



ADVENTURE  
BASE

"THERE'S NO SUCH THING AS A BAD WEATHER, ONLY INAPPROPRIATE CLOTHING" RANULPH FIENNES

# EBC & GOKYO LAKES TREK KIT LIST



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Expect the unexpected on this trip. While we would love to guarantee warm, sunny weather for the EBC & Gokyo Lakes Trek, but we can't. Weather can change quickly and you can go from warm and dry, to wet and cold in a matter of hours so being prepared is critical. Make sure you've got plenty of layers and we strongly advise that those layers are high quality. That said, you've got to find a balance between being prepared and not carrying too much weight. You can spend anywhere from 3-8 hours on your feet a day with some serious altitude gains so you will thank yourself for not overpacking on this trip.

Below is a list of our recommended kit for your trip.

You can find more detailed information below and what that looks like on the trip page. As always, if you have any questions or concerns then drop us a message here.

## KEY CLOTHING ITEMS

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A dark blue rectangular graphic with the title 'EBC & GOKYO LAKES KIT LIST' in large, bold, orange and white letters at the top. Below the title, the items are organized into three columns. The first column is titled 'TOPS' and 'BOTTOMS' in white. The second column is titled 'HEAD GEAR', 'HAND GEAR', and 'FOOTWEAR' in white. The third column is titled 'ACCESSORIES / OTHER' in white. Each section contains a list of items in white text.

TOPS	HEAD GEAR	ACCESSORIES / OTHER
<ul style="list-style-type: none"><li>• Waterproof shell jacket (GORE-TEX or similar)</li><li>• Heavyweight Down jacket with hood</li><li>• Midweight softshell insulated jacket</li><li>• Fleece / Jumper</li><li>• Base layer tops long sleeve</li><li>• Base layer tops short sleeve</li><li>• Cotton T-Shirts</li></ul>	<ul style="list-style-type: none"><li>• Warm hat</li><li>• Sun hat</li><li>• Buff</li><li>• Sunglasses (Cat. 4)</li><li>• Sunscreen</li><li>• Lip balm</li></ul>	<ul style="list-style-type: none"><li>• Collapsible trekking poles</li><li>• Sleeping bag (-20C)</li><li>• Camping pillow (Optional)</li><li>• Water bottles x 2</li><li>• Daypack Rucksack (20-25 litres)</li><li>• Stuff sacks</li><li>• Toiletries</li><li>• Wet wipes / Toilet paper</li><li>• Camping towel</li><li>• Earplugs</li><li>• Headlamp plus spare lithium batteries</li><li>• First aid kit and relevant medication</li><li>• Knife / multi tool</li><li>• Camera</li><li>• Mobile phone</li><li>• Water treatment tablets (Optional)</li><li>• Copy of passport</li><li>• Copy of insurance policy</li><li>• Travel Clothes</li><li>• US Dollars / Nepalese Rupee</li></ul>
BOTTOMS	HAND GEAR	
<ul style="list-style-type: none"><li>• Leggings</li><li>• Waterproof hard shell pants</li><li>• Softshell trousers</li><li>• Softshell shorts</li><li>• Leggings</li><li>• Underwear</li></ul>	<ul style="list-style-type: none"><li>• Thin liners (warm days)</li><li>• Thick warm gloves w/insulated liners</li></ul>	
	FOOTWEAR	
	<ul style="list-style-type: none"><li>• Trekking socks</li><li>• Lightweight shoes/sandals</li><li>• Trekking boots</li><li>• Snow gaiters</li><li>• Microspikes (optional)</li></ul>	

### HARDSHELL WATERPROOF JACKET

A hardshell jacket is one of your key pieces of kit. Make sure it's big enough to wear over multiple layers and that it comes with a hood. You'll use this if the weather becomes a little wild and you need protection from wind and snow. Something like: The 'Hodr', 'Grim' or 'Odin' Jottnar hardshell jacket.

### DOWN JACKET

A synthetic down jacket comes in handy when an extra layer of warmth is required, which can also be removed easily when too warm. You will also use it for wearing in the evenings at the tea houses while popping outside for a view of the night sky. Something like: The 'Asger' or 'Floyen' jackets from Jottnar are ideal.

### **MIDWEIGHT SOFTSHELL INSULATED JACKET**

This is lighter than your down jacket and might be a nice gap between your mid layers and down jacket. It's not essential depending on the quality of your mid layers but a nice to have. Something like: The 'Floyen' or 'Alfar HF' from Jottnar is great.

### **FLEECE / MID LAYER**

There are a few options here depending on your preferences but this needs to be either a warm fleece or a thicker base layer item. This is one of your key insulating layers so something comfortable and technical is recommended. Something like: The 'Erling' or 'Heimdall' from Jottnar.

### **THERMAL TOP**

You'll wear this everyday as your first layer so it's worth bringing a minimum of two (so you always have a dry one to wear). We recommend moisture wicking material as you will work up a sweat on the uphill but you want that moisture to disappear so it doesn't freeze when you stop at the top. Something Like: The 'Ove' or 'Mar' by Jottnar but ideally long-sleeve.

### **TREKKING T'S**

Trekking T-Shirts / Tops are what you're likely to spend the majority of your time in. A couple of high wicking options are best here.

### **TROUSERS**

You will need a couple of sets of trousers. Depending on your layering you can go for either a hiking trouser, a softshell trouser or both. They should be durable and lightweight. Something like: The 'Valen' from Jottnar or the 'Gamma' from Arcteryx.

### **HIKING SHORTS**

Don't underestimate a good set of hiking shorts and trousers. You're looking for something that's going to get rid of sweat and not chafe, while provide you with good pocket options for on the go items like snacks and maps. Something like: The Patagonia Quandary Shorts

### **WATERPROOF TROUSERS**

Hopefully you won't need them but for when you do, you'll be grateful. It's simple, get a pair of trousers that keep the water out. Something like: Torrentshell 3L pants by Patagonia

### **BOOTS**

We recommend a good pair of hiking boots with ankle support for this trip although it can also be done in trail shoes. With trail shoes you run the risk of potentially going over on your ankle which often means ‘game over’ for your Trekking experience. What ever you go for make sure you’ve worn them in properly. Beware of the blister... Something Like: The Salomon X Ultra or Quest.

### **FLIPFLOPS / CROCS**

Most of the Tea Rooms you stay in require you to leave your shoes at the door. If you’re trying to pack light then don’t worry about flipflops but we recommend bringing something you can change in to.

### **3 HATS / FACE COVERINGS**

1 sun cap, 1 warm hat that covers your ears and 1 buff. The idea should be that if needed, you can cover every part of of your face in bad weather and also keep yourself protected from the sun

### **EYEWEAR**

We recommend carrying Cat. 3 sunglasses that offer 100% UV protection, such as VALLON Heron Mountain, or Waylons sunglasses.

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### **BACKPACK**

We recommend a backpack between 25-35 litres pack but it all depends on how you like to pack and what you like to bring. It should be large enough to carry all your equipment but light enough to keep the weight down. The backpack should have a waist strap and ideally come with a rain cover for those soggy days. Something like: The Talon or the Tempest from Osprey

### **TREKKING POLES**

Trekking poles are not essential but are strongly advised. They help remove some of the weight from you knees and leg muscles on the up but also help with stabilisation while carrying a big backpack. Ideally look for poles that collapse as you can then store them easily and securely in, or on your pack. Something like: Black Diamond Distance Trekking Poles

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