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Mt. Everest 2025 Packing List – Recommended by Shangri-La Nepal Trek Pvt. Ltd

Clothing	Qty	Need
<input type="checkbox"/> Glacier glasses 100% UV protection with side shields & hard-sided storage case (e.g., Julbo or Cebe)	1	Required
<input type="checkbox"/> Cotton t-shirts	2	Required
<input type="checkbox"/> Polypropylene t-shirt	1	Required
<input type="checkbox"/> Long sleeve polypropylene shirt (lightweight and light colored)	2	Required
<input type="checkbox"/> Sports bras (synthetic, not cotton)	2	As needed
<input type="checkbox"/> R2 pullover (Marmot Dri-clime wind shirt, Patagonia stretch Zephur or Krushell jacket)	1	Required
<input type="checkbox"/> Down/synthetic sweater or vest Patagonia puffball jacket or sweater (R4/300 weight acceptable)	1	Required
<input type="checkbox"/> Anorak or other outer jacket with hood (Gore-tex recommended)	1	Required
<input type="checkbox"/> Lightweight expedition down parka with hood	1	Required
<input type="checkbox"/> Pair of thin liner gloves, wool or polypropylene	1	Required
<input type="checkbox"/> Pair of warm gloves, fleece or wool	1	Required
<input type="checkbox"/> Pair of shell gloves or mitts (Gore-tex, Cascade or Shuksan)	1	Required
<input type="checkbox"/> Warm hat covers ears, wool or synthetic	1	Required
<input type="checkbox"/> Balaclava	1	Required
<input type="checkbox"/> Shade hat or baseball cap	1	Required
<input type="checkbox"/> Pairs of liner socks, polypropylene or capilene	4	Required
<input type="checkbox"/> Pairs of lightweight trekking socks	4	Required
<input type="checkbox"/> Pairs of lightweight long underwear, polypropylene or capilene	2	Required
<input type="checkbox"/> Soft shell pants (e.g., Patagonia Talus, Guide pants or Granite pants)	1	Required
<input type="checkbox"/> Nylon hiking shorts	2	Required
<input type="checkbox"/> Hard shell pants, waterproof, breathable, Gore-tex or similar	1	Recommended
<input type="checkbox"/> Light to medium weight trekking boots	1	Recommended
<input type="checkbox"/> Sandals	1	Recommended
<input type="checkbox"/> Sneakers	1	Recommended
<input type="checkbox"/> Cotton pants	1	Required
<input type="checkbox"/> Full length skirt*	1	As needed

Sleeping Gear/Pack	Qty	Need
<input type="checkbox"/> Down sleeping bag (rated to -15 to 20 degrees Celsius)	1	Required
<input type="checkbox"/> Full length Thermarest pad & repair kit	1	Required
<input type="checkbox"/> Thermarest lounge	1	Recommended
<input type="checkbox"/> Large day pack* (~2,400 cubic inches)	1	Required
<input type="checkbox"/> Small duffel bag to store at Mountain Madness office in Kathmandu	1	Required
<input type="checkbox"/> Small padlocks for duffel bags	3	Required
<input type="checkbox"/> Large duffel bag for gear (~7,500 cubic inches, durable for use on pack animals)	1	Required

**Although we will use porters, you'll want everything needed for a full day in your pack as you won't be able to access during the day.*

Personal Items/Miscellaneous	Qty	Need
<input type="checkbox"/> First aid kit (ibuprofen & other medications)	1	Required/As needed
<input type="checkbox"/> Lip balm (SPF 20+, can hang on string around neck)	1	Required
<input type="checkbox"/> Sunscreen SPF40+	1	Required
<input type="checkbox"/> Headlamp (Petzl Myo3 or Black Diamond Gemini)	1	Required
<input type="checkbox"/> 1 L wide mouth Nalgene water bottle	1	Required
<input type="checkbox"/> Insulator water bottle	1	Required
<input type="checkbox"/> Hydration bladder with drinking tube and tube insulator (insulator optional)	1	Required
<input type="checkbox"/> Pocket knife (small Swiss army style)	1	Required
<input type="checkbox"/> Pack of water purification iodine tablets or polar-pure crystals	1	Required
<input type="checkbox"/> Bandana	1	Required
<input type="checkbox"/> Toiletry kit (deodorant, toothpaste, etc.) with toilet paper stored in plastic bag	1	Required
<input type="checkbox"/> Large plastic bags for items	4	Required
<input type="checkbox"/> Nylon stuff sacks for food & gear	2	Required
<input type="checkbox"/> Pack with camp towel, soap, hand sanitizer/wipes	1	Required
<input type="checkbox"/> Ear plugs	2	Recommended
<input type="checkbox"/> Binoculars	1	Recommended
<input type="checkbox"/> Instant hand warmers	2	Required
<input type="checkbox"/> Stainless steel thermos	1	Recommended
<input type="checkbox"/> Camera (lightweight, portable, point and shoot or SLR)	1	Recommended
<input type="checkbox"/> Pack of favorite snacks (no more than 2 pounds)	1	Recommended
<input type="checkbox"/> Fanny pack or wallet for documents, passport, money	1	Required
<input type="checkbox"/> Adjustable trekking poles	1	Required
<input type="checkbox"/> Entertainment (e.g., paperback book, MP3 player)	1	Recommended
<input type="checkbox"/> Feminine hygiene products		As needed

**Women should plan to wear skirts or pants walking around Kathmandu
Clothes should be kept dry with waterproof stuff sacks or plastic bags*

Required Paperwork

- Passport (2 photos if possible)
- Visa
- Immunization papers
- Personal travel and health insurance documents