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Everest Base Camp Kit List

	Item	Charge for 3 week hire	Retail Cost
	Bags		
	100-140 Litre Duffle Osprey/Mountain Equipment	£ 21.00	£ 150.00
	Day Pack 35Ltr (Osprey Talon 33)	£ 20.00	£ 150.00
	Clothing		£ -
	Down Jackets (Rab Summit)	£ 60.00	£ 300.00
	Waterproof Goretex jacket Mountain Equipment	£ 45.00	£ 350.00
	waterproof trousers (Rab Bergen)	£ 40.00	£ 220.00
	sun shirt	£ 12.50	£ 40.00
	walking convertible trousers	£ 14.00	£ 65.00
	Merino Long sleeved base layer	£ 15.00	£ 80.00
	Merino Thermal Base Layer Legginngs	£ 15.00	£ 65.00
	200 weight fleece/soft-shell jacket	£ 20.00	£ 100.00
	Warm Hat & Brimmed Sun Hat	£ 16.00	£ 60.00
	Gloves (Goretex and Primaloft)	£ 15.00	£ 120.00
	3 season boots or mids		
	Sleeping		
OR	4season -20C synthetic Mountain Hardwear	£ 57.50	£ 257.00
	4 season down sleeping bag Rab/Tundra ME	£ 85.00	£ 450.00
	Thermarest Sleeping mat not required usually	£ 20.00	£ 90.00
	Accessories		
	Walking Poles (Leki/MSR/Black Diamond)	£ 12.00	£ 79.99
	Gaiters (Goretex)	£ 7.50	£ 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 Diamox		
	Passport visa money credit cards plane tickets		
	Spare mobile battery or Solar charger		
	Total costs	£ 436.50	£ 2,676.99
	Special offer for all items	£ 325.00	
	Ring now to discuss 07968560661 or sales@expeditionkithire.co.uk		