

Trek Gear/Equipment List



Head and Face Gear:

1. Sunhat
2. Sunglasses
3. Warm hat (wool / balaclava)
4. Fleece scarf/ neck gaiter – 1
5. Sunscreen with a very high SPF factor
6. Lip balm with a high SPF factor
7. Head torch with extra batteries

Inner Clothing:

1. T-shirts – long and short – 4/5 pcs
2. Thermal inner liners - Top and bottom – 2 set
3. Normal Trousers light weight - (comfortable) One thin, one thick and warm
4. Underwear plenty

Outer Clothing:

1. Down Jacket (+350grms down)
2. Fleece Jacket /warm jacket
3. Waterproof jacket with a hood (or a poncho)
4. Waterproof pant
5. Trekking/hiking pants – 2/3 pcs
6. Gloves/mittens – 2 pairs (1 thin and 1 thick) with pair of liner glove
7. 1 sweater to be worn under the fleece jacket

Footwear:

1. Light weight hiking boots with spare laces - (ankle protected recommended)
2. Thick socks – 2 pairs
3. Thin socks – 3 pairs, to be worn under the thick socks
4. One pair of sandals and spare comfortable running shoes

Drinking Equipment:

1. Water Bottle - 2 pcs (1 liter bottle)

(Purification equipment- purification with iodine or purification tablets is highly recommended.)

Sleeping and Carrying Equipment:

2. 35 - 50 liter daypack
3. Water Proof Bag-A water proof bag to cover the rucksack/daypack

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4. Sleeping Bag- Please bring that can resist temperatures as low as -15 degrees Celsius

Personal Medical Kit:

1. Bandage for sprains
2. Plasters/Band-aids
3. Iodine or water filters
4. Moleskin/Second skin - for blisters
5. Antiseptic ointment for cuts
6. Anti-bacterial throat lozenges (with antiseptic)
7. Aspirin/paracetamol - general painkiller
8. Oral rehydration salts
9. Broad-spectrum antibiotic (norfloxacin or ciprofloxin)
10. Anti-diarrhea medication (antibiotic)
11. Diarrhea stopper (Imodium - optional)
12. Diamox (altitude sickness - can be bought in Kathmandu)
13. Sterile Syringe set (anti-AIDS precaution)
14. Hand sanitizer

Toiletries:

1. 1 medium sized quick drying towel
2. Toothbrush/paste (preferably biodegradable)
3. Toilet papers (few rolls can be bought in KTM)
4. Multipurpose soap (preferably biodegradable)
5. Deodorant
6. Nail clippers
7. Face and body moisturizer
8. Feminine hygiene products
9. Small mirror

Optional:

1. Over Gaiter
2. Trekking poles
3. Binoculars
4. Reading book
5. Trail Map/Guide book
6. Journal & Pens
7. Travel game i.e. chess, backgammon, scrabble

Notes:

- Trek duffle bag will be provided as part of the trek services
- Trek sleeping bag and down jacket will be available on hire basis.