

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. The kit list forms part of our safety procedures and items have been specified with your welfare in mind. Anyone failing to carry essential items during the trek may not be permitted to take part. If the kit is marked as 'Optional' 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

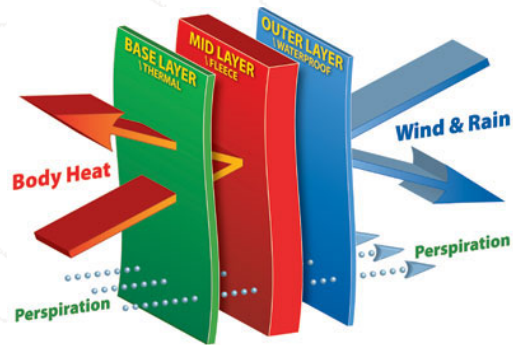
Socks – always wear good quality socks with your boots. Try on your boots with the socks that you will be wearing on the challenge. One thing to remember is that your socks are just as important as your footwear. If they do not fit correctly they can cause just as much discomfort, even if your boots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

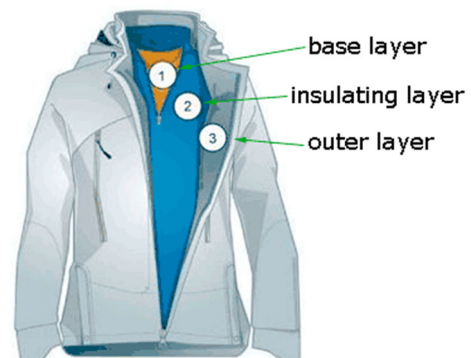
When walking, it's always best to adopt a layering system to your clothing. This ensures that you can adapt quickly to the weather and changes to your body temperature.



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 – a down sleeping bag will be provided by our ground crew. We recommend you bring and use ear plugs to ensure you get a good night's sleep and are not woken by your tent/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.



EVEREST BASE CAMP TREK



The kit list below has been compiled in conjunction with our local ground handlers and is based on recommendations from previous challenges. The kit list forms part of our safety procedures and items have been specified with your welfare in mind. Anyone failing to carry essential items during the trek may not be permitted to take part. **Please do take into account your own personal preferences and common sense!**

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

KIT TO CARRY WHILST TREKKING	REQUIRED	✓
Backpack – approximately 30-35 litres with a good waist and chest strap	Required	
Waterproof rucksack liner to help keep your kit dry	Required	
Trekking boots – must be worn in with good ankle support	Required	
Waterproof top and bottoms	Required	
Sun hat	Required	
Buff or neck scarf	Required	
Warm hat and thermal gloves – the hat must cover your head in its entirety	Required	
Water bottle (3 litres minimum OR 2 x 1.5 litres) – even better if it can hold warm water!	Required	
Sunglasses with UV protection, side shields and hard storage case	Required	
Insect repellent (containing DEET), sun lotion (minimum of factor 50), after sun/moisturiser, total sun block for nose and lips, water purification tablets	Required	
Small personal first aid kit containing adhesive dressing (plasters), antiseptic spray, diarrhoea tablets, re-hydration sachets – very important, Paracetamol, Ibuprofen (no Ibuprofen if taking Diamox), Deep Heat cream or equivalent in case of sore muscles, Sudocrem or Vaseline for soothing/preventing chafing and 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	Required	
Toilet kit – tissues/ wipes, nappy bags, antibacterial hand gel	Required	
Gaiters – good for really snowy conditions if travelling between October – mid February	Required	
Trekking poles – to go in your main hold luggage	Optional	
Energy foods/snack bars	Required	

KIT TO BE TRANSPORTED DURING TREK	REQUIRED	✓
Kit bag (provided by ground crew) – to take with you on the trek which the porters will transport. Maximum weight of 15kg.	Provided	
Down sleeping bag (provided by ground crew)	Provided	
Down jacket (provided by ground crew) – for mornings and evenings, not suitable for trekking	Provided	
Fleece sleeping bag liner	Required	
Waterproof bags to keep clothes and sleeping bag dry	Required	
Head torch with extra batteries	Required	
5+ x trekking socks	Required	
5 x trekking T-shirts/base layers	Required	
2 x trekking trousers (such as lightweight cargo trousers – avoid jeans)	Required	
Shorts that are suitable to trek in	Required	
Warm fleece/ coat for evenings	Required	
Lightweight fleece for trekking	Required	
2 x lightweight towel	Required	



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Toiletries - toothbrush, toothpaste, wet wipes (or equivalent), soap (standard size), lip salve with sun protection, deodorant, sanitary products, antibacterial hand gel (a minimum of one 250ml bottle). Additional toilet supplies including tissues, wipes and nappy bags	Required	
Thermals/ tracksuit – good to sleep in for extra comfort if it's a cold night	Required	
Trainers for during evenings	Optional	
Travel pillow	Optional	
Battery pack/ charging unit	Optional	

OTHER KIT FOR DURING THE CHALLENGE	REQUIRED	✓
Large holdall/ rucksack to check in at the airport and to transport all belongings. All kit must fit in this main bag for the flight and weigh a maximum of 20kg.	Required	
Casual clothes for evenings and travelling	Required	
Travel adapter suitable for Nepal	Required	
Additional toiletries – shampoo, conditioner, razor etc. for when you return to the hotel	Required	
Padlock for baggage	Optional	
Plastic bags – for dirty washing	Optional	
Swimming costume	Optional	
Ear plugs – useful when sharing a room	Optional	

DOCUMENTS	REQUIRED	✓
Passport (valid for 6 months AFTER your return) and photocopy	Required	
Visa	Required	
Travel insurance documents	Required	
Two passport sized photos	Required	
Tickets or e-ticket receipt	Required	
Cash and credit card (for an emergency)	Required	

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!

We have detailed some approximate 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
Clothing – trousers, shorts, t-shirts, long sleeved tops, socks, hat and gloves etc.	£100 - £150

