



# Stand Up On Everest

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The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; however please take into account your personal preferences and common sense. We are open to further recommendations upon your return.

Try to use your equipment before you go – particularly your rucksack, boots and sleeping bag – as this will show up any manufacturing faults. Good footwear and care of the feet is especially important. Well broken-in walking boots should be worn on treks. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night's sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry and should not be worn on the trek).

Please check the luggage allowance with the airline that you are flying with and ensure that you do not exceed their regulations. **Your main bag on the trek should not weigh more than 10kg due to the restrictions on the internal flight. Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else.**

If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don't pack anything you will need again before or during the flight, such as medicine. Keep extra cash, passports and house keys in your hand luggage.

Also, if taking a long flight, it is sometimes a good idea to take toiletries such as a toothbrush to freshen up on the long journey but please do remember that there are strict regulations governing the transport of liquids in hand luggage. For the most up-to-date air travel hand luggage rules, please consult the guidelines at <https://www.gov.uk/hand-luggage-restrictions/overview>.



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Don't pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When leaving the UK, we recommend that you wear your trekking boots and trekking/cycling gear, and take as much as possible in your hand luggage, especially a full day's underwear and other clothing. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the expedition while we relocate any missing baggage.

**Important: The weather can vary greatly from season to season and even within a very short period of time. You must be prepared for cold and wet weather at all times. Please pay particular attention to the kit that will keep you warm and dry i.e. waterproofs, jacket, fleece etc. It is a good idea to wrap everything inside your main bag in plastic bags, so if it rains, your kit and especially your sleeping bag is less likely to get wet**

**If you have any further questions regarding Kit List please email [operations@standuponeverest.co.uk](mailto:operations@standuponeverest.co.uk)**



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Item	Take it?
<b>Baggage and sleeping</b>	
Large rucksack/kit bag – you can take no more than 15kgs on the plane including hand luggage (a suitcase is not appropriate)	Yes
Day rucksack (for carrying sun cream, camera, spare battery and memory card, water bottles etc)	Yes
Sleeping bag - 4 seasons is required <b>plus</b> a fleece liner (at least -20c comfort zone)	Yes
Fleece sleeping bag liner	Yes
Sleeping mat (or thermarest) you will be provided with a mat but for hygiene and comfort reasons may want to bring your own.	Optional
<b>Clothing</b>	
Waterproof jacket and trousers	Yes
Long-sleeved shirt	Yes
T-Shirt	Yes
Fleece	Yes
Thermals (for cold nights)	Yes
Trousers (such as lightweight cargo trousers, avoid jeans)	Yes
Underwear (light and loose), plenty of socks – both hiking and light	Yes
Bandana /scarf (to avoid dust and sunburn)	Yes
Down jacket	Yes
Walking boots (sturdy well worn in hiking boots)	Yes
Trainers for evenings	Yes

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Item	Take It?
Wide brimmed hat	Yes
Gloves (thermal lined)	Yes
Woolly hat (you will need to cover your head in its entirety)	Yes
Ankle gaiters (use in snowy conditions in the foothills & if compatible with own boots)	Optional
Shorts & swimwear	Optional
<b>Hygiene</b>	
Toothbrush & toothpaste, flannel for strip washing, soap (anti bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, Vaseline	Yes
Razor & cream, sanitary products, shower gel (bio-degradable), travel towel, deodorant, toilet paper/tissues, hairbrush/comb	Optional
<b>Health</b>	
After sun / moisturiser	Yes
Sun protection (factor 30 minimum)	Yes
Vitamins	Optional
<b>Documents (Please leave a copy at home with your next of kin)</b>	
A passport photo for entrance to National Park	Yes
Passport & photocopy (with 6 months to run from the end of the expedition)	Yes
Visa	Yes
Flight tickets	Yes
Cash	Yes
Credit card (for emergencies only) This should have a limit of at least £6,000	Yes
Travel insurance	Yes



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Item	Take It?
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Yes
Emergency contacts (you will be sent these prior to departure)	Yes
Travellers cheques (only changeable in Kathmandu)	Optional
<b>Other</b>	
Sunglasses (good quality with high 100% UV protection)	Yes
High energy snacks (tracker bars, dried fruit and nuts, you can purchase chocolate en route) these are provided throughout the trek but if you wanted additional snacks or wanted to bring your favourites!	Yes
Padlock	Yes
Adjustable walking pole rubber tipped. (You will have to fit into your main hold luggage)	Yes
Torch (with spare batteries and bulb) head torch recommended	Yes
Nappy bags – for disposing of toilet paper during the day Water bladder 1-2 Litres, plus a spare water bottle (1 Litre) so you can cool water as it is boiled when given to you.	Yes
Ear plugs	Yes
Re-sealable plastic bags (for dirty washing & to protect from damp etc)	Yes
Camera & spare battery and memory cards	Optional
Binoculars	Optional
Cord or string	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Whistle	
Sewing kit	Optional
Note book and pen(s)	Optional
Alarm clock, watch	Optional



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Item	Take It?
Spare boot laces	Optional
Trekking Poles	Optional
<b>Small first aid kit</b>	
Pain killers / Paracetamol	Yes
Adhesive dressing (plasters) and Compeed blister pads / second skins	Yes
Antiseptic spray	Yes
Diahorrea tablets (Immodium) & Re-hydration sachets (2 per trekking day)	Yes
Anti-histamine tablets (i.e. Piriton)	Yes
Any medication you normally use	Yes
Motion sickness tablets	Yes
<b>Vaccinations</b>	
<p>You should have had the following, these are mandatory. If you contract the below illnesses and your vaccines are not up to date, your insurance will be invalid. We will not be responsible for any medical costs incurred by you. It looks a lot, but it is likely that you will be covered on these from previous travels and vaccination updates.</p> <p><b>Diphtheria</b>  <b>Tetanus</b>  <b>Polio</b>  <b>Tuberculosis</b>  <b>Hep A</b>  <b>Typhoid</b>  <b>Meningitis</b></p> <p>In addition – there is a very slight risk of illness and these vaccines are available. Not imperative though:  Hep B, and Rabies</p>	