

BENEGAS BROTHERS EXPEDITIONS EVEREST BASE CAMP TREK EQUIPMENT LIST

Having the right equipment on your trek will make almost as much difference to your safety, comfort, and enjoyment as any physical training you do. It is essential that you take the time to acquire the correct gear; don't wait for the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online and at your local gear store. The purpose of this gear list is to help guide your purchases. Often salespeople in your local shop do not have first hand knowledge of high-altitude treks, so be sure to balance their advice with what you read here. And do not hesitate to call us for more information on any of these items. We have strived to create a list heavy on detail and specific ideas, but there are always further questions!

During your trek in the Khumbu region you will encounter a very wide range of temperatures and weather conditions. At one end of this range are the pleasantly warm and beautiful lowlands around Lukla, while at the other end of the spectrum is the cold and often windy weather up amongst the glaciers and the highest peaks in the world. The equipment you bring must function well in a wide variety of conditions. Your clothing should be warm, lightweight, dry quickly, and allow good freedom of movement. Adhere to the layering principle: several thin layers of insulation (rather than one thick one).

This list is a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our current suggested brand list we encourage you to shop around, do research, even borrow, and use your experience with our list to find the best gear for you.

Finally, a note on our recommendations: these are products which our guides have used extensively and been happy with. Purchasing the specific items listed below will ensure you have the right tool for the job, but there are other options on the market. There is also a huge selection of (low-quality) trekking brand copies available in Kathmandu.

If you have questions please give us a call: (801) 783-3216



A NOTE ON PACKING

For your international flights we recommend that you pack all your equipment in your two large bags. Do not simply pack your backpack (since the straps can be damaged by the baggage handling machines). It is important to lock these bags for their trip. Depending on the airport, you may be able to put your travel locks on after TSA has searched the bags. If not, lock the bags with zip ties. If the TSA cuts off the zip tie to search your bag, they will replace it. You will still need the travel locks to lock your bags in the hotel and during the expedition.

Generally, you will take one duffel up on the trek, and leave one in the hotel in Kathmandu with your belongings for your time in the city. Your trek duffel will only be accessible in the evenings (with items such as changes of clothing, sleeping bag), and your day pack will hold vitals such as water, layering, blister kit and camera. Lobuche East climbers - see separate gear list, but climbing gear can be sent on up to Base Camp direct. SO it's easy - your backpack is with you on your back, your duffel is ahead of you going up to each village where we will sleep and the 3rd is left behind in Kathmandu - 2 duffels!

FINAL PRE TRIP CHECK LIST

- Purchase travel insurance
- Return the Participant Application Forms to the BBE Office
- Purchase airplane tickets



PERSONAL TREKKING GEAR	GUIDE'S CHOICES	✓
1 Duffel Bags: This should be extremely durable, waterproof, and big! You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Large enough to fit everything you own, plus what you anticipate buying	The North Face Base Camp Duffel Bag XXL	<input type="checkbox"/>
1 Small Duffel Bag: *Please see A NOTE ON PACKING on Page 1 (this bag stays in Kathmandu with city clothes)	The North Face Base Camp Duffel Bag Small	<input type="checkbox"/>
Day Pack: Mid-size summit pack for layers day climbs (optional easy trekking peaks), city days and all trekking. Streamlined, neat and lightweight (30-45 liters)	The North Face Prophet 45L	<input type="checkbox"/>
Hydration System: Must have shoulder straps and be insulated. Should carry 70-100 ounces. Choose the lowest profile model you can find	CamelBak Marathoner or Bootlegger Hydration Packs	<input type="checkbox"/>
Sleeping bag: Expedition quality rated to a least - 20F. Goose down preferred over synthetic for bulk and weight. Your bags needs to be long enough that your feet are not pressing out the foot box which will make you colder	The North Face Inferno Sleeping Bag: -20 F / -29 °C	<input type="checkbox"/>
Compression Stuff Sacks: Work very well for reducing volume of sleeping bags and bulky down clothing	Sea to Summit eVent Compression Dry Sack	<input type="checkbox"/>
Ski/Pole: Adjustable with snow baskets. Shock absorbers are not recommended	Black Diamond Contour Elliptic Compact	<input type="checkbox"/>
Headlamp: L.E.D. headlamps are recommended. Bring extra batteries, lithium	Petzl Tikka XP 2 Black Diamond Storm	<input type="checkbox"/>
Glacier Glasses: Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers and leashes. No more than 10% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses - it is a good idea to have these with "photo-gray" or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber)	Julbo Explorer	<input type="checkbox"/>

