

## Clothing and Equipment list for Trekking in Nepal

### Documents

Item	Comments	Check
Passport	It is always best to carry your actual passport on a trek, not just a copy.	
Travel Insurance certificate	Bring a copy of your policy and check for trekking cover before you come. Most policies will cover mishaps on trekking activities as long as the trek stays below around 5500 metres and less than thirty days but it is imperative you check the details of your policy and ensure you are adequately covered (including provision for emergency evacuation). You should also check and carry any recommended or required vaccination certificates.	
TIMS Card and Conservation area & National Park tickets (trekking permits)	Available at the Tourist Service Centre in Kathmandu.	
Personal spending money	Be sure to bring plenty of small bank notes.	

### Travelling Bags

Item	Comments	Check
Kit bag/Rucksack with waterproof cover (1)	Kit bags are good if you decide to use the services of a porter or are undertaking an organised trek but a rucksack is essential if you are trekking independently. A 60-70 litre rucksack should be fine. A pack with back ventilation is definitely more comfortable but gives you less packing space.	
Day pack with waterproof cover (1)	A day pack is only practical if you are using the services of a porter or undertaking an organised trek. A day pack should be big enough to carry everything you will need for the day; sunscreen, camera (and lenses if applicable), waterproof jacket, waterproof over trousers, personal maps and guide books (if required), water bottle, fleece (when you are not wearing it), MP3 player, binoculars, waterproof rucksack cover, etc.	

### Clothing

Item	Comments	Check
Fleeces (1 or 2)	Fleeces can be purchased in Kathmandu but it is better to bring them with you.	
Down Jackets or fibre-filled jacket (1)	These are ideal for wearing in the evenings to keep warm.	
Walking trousers (3 pairs)	1 lightweight pair for lower altitude and 2 warmer pairs that are also wind proof for higher altitude. It is best to purchase these in your originating country. Good brands include Mountain Equipment, North Face, Vaude, Mountain Hardware.	
Shorts (optional)	It is a good idea to bring trousers that convert into shorts in order to save space when packing.	
Underwear (5/6 pairs)	Even if you don't usually wear it, fitted underwear for men will be more comfortable for trekking than loose boxers.	
Trekking socks (5/6 pairs) and liner socks if used.	Cheap but reasonable Nepali made North Face socks can be purchased in Kathmandu. Liner socks can double up as evening leisure socks.	
Towel (1)	A small, quick drying travel towel is best. Can be purchased in Kathmandu.	
Swim wear (optional)	There are hot springs on a number of trekking routes	

Trekking t-shirts/shirts (5)	A mix of long and short sleeve, lightweight, purpose-made trekking T-shirts are the best types to have.	
Thermal underwear (1 set; top and bottom)		
Gore-Tex/ waterproof jacket (1)	For protection from wind and rain. Jackets can be purchased in Kathmandu but it is better to bring one from your originating country.	
Waterproof over trousers (1)		

### Headwear

Item	Comments	Check
Sun hats (1)		
Wool or fleece hat (1)		
Bandana (1)	Useful in many ways as it can be used to keep ears warm or to protect your mouth and nose from dust. It can also help prevent sunburn on the neck and cover up hair that hasn't been washed for a couple of days!	

### Hand-wear

Item	Comments	Check
Fleece gloves. (1 pair)		
Liner gloves (1 pair) (optional)		

### Footwear

Item	Comments	Check
Walking boots (1 pair)	Walking boots can be purchased in Kathmandu but it is strongly recommended that you purchase better quality in your originating country. This will cost more but you can be assured that they will last the trek. The boots should also be purchased at least a few months in advance and worn until comfortable to avoid any issues on the trek. It is a good idea to ensure your boots are given a water proof treatment prior to arriving in Nepal. It is also a good idea to bring a <b>spare pair of laces</b> .	
Spare pair of shoes (1 pair)	These do not have to be walking boots but walking shoes/trainers would be a good idea. They are required in case something happens to your boots. They can also double as camp shoes (see below).	
Camp shoes (1 pair) (optional)	Some people like to take something more comfortable for the evenings (such as sandals or Crocs) in order to give their feet a rest from their walking boots. Another option is <b>down booties</b> , also known as <b>hut booties</b> , which are readily available in Kathmandu.	
Crampons (optional)	These are recommended if you are trekking in the winter months or on routes where snow is common. A small, stretch-on, pair is perfectly fine for most treks and do not take up much space. They can be purchased in Kathmandu.	
Gaiters (optional)	These help keep boots and trousers dry when trekking through snow or on wet ground.	

