merino wool often works well.
- Personal medical kit - should contain any prescribed meds you take daily (with extras), medication to treat altitude sickness (acetazolamide), multivitamins, extra tampons for women, meds for diarrhea and vomiting (most gastro in Nepal is bacterial and is treated with azithromycin), cold symptoms, oral rehydration solution packets, blister kit, strapping tape, throat lozenges, lip balm with spf30, simple analgesia (eg. ibuprofen and acetaminophen)
Note: Pharmacies in Kathmandu carry many meds OTC that are prescription in the US – can get basic amox, azithro, cipro, tinidazol in grocery stores.

Additional items needed for Island Peak Climb:

Climbing plastic boots	1 pair
Ice Axe	1 piece
Crampons	1 pair
Harness	1 piece
Ascender (Jumar)	1 piece
Descender (Figure 8)	1 piece
Carabineers – screw gate lock	2 piece
Carabineers – Normal unlock	3 piece
Monkey hat	1 piece
Thick & warm shocks	2 pairs
Water proof gloves	1 pair
Helmets	1
Down jacket	1
Down Pant	1
Tape Slings	1
Woolen trouser	1
Head lamp	1