

RUN ON HISTORY

MOUNT EVEREST CHECKLIST

CLOTHING

- THERMAL BASE LAYERS
- INSULATED PANTS
- INSULATED JACKET
- HEAVY WEIGHT COAT
- INSULATED JACKET
- WATERPROOF JACKET
- UNDERWEAR
- THERMAL SUIT (RECOMMENDED)
- SUN PROTECTION HAT
- WINTER HAT
- FLEECE GLOVES
- CLIMBING GLOVES
- MITTENS
- CLIMBING BOOTS
- GAITERS
- GLACIER GLASSES
- EXPEDITION SUIT
- CLIMBING SOCKS

GEAR

- BACKPACK
- DAY PACK
- DUFFLE BAG (WITH LOCKS)
- SLEEPING BAG
- TREKKING POLE
- HEADLAMP
- CAMERA
- ELECTRIC FOOT WARMER
- HAND WARMERS
- HARNESS
- SLINGS
- HELMET
- LOCKING CARABINERS
- CLIMBING GEAR
- WATER BOTTLES
- FACE MASKS

FIRST AID

- OXYGEN TANK
- COLD MEDICINE
- ELECTROLYTE POWDER
- DIAMOX MEDICINE
- THROAT LOZENGES
- BAND-AIDS
- GAUGE
- PAIN KILLERS
- NEOSPORIN
- SUN SCREEN
- ANTIBIOTIC OINTMENT
- SANITIZERS
- FIRST AID KIT

OTHER

- CASH IN HAND
- EATING UTENSILS
- TRAVEL DOCUMENTS
- PLAYING CARDS
- JOURNAL
- WATER PURIFIER TABLETS
- CAMERA
- BATTERIES
- PHONE
- CHARGING BANKS
- WATCH
- HYGIENE (SOAP, MOUTHWASH, DEODORANT)
- IPAD/EBOOK

