

## TREKKING GEAR LIST

Available in Kathmandu or bring from home. Some of the items available in Kathmandu will be of different quality/ different brands from what you may be accustomed to.

1. Sleeping bag	1
2. Sleeping bag liner	1
3. Daypack/ Rucksack	1
4. Trekking/ Hiking boots	1
5. Sport shoes for campsite	1
6. Sandals/ Slippers for shower	1
7. Down jacket/ Gore-Tex vest	1
8. Trekking pants	1
9. Fleece jacket/ Vest/ Pullover	1 Each
10. Thermal top/ bottom	1 Each
11. Shorts/ Half pants	1
12. T-Shirt	2-4
13. Trousers	2
14. Warm hat/ Sun cap	1
15. Light gloves/ Down gloves	1 Each
16. Trekking Socks	3-5
17. Underwear	As required
18. Rain Coat/ Poncho rain gear	1
19. Scarf/ Mittens/ Goggle	1
20. Personal medicines	As required
21. Toiletries and odds and ends/ Toilet paper	As required
22. Torch/ Flash light with batteries	1
23. Towel	2
24. Insect repellent/ Anti leech ointment (Monsoon)	1 Each
25. Water bottle 1 Liter	1
26. Water purifier drops/ tablets	1
27. Extra passport photos	4-6
28. Sun glasses/ Suntan cream	1 Each
29. Snacks like cliff bars	As required
30. Sun/ Lip Care	1
31. Sunscreen	As required
32. Pocket knife	1
33. (Digital) Camera/ Film/ Film roles	1
34. Trekking poles	As required
35. US \$ 90 cash for visa at Nepal airport	1
36. Big smile and a wacky sense of humor!	A MUST