

EQUIPMENT CHECKLIST FOR TREKKING IN NEPAL

The following gear is recommended for trekking in Nepal. We encourage you to get all the listed equipment for your trip and ensure that you check and try each item. You can also purchase these items in Kathmandu after your arrival. There are numerous trekking shops in Thamel, Kathmandu offering both branded and locally manufactured gear.

Head Gears

- Sunhat / Baseball hat X 1 (Any style to protect from the sun)
- Warm hat X 1 (should cover head & ear comfortably)
- Buffs / Neck Gaiters X 2
- Sunglasses X 1 (High-quality, UV-blocking sunglasses with good all-around protection)
- Headlamp X 1 with spare batteries (200-300 lumens output)

Upper Body

- Thermal or fleece base layer top X 2
- Short Sleeve Trekking shirts X 2
- Full Sleeve trekking shirts X 2
- Soft-shell jacket/fleece jacket X 2
- Light down jacket X 1
- Hardshell jacket with a hood X 1
- Insulated Down Jacket X 1 (provided by us at request)

Lower Body

- Thermal or fleece base layer bottom X 2
- Trekking trousers/pants X 2
- Warm trekking trousers X 1
- Hard shell pants X 1 (Non-insulated and waterproof)
- Insulated down pants X 1 (optional)

Underwear

- 5 pairs of underwear (synthetic or wool fabrics only)
- 2 Sports Bra for women

Footwear

- Waterproof hiking boots with good tread (Preferably full ankle boots)
- Hiking socks X 4 pairs medium to heavy (synthetic and wool)
- Liner socks X 2
- Sneakers / Camp shoes
- Gaiters (For high passes trek and during the winter period)
- Yaktrax / Micro spikes (For high passes trek and during the winter period)

Handwear

- Softshell liner gloves X 1
- Mid-weight gloves X 1

Other Equipment

- Daypack 30-40 liters with rain cover
- Waterproof duffel bag 90 liters size (provided by us at request)
- Down Sleeping bag (-15 °C rated) (provided by us at request)
- One-litre capacity water bottle X 2 (Nalgene & Thermos)
- Trekking poles
- Camera with charger or spare batteries
- Personal snacks/comfort foods and energy bars/gels (you can buy them during the trek too)
- Laundry bag to keep the dirty clothes
- Padlock for duffel bag (Optional)
- Earplugs (Recommended for light sleeper)
- Pillow Case (Recommended for teahouse/lodge-based treks)
- Large plastic bags or dry bags to keep the clothes dry
- Extra clothes to wear in Kathmandu.
- Sandals or sneakers (To wear around camps and Kathmandu)

Toiletries and hygiene

- Quick-drying towel
- Toothbrush & Toothpaste
- Face mask
- Water treatment tools or tablets (Recommended: Aquatabs)
- Soap and Shampoo/Dry shampoo (Smaller bottle)
- Face and body moisturizer
- Sunscreen SPF50+ and Lip balm SPF 30+
- Hand sanitizer/Antiseptic wipes
- Wet wipes / Tissues to clean
- Hygiene products
- Basic first aid kit
- Prescription Drugs

Documents

- Passport with visa and validity of 6 months after your trip completion
- 2 copies of passport-size photos (For sim card and travel purposes)
- Credit cards in case of emergencies
- Driving ID or any other ID in case of loss of your passport
- Travel Insurance
- Flight tickets