

Luxury Everest Base Camp Packing List Checklist

A practical luxury trek checklist for smarter packing on the Everest route

Important note

Luxury lodges reduce bulk, but fully heated rooms are not standard. Most lower and middle-route lodges provide thick bedding and many offer electric blankets, while higher villages use the best available standard rooms with added comfort where possible. Pack light, but still prepare for cold mornings, dry air, strong sun, and changing weather.

Clothing

Box	Item
<input type="checkbox"/>	2 merino wool base layer tops
<input type="checkbox"/>	2 merino wool base layer bottoms
<input type="checkbox"/>	1 lightweight fleece jacket
<input type="checkbox"/>	1 insulated vest
<input type="checkbox"/>	1 warm down jacket
<input type="checkbox"/>	1 waterproof shell jacket
<input type="checkbox"/>	1 waterproof shell pants
<input type="checkbox"/>	2 lightweight trekking pants
<input type="checkbox"/>	1 warm beanie
<input type="checkbox"/>	1 sun hat or cap
<input type="checkbox"/>	1 pair liner gloves
<input type="checkbox"/>	1 pair heavy outer gloves
<input type="checkbox"/>	1 buff or neck gaiter
<input type="checkbox"/>	4 pairs trekking socks
<input type="checkbox"/>	2 pairs liner socks

<input type="checkbox"/>	1 pair warm sleep socks
<input type="checkbox"/>	5 to 7 pairs moisture-wicking underwear
<input type="checkbox"/>	Sports bras if needed

Footwear	
Box	Item
<input type="checkbox"/>	1 pair broken-in waterproof trekking boots
<input type="checkbox"/>	1 pair lightweight lodge shoes or sandals
<input type="checkbox"/>	Microspikes if needed for winter or early spring

Daypack Essentials	
Box	Item
<input type="checkbox"/>	30L to 40L daypack
<input type="checkbox"/>	Daypack rain cover
<input type="checkbox"/>	2 one-liter hard water bottles
<input type="checkbox"/>	Polarized sunglasses with UV protection
<input type="checkbox"/>	SPF 50 sunscreen
<input type="checkbox"/>	SPF lip balm
<input type="checkbox"/>	Small supply of trail snacks
<input type="checkbox"/>	Phone
<input type="checkbox"/>	Camera if needed
<input type="checkbox"/>	Spare camera batteries
<input type="checkbox"/>	Power bank

<input type="checkbox"/>	Charging cable
<input type="checkbox"/>	Personal medicine
<input type="checkbox"/>	Altitude medicine if prescribed
<input type="checkbox"/>	Small blister kit
<input type="checkbox"/>	Backup purification tablets or UV pen

Toiletries and Personal Care

Box	Item
<input type="checkbox"/>	Travel toothbrush
<input type="checkbox"/>	Small toothpaste
<input type="checkbox"/>	Wet wipes
<input type="checkbox"/>	Hand sanitizer
<input type="checkbox"/>	Face moisturizer
<input type="checkbox"/>	Small microfiber face towel
<input type="checkbox"/>	2 rolls of toilet paper
<input type="checkbox"/>	Blister pads
<input type="checkbox"/>	Athletic tape
<input type="checkbox"/>	Small shampoo or body wash if preferred
<input type="checkbox"/>	Basic personal care items

Health Items

Box	Item
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<input type="checkbox"/>	Pain relief tablets
<input type="checkbox"/>	Stomach medicine
<input type="checkbox"/>	Prescription medicine
<input type="checkbox"/>	Cough drops if needed
<input type="checkbox"/>	Rehydration salts if preferred

Documents and Money

Box	Item
<input type="checkbox"/>	Original passport
<input type="checkbox"/>	2 passport photocopies
<input type="checkbox"/>	Printed travel insurance copy
<input type="checkbox"/>	Permit copy if needed
<input type="checkbox"/>	Emergency contact list on paper
<input type="checkbox"/>	Cash for tips and personal expenses

Duffel Bag

Box	Item
<input type="checkbox"/>	Spare clothes
<input type="checkbox"/>	Evening base layer
<input type="checkbox"/>	Down jacket
<input type="checkbox"/>	Lodge shoes or sandals
<input type="checkbox"/>	Main toiletry kit

<input type="checkbox"/>	Sleep socks
<input type="checkbox"/>	Extra gloves or socks
<input type="checkbox"/>	Charging items
<input type="checkbox"/>	Lightweight liner or rental sleeping bag if needed

Daypack	
Box	Item
<input type="checkbox"/>	Water bottles
<input type="checkbox"/>	Fleece jacket
<input type="checkbox"/>	Waterproof shell
<input type="checkbox"/>	Sunglasses
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Lip balm
<input type="checkbox"/>	Snacks
<input type="checkbox"/>	Phone or camera
<input type="checkbox"/>	Power bank
<input type="checkbox"/>	Personal medicine
<input type="checkbox"/>	Blister kit
<input type="checkbox"/>	Passport copy
<input type="checkbox"/>	Cash
<input type="checkbox"/>	Rain cover

Leave Behind	
Box	Item
<input type="checkbox"/>	Heavy expedition sleeping bag
<input type="checkbox"/>	Large water filter pump
<input type="checkbox"/>	Large camp towel
<input type="checkbox"/>	Inflatable pillow
<input type="checkbox"/>	Sleeping pad
<input type="checkbox"/>	Camp stove
<input type="checkbox"/>	Metal cutlery
<input type="checkbox"/>	Heavy thermos
<input type="checkbox"/>	Oversized first-aid kit
<input type="checkbox"/>	Laptop
<input type="checkbox"/>	Drone
<input type="checkbox"/>	Heavy solar panel
<input type="checkbox"/>	Too many spare clothes
<input type="checkbox"/>	Full-size toiletries
<input type="checkbox"/>	Brand-new boots

Optional Luxury Extras	
Box	Item
<input type="checkbox"/>	Packing cubes
<input type="checkbox"/>	Light slippers

<input type="checkbox"/>	
<input type="checkbox"/>	Hand cream
<input type="checkbox"/>	Extra lip balm
<input type="checkbox"/>	Eye mask
<input type="checkbox"/>	Earplugs

Quick Notes

- Luxury lodges often provide thick bedding, towels, hot water, and stronger meal service.
- Fully heated rooms are not standard anywhere on the route.
- Higher villages offer simpler rooms even on a luxury trek.
- Total luggage for Lukla flights often stays around 15 kg including duffel and daypack.
- Pack light, but do not skip warm layers, boots, sun care, or personal medicine.