# Everest Expedition

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## What to bring — packing checklist

### Climbing gear

- [ ] Mountaineering boots (double or insulated, crampon-compatible)
- [ ] Crampons, climbing harness, helmet
- [ ] Ice axe, jumar (ascender), descender / figure-8
- [ ] 2 locking and 2 non-locking carabiners, tape slings and prusik
- [ ] Glacier glasses (category 4) and ski goggles

#### Clothing

- [ ] Thermal base layers
- [ ] Fleece and softshell mid-layers
- [ ] Expedition down jacket and down or insulated trousers
- [ ] Hard-shell (Gore-Tex) jacket and trousers
- [ ] Liner, insulated and summit mittens
- [ ] Balaclava, warm hat, buff and sun hat

#### Trekking & camp

- [ ] Trekking boots and camp shoes
- [ ] Sleeping bag rated to –20 °C
- [ ] Daypack 35–45 L and a large duffel bag
- [ ] Trekking poles, thermos flask, pee bottle

#### Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

#### Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

*Down jackets and sleeping bags can also be rented in Kathmandu.*

## Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/everest-expedition/

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