



# Tenzing Hilary Everest Marathon

## Equipment List

Upon arrival in Kathmandu, each participant will receive a free expedition bag from the organizer in Kathmandu, in which the personal equipment [&] clothing is to be packed. It is recommended to bring the following equipment.

- Hiking boots
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Casual shirt and/or T-shirts
- Functional underwear
- Wool socks and normal socks
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves
- Warm and waterproof gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x 2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)
- Small padlock (to lock trek bag)
- Daypack 30 litres
- Sleeping bag (comfort rated -15°C)\*
- Warm jacket (down)\*
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).
- Runners: suitable running shoes & clothes suitable for the conditions (sub zero temperatures at the start)





### The following items are optional:

- Yaktrax (or similar lightweight icy trail traction aids)
- Trekking poles
- Trainers or similar for in the lodges
- Spare laces
- Shorts
- Thermal baselayer - leggings
- Gaiters
- Sleeping bag liner
- Scarf or buff
- Swimwear (for the hotel pool in Kathmandu)
- Travel clothes
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Repair kit – (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)
- Electrolytes/food supplementation

During trekking you should carry a daypack with camera, water bottle, reading material, towel, toiletries, warm clothing rainwear. The rest of the luggage is carried by the porters.

### Weight limit of the expedition bag

The weight of the expedition bag is limited to a maximum of 15 kg (including sleeping bag) for each participant. If more than 15 kg are incurred, the participant has to pay additional luggage fees (currently approx. 1 US\$ per kg).

### Luggage storage in Kathmandu

During the trekking/running tour, unneeded luggage can be stored at the Shankhar Hotel in Kathmandu.

### Recommended reading to train your mind:

Mental Toughness for Runners. A Complete Guide. The mental training presented in this book has been proven successful by numerous coaching sessions and by endurance athletes throughout the world who have achieved significant and often dramatic achievements after improving their motivation, performance, and well-being with this mental training. More infos: <http://www.micheleufer.com>

