

EBC PACKING CHECKLIST 2026

abovethecloudtreks.com · Adventures at Altitude

EVERTREK PROVIDED / AVAILABLE:

- 80L duffel bag (included)
- Down jacket hire (free)
- Sleeping bag hire (available — we chose to buy our own)
- Trekking pole hire (available on request)

15KG RULE: Lukla flight total limit = 15kg (duffel + daypack combined). Duffel carried by porter each day. Daypack on you.

FOOTWEAR

- ☐ Boots (Salomon X Ultra 4 GTX)
- ☐ Gaiters (lightweight)
- ☐ Camp sandals
- ☐ Trekking socks (Nordic Socks x4-5 pairs)
- ☐ Liner socks (x2 pairs)

OUTER LAYERS

- ☐ Waterproof shell jacket (Kathmandu Ridge 3L Gore-Tex)
- ☐ Down jacket (Macpac Sundowner)
- ☐ Waterproof trousers
- ☐ Fleece mid-layer

BASE LAYERS

- ☐ Long sleeve top (merino x2)
- ☐ Short sleeve top (merino x2)
- ☐ Thermal leggings (merino x2)
- ☐ Trekking trousers (x2)
- ☐ Trekking shorts (x1)
- ☐ Underwear (merino x4)

HANDS & HEAD

- ☐ Liner gloves (Icebreaker merino)
- ☐ Outer gloves (Kathmandu Gore-Tex ski)
- ☐ Warm beanie
- ☐ Sun hat / cap
- ☐ Neck gaiter / buff
- ☐ Balaclava

SLEEP

- ☐ Sleeping bag (Rab Ascent Pro 800)
- ☐ Sleeping bag liner (Sea to Summit silk)
- ☐ Ear plugs

DAYPACK & CARRY

- ☐ Daypack (Andrew: Fjallraven Kaipak 38)
- ☐ Daypack (Elaine: Fjallraven Abisko 35)
- ☐ Pack rain cover
- ☐ Dry bags (Sea to Summit)
- ☐ Main duffel (Evertrek 80L — provided)

FOOD & SNACKS

- ☐ Energy gels / bars (x20+ minimum)
- ☐ Electrolyte sachets
- ☐ Nut butter sachets
- ☐ Jelly babies / snakes (summit tradition!)

TREKKING GEAR

- ☐ Trekking poles (Fizan Compact Pro)
- ☐ Head torch (Petzl Tikka+)
- ☐ Spare torch batteries
- ☐ Sunglasses (UV400 / glacier rated)
- ☐ Water bottles (x2, 1L each)
- ☐ Water purification (tabs or filter)
- ☐ Hydration bladder (optional)

TECH & ELECTRONICS

- ☐ GPS watch (Garmin Instinct 3 Solar)
- ☐ Camera body (Sony A6700)
- ☐ Wide lens (Sigma 18-50mm)
- ☐ Telephoto lens (Tamron 70-300mm)
- ☐ Phone + charger (Samsung S22+)
- ☐ Power bank (20,000mAh solar)
- ☐ Memory cards (256GB x2)
- ☐ Universal adapter

FIRST AID & HEALTH

- ☐ Diamox (prescribed — discuss with GP)
- ☐ Ibuprofen / paracetamol
- ☐ Imodium / rehydration sachets
- ☐ Blister kit (Compeed etc)
- ☐ Antiseptic / wound dressings
- ☐ Personal prescription meds

SUN & SKIN

- ☐ Sunscreen (SPF50+ x2 tubes)
- ☐ Lip balm (with SPF)
- ☐ Moisturiser / barrier cream
- ☐ Insect repellent (lower altitude sections)

TOILETRIES

- ☐ Toothbrush / toothpaste
- ☐ Soap / shampoo (biodegradable)
- ☐ Quick-dry towel (small)
- ☐ Wet wipes (teahouse shower substitute)
- ☐ Hand sanitiser
- ☐ Toilet paper + zip-lock bags

DOCUMENTS & MONEY

- ☐ Passport (6 months+ validity)
- ☐ Nepal visa (~\$50 USD on arrival)
- ☐ Travel insurance docs (Cover-More NZ)
- ☐ Evertrek booking confirmation
- ☐ USD cash (tips, teahouse extras)
- ☐ Debit card (Wise recommended)
- ☐ Emergency contacts card

VACCINATIONS — BOOK WITH GP

- ☐ Twinrix (Hepatitis A+B)
- ☐ Boostrix (Tdap booster)
- ☐ Typhoid
- ☐ Rabies (consider for remote trekking)

WEIGHT CHECK

Duffel bag (porter carries): _____ kg
Daypack (on you daily): _____ kg
TOTAL (max 15kg for Lukla flight): _____ kg