

KIT LIST

EVEREST BASE CAMP

TREK



INTRODUCTION

The kit list found towards the end of this document will detail everything that you need to bring with you on your challenge. In the kit list some items are marked as 'Required', if you do not bring these items the challenge leader may not let you begin the challenge on the grounds of safety. If the kit is marked as 'Optional' or 'Recommended' it is your choice whether you bring it or not, these are suggested items that we feel will be of some benefit to you during the challenge. Here are a few of the really important items on the kit list that you should consider investing in:

CLOTHING

Socks – Always wear good quality socks with your boots. Try on your boots with the socks that you will be wearing on the challenge. One thing to remember is that your socks are just as important as your footwear. If they do not fit correctly they can cause just as much discomfort, even if your boots are well fitted.

If you can, spend money on socks that fit perfectly and also work well in the wet. As with your boots go and ask the experts at your local outdoor shop as there are many different types available.

Socks made out of wool or any other natural material are ideal as they are great for drawing moisture away from the skin and are quick drying and therefore less likely to give you blisters. Make sure that they fit you nice and snug and pay particular attention to the areas around the heel and toes. Also, ensure that they don't slip down whilst you are walking.

One golden rule... you can never have too many pairs of socks. Dirty socks have less cushioning and can cause friction. Changing your socks regularly can really help so take more than you think that you will need.

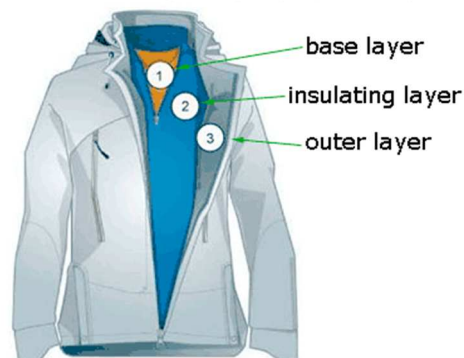
When walking, it's always best to adopt a layering system to your clothing. This ensures that you can adapt quickly to the weather and changes to your body temperature.



Base Layer – this layer will draw moisture away from the skin. Cotton should be avoided as it holds moisture, takes a long time to dry and can make you cold. Synthetic fibres, such as polypropylene and polyester work the best. Your base layer should be relatively close fitting but still comfortable.

Mid Layer/Insulating Layer – this layer is to help keep you warm, it does this by trapping air between the fibres. Fleece is great at doing this and makes an ideal breathable layer. Some mid layers come with a wind blocking membrane so you can keep the wind out without the need to put an outer waterproof layer on.

Outer Layer – this layer should be a waterproof, breathable jacket with taped seams.



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WALKING BOOTS

Your feet are going to be your best friends from now on, so please keep them happy! Your walking boots need to be comfortable and specifically designed for walking. Reasonably high ankle supports on your boots are desirable and a stiff heel counter to give you lateral support is also recommended. It's always worth investing in a good pair of walking boots and also appropriate socks.

Your feet naturally swell during the day, so it's advisable to try boots on for size towards the end of the day. This will ensure they will fit when your feet are at their largest. Go and ask the experts too. Your high street will have many outdoor shops where the staff are specifically trained to help you. Try to find a shop that can accurately measure the length and width of your feet, as this will ensure the best fit.



To break in your footwear, start by wearing them for an hour or so every day; wear them around the house to do your cleaning or wear them to go shopping. Fit wearing them into your lifestyle, you may not look fashionable, but it will make such a difference when wearing them on the challenge.

Gradually increase the time that you wear your boots. Once you start wearing them comfortably for a number of hours over consecutive days, you should be ready to start using them for long distance walking.

EQUIPMENT

Walking Poles – can be very useful as they distribute the weight between your arms and legs. They are particularly helpful when walking long distances as they can reduce the strain on your legs which means you can keep going for that little bit longer. They are also great for extra support when walking up or down steep sections. It's entirely up to you if you want to use them, just remember to use them in your training if you intend to use them on the challenge.

Backpack/rucksack – you will definitely need a backpack to carry essential items such as extra layers, snacks, camera and personal first aid kit. Getting the fit of your backpack/rucksack right is crucial to ensure that you are comfortable and that the weight is distributed across the shoulders and back. It is a good idea to have a backpack/rucksack that has a waist and chest strap as this keeps it secure and it's less likely to cause chafing. Your high street will have many outdoor shops where the staff are specifically trained to help you get the correct size and fit.

Mobile Phones – are an essential item. Don't forget to make sure that your phone is fully charged. We recommend bringing a power bank so you can charge your phone along the route or at the accommodation (especially useful if you are camping).

Sleeping Bags and Ear Plugs – on the challenge you will be provided with a down sleeping bag and fleece liner. We also recommend you bring and use ear plugs to ensure you get a good night's sleep and are not woken by your room-mate's snoring!

