Everest 3 High Passes Trek – Anticlockwise Route

Url: https://www.glorioushimalaya.com/trekking-and-hiking/everest-high-passes-trek/

Equipment checklist for – Everest 3 High Passes Trek – Anticlockwise Route

The Everest Three High Passes Trek is longer and more challenging than the standard Everest Base Camp Trek. With several days spent at high altitudes and crossings of Kongma La, Cho La, and Renjo La passes, you'll need to pack carefully and bring a few extra clothing items to stay warm and comfortable. Follow our packing checklist to ensure you have all the essentials while keeping your duffel bag within the porter weight limit.

Head

- **Sun Hat / Cap:** Wide-brimmed for sun protection.
- **Beanie / Warm Hat:** Essential for cold mornings/nights.
- **Buff / Neck Gaiter:** For dust, wind, and sun protection.
- **Sunglasses:** Category 3 or 4 UV protection (essential for high altitude).
- **Headlamp:** With extra batteries (for early starts/night treks).
- **Sunscreen & Lip Balm:** SPF 50+ (must-have).
- **Face Mask / Balaclava:** For extreme cold or dusty trails.

Upper Body

- **Base Layer (Thermal):** Moisture-wicking (Merino wool or synthetic). x2-3
- **Fleece Jacket / Mid-layer:** For warmth.

- **Down Jacket:** Insulated, lightweight (essential for high altitude).
- **Raincoat/Poncho:** Waterproof and windproof.
- **Trekking T-shirts:** Quick-dry, breathable. x3-4
- **Long-sleeve Sun Shirt:** For hot days.
- **Gloves:** Insulated trekking gloves

Lower Body

- **Trekking Pants:** Convertible (zip-off) or lightweight. x2
- **Fleece / Thermal Pants:** For layering under trekking pants.
- **Rain Pants / Over-trousers:** Waterproof.
- **Shorts:** For lower altitudes / warm days.
- **Underwear:** Moisture-wicking, quick-dry. x3-4
- **Warm trekking trousers:** For higher altitudes

Footwear

- **Trekking Boots:** Mid to high-cut, waterproof, broken-in.
- **Camp Shoes/ Sandals /Flipflop:** For relaxing in teahouses after trekking.
- **Gaiters:** To keep snow/rocks out of boots.
- **Microspikes / Crampons:** Useful for icy trails (seasonal).
- **Trekking Socks:** 3–5 pairs of moisture-wicking socks to keep your feet comfortable.
- **Warm Wool Socks:** For cold nights and higher-altitude conditions.

Toiletries & Hygiene

- **Toothbrush & Toothpaste:** Travel-sized products are convenient.
- **Comb:** To comb your hair after a bath
- **Blister Kit:** For preventing and treating friction spots during long walking days.
- **Soap / Body Wash:** For personal hygiene during the trek.

- **Shampoo:** Carry a small travel-sized bottle.
- **Quick-Drying Towel:** Lightweight and practical for multi-day trekking.
- **Toilet Paper / Pocket Tissues:** Useful because supplies may not be available everywhere.
- **Hand Sanitizer:** For cleaning your hands when soap and water are unavailable.
- **Wet Wipes:** Useful when shower facilities are limited.
- **Moisturizer:** Helps protect your skin from dry mountain air.
- **Personal Medications:** Bring sufficient supplies and follow your healthcare professional’s advice.
- **Basic First-Aid Kit:** Include personal essentials and basic wound-care supplies.
- **Menstrual Hygiene Products:** Carry your preferred products if needed.
- **Nail Clippers:** Useful for maintaining nail hygiene during the trek.

Other Essential Items

- **Daypack (20–30 Liters):** For carrying water, snacks, extra layers, and daily essentials.
- **Duffel Bag (50-70 Liters):** For your main trekking luggage, especially if using a porter.
- **Rain Cover / Dry Bags:** Protect your backpack and belongings from rain and snow.
- **Water Bottles / Hydration Bladder:** Carry at least one litre of water capacity thermal water bottle.
- **Water Purification Tablets / Filter:** For treating drinking water when needed.
- **Trekking Poles:** Help improve stability and reduce strain on your knees during ascents and descents.
- **Sleeping Bag:** Around –10°C to –15°C is useful for many standard trekking seasons.
- **Sleeping Bag Liner:** Optional for additional warmth and hygiene.
- **Energy Bars / Snacks:** Useful for maintaining energy between meals.
- **Travel Lock:** For securing your duffel bag or luggage.
- **Earplugs:** Helpful for sleeping in shared teahouse rooms.
- **Notebook & Pen:** Optional for recording your trekking experiences.
- **Small Binoculars:** Optional for viewing distant mountain scenery and wildlife.

Electronic Items

- **Mobile Phone:** For communication, photos, and navigation.
- **Power Bank:** Useful where charging facilities are limited or expensive.
- **Phone Charger & Cables**: Bring all necessary charging accessories.
- **Universal Travel Adapter:** For charging electronic devices in Nepal.
- **Camera & Spare Batteries:** Optional for capturing Himalayan scenery.

Documents

- **Passport:** A valid passport is required for travel and trekking arrangements.
- **Passport-size photos:** 2-4 copies of passport-size photos.
- **Nepal Visa:** Required for eligible international visitors.
- **Travel Insurance:** Must cover high-altitude trekking and emergency helicopter evacuation.
- **Trek Route Map:** To navigate trekking trails.

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