



Everest Freedom Challenge Packing list

There is some required equipment for the Everest Freedom Challenge. Please bring the following items. If you do not own something on this list, we encourage you to borrow the needed equipment as much as possible. Any questions? Don't hesitate to ask!

Camp

- Tent / Sleeping bag / Sleeping pad / pillow
- Lawn / camp chair / Coffee mug
- Optional/Encouraged: Reusable plates/cutlery to keep waste to a minimum

In the car

- SMALL plastic tote to store items you aren't climbing with
- For Full Summit and Base Camp tiers, you will be provided with transportation to and from each trailhead. Any items you wish to leave behind must be placed in a single container. (Spare clothes, food etc).

* If you don't have a tote let us know, one will be provided

On the trail

- Day Pack (20-30L)
- Bear Spray
- Whistle
- Navigation equipment: GPS/Cell phone with route data loaded as appropriate
- Toilet paper
- Sunscreen
- 2-3L water (if in doubt bring more!)
- We will provide snacks, if you have a preferred "performance booster", please bring it
- Trail size first aid kit:
- Aspirin / Ibuprofen
- Vaseline / Talcum powder (or other chafing ointment)
- Blister patch / Moleskin
- Small bandages for cuts / scrapes

Clothes

- NO COTTON OR JEANS
- Long sleeve shirt (or light wool top) and short sleeve shirt
- Rain and windproof jacket and pants (Gore-Tex recommended)
- Sunglasses, hat
- Sturdy Hiking boots "Broken in" not new

Have ready at trailhead, final decision based on forecast weather:

- Long underwear/thermal layer
- Sweater/fleece jacket
- Gloves, hat, toque

Optional/Recommended

- Hiking poles (strongly recommended)
- Mosquito Repellent
- Gaiters
- Electrolyte solution
- Battery pack for charging devices