First Aid - whilst Global Adventure Challenges and our ground handler will provide adequate first aid cover during the challenge all participants are required to bring their own personal first aid kit that includes plasters, blister support etc. so that individuals can deal with minor issues themselves. It is also recommended that participants bring with them a personal supply of over the counter medication such as Paracetamol, Ibuprofen and anti-histamines.



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The kit list below has been compiled by our local ground handlers and is based on recommendations from previous challenges. Please do take into account your own personal preferences and common sense!

It is highly recommended that to travel, you use a 'soft holdall' type of bag/large rucksack and not a hard rigid suitcase.

ITEM	REQUIRED	✓
Documents		
Passport (valid for 6 months AFTER your return) and photocopy	Yes	
Visa	Yes	
Travel insurance documents	Yes	
Tickets or e-ticket receipt	Yes	
Two passport sized photos	Yes	
Cash and credit card (for an emergency)	Yes	
Baggage		
Large holdall/rucksack/suitcase to check in at the airport	Yes	
Backpack – approximately 30-35 litres with good waist strap	Yes	
Clothing and kit provided by our ground crew		
Kit bag – to transfer your belongings by our porters, maximum weight 15kgs	Provided	
Down season sleeping bag and fleece liner	Provided	
1 x Down jacket (for mornings and evenings) – not suitable for trekking	Provided	
Clothing		
1 x waterproof and windproof – top and bottoms	Yes	
4 – 5 x Trekking T-shirts/base layers	Yes	
2 x Trekking trousers (such as lightweight cargo trousers – avoid jeans)	Yes	
2 x Shorts that are suitable to trek in	Yes	
5+ x Trekking socks	Yes	
Sun hat - wide brimmed as your neck needs protection from the sun	Yes	
Buff or neck scarf	Yes	
Warm hat and thermal gloves – the hat must cover your head in its entirety	Yes	
Jumper/warm fleece	Yes	
Long sleeved tops and/or button shirts	Yes	
2 x sets of casual clothes for evenings and travelling	Yes	
Thermals / track suit – good to sleep in for extra comfort if it's a cold night	Yes	
Underwear including normal socks	Yes	
Swimming costume	Optional	
Trekking boots – must be worn in with good ankle support	Yes	
Gaiters – good for really snowy conditions (if travelling between October – mid February)	Yes	
Trainers – for evenings	Yes	
Flips flops or sandals	Optional	
Kit		
Travel pillow	Optional	
Ear plugs – useful when sharing a room	Yes	
Lightweight towel x 2	Yes	
Sunglasses with UV protection, side shields and a hard storage case	Yes	
Head torch with extra batteries	Yes	



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Water bottle (2 litres minimum OR 2 x 1 litres) – even better if it can hold warm water!	Yes	
Trekking poles – to go in your main hold luggage	Yes	
Contact lenses (bring spares and also your glasses just in case)	Optional	
Camera with spare batteries, spare memory card and battery charger	Yes	
Mobile phone and charger	Yes	
Travel adapter suitable for Nepal	Yes	
Padlock for baggage	Optional	
Plastic bags – for dirty washing	Yes	
Waterproof ruck sack/kit bag liner to help keep your kit dry	Yes	
Spare boot laces – also great for tying things to the outside of your day bag	Yes	
Health & hygiene		
Energy foods/snack bars	Recommended	
Isotonic/high energy drink/powders – try to use them when training to see if they suit you	Recommended	
Toothbrush, toothpaste, wet wipes (or equivalent), flannel, soap, shampoo, conditioner, lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, toilet roll, antibacterial hand gel	Yes	
Insect repellent (containing DEET), sun lotion (minimum of factor 50), after sun/moisturiser, total sun block for nose and lips, water purification tablets.	Yes	
Small personal first aid kit containing adhesive dressing (plasters), blister plasters, zinc oxide tape, antiseptic spray, diarrhoea tablets, re-hydration sachets, paracetamol (no ibuprofen if taking Diamox), any other personal medication. We suggest that you take anti-sickness tablets (such as Buccastem) and also consider taking altitude sickness tablets (such as Diamox) with you but please speak to your GP for advice first	Yes	

BUDGETING FOR YOUR KIT

It is difficult to give you an accurate budget when purchasing items of kit as it depends on a variety of different factors – how much of the above kit you already have, how often you plan to use it etc. if you are already or planning to become a seasoned walker you may want to invest in better quality kit than if this is just a once in a lifetime challenge.

You can also hire some kit from TrekHire UK (www.trekhireuk.com) rather than going to the expense of purchasing. Don't forget your 10% discount!

Below are some approx. costs you could expect to pay for some of the key items:

Item	Approx. Cost
Walking boots	£30 - £75
Backpack/rucksack	£30 - £50
Walking poles	£15 - £20
Sleeping bag	£30 - £50
Clothing – trousers, shorts, t-shirts, long sleeved tops, socks, hat and gloves etc.	£100 - £150

