

## TREKKING GEAR LIST

Most items are available in Kathmandu, but will be of different quality/different brands from what you may be accustomed to.

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