

Trekking Gear List

What do you really need to take with you on a trek in Nepal?

Footwear/Clothing/Hand Gear

- One pairs Fleece Hat or Balaclava



- Four pairs of light-weight socks :- Liner socks, 3 Pairs



- Lightweight long underwear top



- One Down jacket: Highly recommended. (Marmot, North Face, Mountain Hardwar, Patagonia)



- One pair of trekking boots/ Hiking boots



– One pairs Hat or cap for the sun



– One windproof breathable jacket & pants



– Pack towel: Small or medium size Bandana: Two pcs



– Running Boots (Easy walk and hike)



– Two fleece jacket



- Two pair of light hiking pants



- Two pair windproof Gore- Tex pants – full size zips recommended



- Two polypropylene tops



- weight underwear bottoms



- One pairs of liner gloves



– One pair of fleece pants



– One pairs of liner gloves with water proof. (Any Brad)



– Three pairs of heavy-weight socks



– One pair Wind shirts or light jacket



Accessories/Camping/Medical & Personal

- Camera, video camera, extra batteries



- Day bag with 2-way zipper lock



- Diary and writing material



- led headlamp (Petzl or Black Diamond)



- One pocket knife (Swiss army knife)



– Two sleeping bag (One -400C and next – 200C) -Mountain hardware, North Face



– One water bottles, leak- proof (Nalgene or lexan type bottle)



– Personal hygiene kit: (-Ear plugs -Baby wipes or wet towels -purification tablets -Toiletry kit)



– Personal first- aid kit



- Sunscreen and lip protection (SPF 30) or higher, non-oily



- Reading material



- Two pair duffle Bag one 60 ltr. & one 40 ltr. (With pack cover- any brand)



- One pair of sunglasses high quality (100% UV, 100%IR)



- Necessary batteries for led headlamp or other



Climbing Equipment

– One pair of ski or hiking poles