Kathmandu available

FOOTWEAR	GUIDE'S CHOICES	✓
Hiking shoes: These light to mid-weight shoes are for every day use. The ideal shoe is comfortable enough to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe often stays drier when hiking in rain or snow	Sportiva Raptor Ridge Sportiva Delta GTX™ *For those who need more ankle support, a high-top lightweight boot is also appropriate	<input type="checkbox"/>
Liner Socks (2 pairs): A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON!	Bridgedale CoolMax Liner Sock	<input type="checkbox"/>
Hiking Socks (3 pairs): Your everyday sock, good for day hikes, trekking, and in town. NO COTTON!	SmartWool Hiking Medium Crew Sock Bridgedale Endurance Trekker	<input type="checkbox"/>
Warm Socks (1 pair): A wool synthetic blend to wear in the evenings. Pure rag wool socks are not nearly as effective in wicking moisture or retaining their shape and reducing blisters. NO COTTON!	Smartwool Mountaineering Extra Heavy Crew Socks	<input type="checkbox"/>

HEAD	GUIDE'S CHOICES	✓
Baseball Cap: Bring your favorite baseball cap for shelter from the blazing sun	The Benegas Brothers Cap	<input type="checkbox"/>
Polar fleece or wool hat: A comfortable, warm hat that covers your ears. Make sure that it fits well, and that one of your hats fits under a helmet	Mountain Hardwear AirShield MicroDome Smart-wool Cuffed Beanie	<input type="checkbox"/>
Balaclava: We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours	Outdoor Research Option Balaclava	<input type="checkbox"/>
Buff and bandanas: Used to shade your neck and cover your mouth. Protects respiratory system when traveling in dusty and dry conditions	Buff brand	<input type="checkbox"/>

Katmandu available

HANDS	GUIDE'S CHOICES	✓
Lightweight Synthetic gloves: Should fit comfortably inside larger gloves . Lither Capilene preferred	The North Face Bambu Liners Glove	<input type="checkbox"/>
Mid-weight Glove: Once we near base camp you may rarely take these gloves off, don't underestimate windchill even on a sunny day. Ski gloves are ideal	Black Diamond Wind Weight Glove	<input type="checkbox"/>

UPPER BODY	GUIDE'S CHOICES	✓
Ultra-light base layer: That effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option	The North Face Vitesse T-Shirt - Short-Sleeve The North Face Hybrid Zip Neck Top	<input type="checkbox"/>
Mid-weight (2): A Synthetic mid- layer that you will never take off. Fitted, lightweight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation	The North Face Impulse 1/4-Zip Top Patagonia- Capilene® 2 Zip Neck	<input type="checkbox"/>
Expedition-weight top: Warmer than your mid-weight, but still breathable and lightweight	Patagonia R1 Hoody Patagonia R2 Jacket	<input type="checkbox"/>
Soft-shell Jacket: These jackets are much more breathable than Gore-tex, but still effectively block wind and light precipitation. A windshirt is also an effective option for this optional layer	The North Face V10 Soft shell Hoodie Patagonia- Guide Jacket	<input type="checkbox"/>
Hard Shell Jacket: A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it	The North Face Alpine Project Jacket	<input type="checkbox"/>
1 Insulated Down Jacket: A puffy jacket with a hood that will keep you warm during the coldest of conditions. The higher the quality down, the better (800-fill is best). However, be sure the jacket is still lightweight. Doubles up as an extra pillow!	Black Diamond Stance Belay Insulated Parka	<input type="checkbox"/>

LOWER BODY	GUIDE'S CHOICES	✓
1 - 3 underwear: Non-cotton!		<input type="checkbox"/>
Quick-dry shorts: Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON!	The North Face Class V Trunk	<input type="checkbox"/>
Mid-weight base layer: Fitted, light-weight and quick drying. The mid-weight will be a base layer that will get you through a wide range of temperatures	Patagonia Merino 3 Mid-weight Bottoms	<input type="checkbox"/>
Expedition-weight bottoms: Warmer than your mid-weight, but still breathable and lightweight. These will be worn in the evenings and around base camp	Mountain Hardwear Power Stretch Tights	<input type="checkbox"/>
Soft Shell pants: You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable and water-resistant	Black Diamond B.C.V Pants La Sportiva Titan Soft Shell Pants	<input type="checkbox"/>
Hard Shell Pant: Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants. No short 1/2 length, or short lower leg zippers allowed as it is difficult to put on	La Sportiva Storm Fighter Evo GTX Pants	<input type="checkbox"/>
Lightweight trekking pant: synthetic pair of pants for approach treks to base camp	The North Face Paramount Peak Convertible Pant	<input type="checkbox"/>

