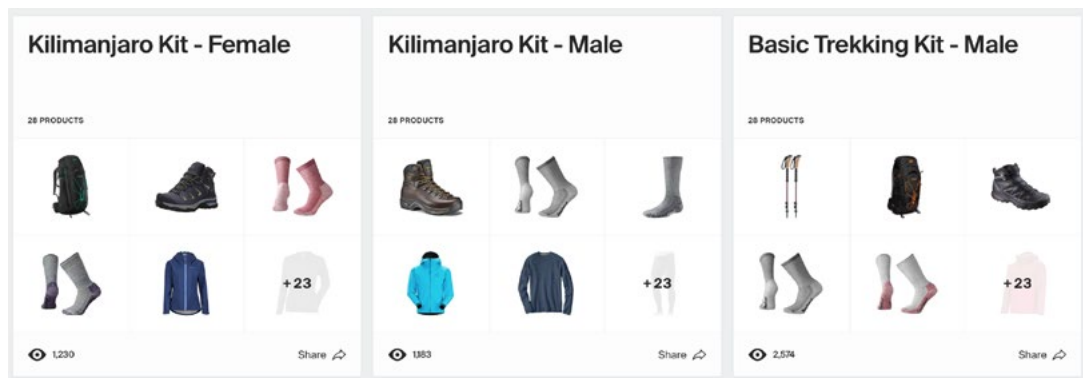


# BASECAMP ULTIMATE GEAR LIST

This extensive trekking gear checklist details the gear you need and what to pack for your multi-day trek, when your sleeping and eating arrangements have been taken care of.

I have made recommendations in [my kit](#) to help you navigate through the many options out there.



## TIPS:

- The most important items of gear are: Boots, socks, backpack, gear that keeps you warm and dry (e.g. gortex jacket). You will not regret investing in these items.
- Save money on gear that is not directly related to your enjoyment e.g beanie, t-shirts/ shorts, trekking poles, hat.
- Check whether your trekking provider includes items in your trek package or are available for rent e.g sleeping bags, sleeping mat, down jacket. See \* in the list.
- Borrow what you can, but don't borrow hiking boots!
- Learn how to pack and use your gear - you can own the best backpack but it will soon become the worst if it's not fitted and packed correctly. Same with trekking poles - you need to know how to adjust the height for the terrain and how to use them efficiently.

# BASECAMP

## ULTIMATE GEAR LIST

✓	Item	Qty	✓	Item	Qty
	<b>FOOTWEAR</b>			<b>HEADWEAR</b>	
	Hiking boots	1pr		Cap/sunhat	1
	Thongs/sandals	1pr		Beanie	1
	Socks - Light	3pr		Buff	1
	Socks - Warm	2pr		Balaclava	1
	Spare Boot laces	2		Sunglasses	1
	<b>PANTS</b>			<b>SLEEPING</b>	
	Trek Pants	1pr		Sleeping bag*	1
	Trek Shorts	1pr		Sleeping Bag Liner	1
	Soft Shell Pants	1pr		Sleeping Mat* & Repair Kit	1
	Track Pants	1pr			
	Waterproof Pants	1pr			
	<b>UNDERWEAR</b>			<b>HYDRATION</b>	
	Underpants	4pr		Hydration Pack (2L)	1
	Base Layer Bottom	2pr		Water bottle e.g Nalgene	1
	<b>TOPS</b>			<b>TRAVEL</b>	
	T-shirt/base layer	2		Wallet	1
	Travel shirt	1		Passport & Vaccination Cards	1
	Merino Tee	2		Passport Photos	4
	Base Layer Top	2		e-ticket (for flight)	
	Rain Jacket Gore Tex	1		Cash (correct currency for visa)	
	Down/Primaloft Jacket*	1		Travel Insurance Information	
	Trekking Poles	1pr		Notebook/Journal/Pens	1
	Gloves	2pr		Book	1
	Headtorch	1		Watch	1
	<b>BAGGAGE</b>			<b>ELECTRONICS</b>	
	Daybag 36-50L Max	1		Phone & International Charger	
	Duffle Bag 80L*	1		Spare batteries/chargers for electronics	
	Dry Bags Various sizes	1-3			

# BASECAMP

## ULTIMATE GEAR LIST

✓	Item	Qty	Notes
	<b>MEDICAL</b>		
	Travelers Medical Kit	1	<u>Travel Medicine Kit</u>
	Personal Medication		
	<b>TOILETRIES</b>		
	Wilderness Wash	1	Med or biodegradable
	Microfibre towel	1	
	Hand Sanitiser	2	
	Toothpaste / Floss	1	
	Toothbrush	1	
	Tissues /Hankerchief	1-2	
	Wilderness wipes/wet ones		
	Sunscreen	1	
	Lip balm (UV)	1	
	Deodorant (roll on)	1	
	Sanitary items		
	Hair ties	3	
	Hairbrush/comb	1	
	Moisturiser	1	
	<b>OTHER GEAR</b>		
	Electric tape (small rolls)	2	Repair anything with this
	Cable ties		
	Safety pins / sml sewing kit		
	Swiss army knife / multi tool	1	
	Water Filtration		