## Sleeping

Item	Comments	Check
Sleeping Bag	The type of bag required will depend on the season and the region in which you are trekking. As a general rule I would suggest bringing a four season bag that goes down to -20 to -40 degrees Celsius. It can always be unzipped if you are too hot! Alternatively, you can bring a three or even two season bag (that will pack down smaller) and use teahouse blankets or a silk sleeping bag inner liner (see below) for extra warmth if required. Good quality sleeping bags can be rented in Kathmandu. Although bulky, don't consider undertaking a teahouse trek in Nepal without a sleeping bag, you will regret it!	
Silk sleeping bag inner liner (optional)	This will be useful for additional warmth during the night.	

## Personal Equipment

Item	Comments	Check
1 Litre Water bottle (1)	Note some trekkers prefer to use a CamelBak bag.	
SteriPEN (1)	SteriPEN is a lightweight water purifier. Further details on this product can be found at <a href="http://www.steripen.com">www.steripen.com</a> . Alternatives to carrying a SteriPEN include water purification tablets and buying boiled/filtered water from teahouses along the way.	
Wash bag and toiletries (1)	Compact and waterproof is best.	
Trekking Poles (1 or 2 as per preference)	It is recommended to use trekking poles that are collapsible (for transporting on flights etc) and have sprung anti-shock mechanisms. Flick locks are more reliable than twist locks.	
Combination Padlock	To secure your main kit bag/rucksack.	
Compression sacks /stuff bags/ /plastic bags/dry bags (10)	These are useful for keeping your items separate, clean and dry. Note: some stuff bags can be used as a pillow; useful when none is supplied in the tea house. Alternatively, pack a pillow case for tea house pillows that look a bit grubby.	
Sun Block (1 tube)	Between SPF 30 and 50 is recommended.	
Lip balm (1 or 2)	With UV protection 15 or higher is recommended.	
Sunglasses (1 pair)	Wrap-around style offers the best protection from the sun. Sunglasses are available in Kathmandu but I recommend you bring your own from your originating country.	
Elasticated knee and ankle supports (optional)	These come in useful, especially when going downhill.	
Hand or headlamp (with spare batteries)	Recommendations include the Petzl MYO XP Led headlamp and the LED Pro Lenser T7 or Maglite hand-held torch.	
Concentrated travel wash	Or a small (sealable) pot of washing powder. A few pegs for hanging washing on the line will also be useful.	
Camera	Plus applicable lenses, memory cards, chargers and cleaning equipment	

## Chargers for Electrical Equipment

Item	Comments	Check
Solar charger (optional)	This is of course optional. In the past I have used a Power Gorilla rechargeable battery and Solar Gorilla solar panel ( <a href="http://www.powertraveller.com">www.powertraveller.com</a> ) but didn't find them to be particularly effective. These will charge many brands of laptops, MP3 players and mobile phones, however please note they will not charge camera batteries. Alternatively, many teahouses do have solar electricity which is either free or provided at an hourly rate.	
Universal travel plug/socket adaptor		
Mobile phone charger		
Chargers for other personal items (as per requirement)		

## Medical Items

Item	Comments	Check
Medical kit	<p>This should include personal medications. Other good items to pack include antiseptic solution, tweezers, folding scissors, assorted sticking plasters, blister treatment, Nu Skin, Malaria prophylactic tablets, antibiotic eye drops, rehydration salts, pain killers (ibuprofen, aspirin, etc), throat lozenges, anti-diarrhoea medication.</p> <p>Another good thing to carry is Acetazolamide (Diamox®). This is a drug that can help prevent AMS (Acute Mountain Sickness) as well as aid recovery. For more details about Altitude, AMS and Diamox® you can refer to the Everest Base Camp website at <a href="http://www.basecampmd.com">www.basecampmd.com</a> where you will find useful information and further links.</p>	

## Other Items to Consider

Item	Comments	Check
Money Belt		
Pocket Pen Knife		
Compass/GPS device		
Wet wipes		
Hand sanitizer		
Insect repellent	Only required at the lower altitudes.	
Reading material	A good selection of English language books (both fiction and non fiction) are available in Kathmandu but an E-reader makes much more sense.	
Nepalese Rupees in small denominations	Small change is hard to come by in the mountains so it is always a good idea to get this in Kathmandu or Pokhara prior to commencing your trek.	
Earplugs		
MP3 player		
Playing cards		
Note book and pen		
Small supply of your favourite snack		