

## Everest Base Camp Kit List

	Item	Charge for 3 week hire	Retail Cost
	<b>Bags</b>		
	100-140 Litre Duffle Osprey/Mountain Equipment	£ 21.00	£ 100.00
	Day Pack 35Ltr (Osprey Talon 33)	£ 16.00	£ 80.00
	<b>Clothing</b>		
	Down Jackets (Rab Summit)	£ 49.99	£ 240.00
	Waterproof Goretex jacket Mountain Equipment	£ 36.00	£ 330.00
	waterproof trousers (Rab Bergen)	£ 29.99	£ 200.00
	sun shirt	£ 12.00	£ 45.00
	walking convertible trousers	£ 12.00	£ 60.00
	Long sleeved base layer	£ 15.00	£ 70.00
	Thermal Base Layer Legginngs	£ 15.00	£ 62.00
	fleece/soft-shell	£ 20.00	£ 60.00
	Warm Hat & Brimmed Sun Hat	£ 16.00	£ 60.00
	Gloves (Goretex and Primaloft)	£ 12.50	£ 80.00
	3 season boots or mids		
	<b>Sleeping</b>		
<b>OR</b>	4season -20C synthetic Mountain Hardwear	£ 55.00	£ 170.00
	4 season down sleeping bag Rab Ascent 900	£ 60.00	£ 250.00
	Thermarest Sleeping mat not required usually	£ 17.50	£ 90.00
	<b>Accessories</b>		
	Walking Poles (easton ATR 75)	£ 12.00	£ 79.99
	Gaiters (Goretex)	£ 5.00	£ 30.00
	Head torch (Petzl)	£ 6.00	£ 55.00
	Buff, shemagh or neck gaitor used for dust mask	£ 5.00	£ 15.00
	Personal First aid kit		
	2x 1 litre drinks bottles		
	1 litre bottle to urinate in		
	Sunglasses		
	1 litre of double concentrated squash		
	Sun screen		
	Insect spray but never used		
	Daily snack bars		
	Wet wipes		
	Antibacterial Hand gel		
	Protein Powder		
	Acetazolamide or <b>Diamox</b>		
	Passport visa money credit cards plane tickets		
	Spare mobile battery or Solar charger		
	<b>Total costs</b>	£ 365.98	£ 2,076.99
	<b>Special offer for all items</b>	£ 299.00	
	Ring now to discuss 01446 775313 or sales@expeditionkithire.co.uk		