TOILETRY ITEMS AND PERSONAL FIRST AID KIT	✓
Toiletries: Toothbrush, toothpaste, bio-degradable soap/shampoo (Dr. Bronners), moisturizer, Purel Hand Sanitizer, antiseptic hand towelettes, toilet paper (a small emergency stash)	<input type="checkbox"/>
Quick-dry towel: for showers during the trek, and some soap and shampoo in a mini bottle	<input type="checkbox"/>
Drugs/Medications/Prescriptions: IT IS VERY IMPORTANT TO BRING ALL OF THESE! Trekkers should bring enough Pepto Bismol for more than one episode of diarrhea . Ciprofloxin (Cipro) 500mg tablets for travelers diarrhea and for urinary tract infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen x 30 (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg, tablets for stomach sensitivity or acidity, and cough drops e.g. Fisherman's Friend	<input type="checkbox"/>
Personal First Aid Kit: (Simple and Light) medications above, antibiotic ointment, Moleskin, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb	<input type="checkbox"/>
Pee-Bottle: 1 to 1/2quart size, e.g. another Nalgene bottle. For female it's a female urination device (sometimes called a FUD) that allows you to pee while standing up. It's neat. It's discreet. It's hygienic. Sani-Fem Freshette Feminine Urinary Director	<input type="checkbox"/>

Kathmandu available

MISCELLANEOUS ITEMS	✓
SteriPEN: for sterilizing water in your water bottle when necessary with a spare battery (this is a very specific sized battery)	<input type="checkbox"/>
Suncream SPF 50+: or better, 2 small tubes. Please note: Sunscreen older than 6 months loses half of its SPF rating; make sure that you have new sunscreen	<input type="checkbox"/>
Lips cream SPF 30+: at least 2 sticks. Make sure your lips cream is also new	<input type="checkbox"/>
Food: We bring a lot of candy bars, granola bars, dried fruit for hiking and climbing days; however, you may have personal favorites or things that work well for you such as Power Bars, beef jerky, or Gu/ClifShot packets, so please feel free to bring some with you (around 2 pounds)	<input type="checkbox"/>
Extra batteries for headlamp: Lithium batteries perform best in cold environments	<input type="checkbox"/>
Chemical Hand and Toe Warmers (4 sets)	<input type="checkbox"/>
Water bottles - x2: Two one-quart water bottles. Wide mouthed are ideal as opening is less likely to freeze, e.g. Nalgene	<input type="checkbox"/>
Insulated water bottle covers: These help prevent liquids from freezing. It should completely cover the bottle	<input type="checkbox"/>
Luggage Locks x 2: For your duffel bags. Must be TSA approved	<input type="checkbox"/>
Camera and spare USB Card: A large capacity memory card for picture and video sharing	<input type="checkbox"/>
Heavy-duty garbage bags x 4: for emergency waterproofing	<input type="checkbox"/>
Pocketknife and repair kit: Please bring a small repairs kit - small GoreTex patches, superglue	<input type="checkbox"/>
Ziplock bags: (large size, for organizing small items and waterproofing)	<input type="checkbox"/>
Travel Clothes: For hotel dinners and while traveling - include a pair of conformable shoes	<input type="checkbox"/>
Sandals: (flip-flops, chacos or tevas)	<input type="checkbox"/>
Reading material: books can be swapped amongst the group	<input type="checkbox"/>
Ear plugs: for thin walls or snorers	<input type="checkbox"/>
NEPALI RUPEES: for extras on the trail, e.g. battery charging, shower, trail donations, base camp staff tips	<input type="checkbox"/>

Kathmandu available

TRAVEL DOCUMENTS	✓
Passport: Valid for six months beyond your return date	<input type="checkbox"/>
Photocopy of Passport: The first two pages of your passport and once you're in Nepal the visa page	<input type="checkbox"/>
Passport photos (2): one will be needed for you to purchase your entry visa upon arrival at KTM airport, please have dollars to pay for your visa to hand as well as your one of your photos	<input type="checkbox"/>

QUESTIONS?!

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