

Trekking/Summit Packing List

Travel documents

- ☐ Valid passport
- ☐ passport size photos (3 copies)
- ☐ Durable wallet / pouch for travel documents, money, and passport
- ☐ Credit card
- ☐ Insurance papers with contact details
- ☐ Family members / Company's contact details
- ☐ Visa fees in USD or Euro

General

- ☐ Warm backpacking sleeping bag comfort (temperature up to -15 degree Celsius)
- ☐ Duffel or Rucksack bag (55 to 70 liters)
- ☐ Daypack (25 to 40 liters)
- ☐ Walking poles (available to rent in Kathmandu)
- ☐ Water purification kit (On trek you will need to drink 3 – 4 liters of fluids each day)

Toiletry kit

- ☐ Hand Disinfectant
- ☐ Wet tissue / tissue paper
- ☐ Towel
- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Shampoo
- ☐ Lip guard
- ☐ Sun Block cream
- ☐ Soap / Hand wash liquids
- ☐ Garbage bag

Medicines and First Aid Kits

(Our guide will carry the first aid kit bag during the trek. We still recommend you bring your Personal first aid kit if you feel it necessary).

- ☐ Headache and fever medicine (Paracetamol)
- ☐ Ibuprofen for general aches and pains
- ☐ Burnt cream
- ☐ Diamox
- ☐ Imodium or Pepto-Bismol capsules for upset stomach and diarrhea
- ☐ Antibiotics (as prescribed by your doctor)
- ☐ Blister treatments such as mole skin, hand Band-Aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- ☐ Pocket knife (You can buy one in Kathmandu)
- ☐ Umbrella / raincoat
- ☐ Favourite snack foods and energy bars
- ☐ Books, cards, mp3 player etc. (Remember to keep these items light weight)
- ☐ Travel diary & Pen
- ☐ Binoculars
- ☐ Camera
- ☐ Neck warmer
- ☐ Wet wipes
- ☐ Length of string or para-cord (12 feet)

Upper Body: Head / Ears / Eyes

- ☐ Sun cap
- ☐ Sunglasses
- ☐ Wool / fleece hat
- ☐ Balaclava
- ☐ Hand warmer
- ☐ Neck Gaiter / High neck
- ☐ Lightweight Synthetic Line Gloves
- ☐ Wind stopper Fleece Gloves
- ☐ Summit Gloves – Heavy Gloves (Mitten)
- ☐ Head torch and spare batteries
- ☐ Earmuffs /plugs

Lower Body – Legs

- ☐ Undergarments
- ☐ Lightweight Long Underpants
- ☐ Midweight Long Underpants
- ☐ Heavyweight Long Underpants
- ☐ Trekking Pants
- ☐ Down / Synthetic Insulated Pants
- ☐ Gore-Tex Pants

Technical Devices/Climbing Gears

- ☐ Climbing Helmet
- ☐ Headlamp with Spare Batteries (Petzl/BD)
- ☐ Summit Down Suits
(Kailas/Marmot/T8K/The North Face)
- ☐ Ice Axe Semi-technical
- ☐ Harness
- ☐ Carabiners (Both Lock & Unlock)
- ☐ Ascenders/Jumar
- ☐ Belay Device (ATC Guide/Figure of 8)
- ☐ Assistant Rope

Core Body

- ☐ Short Sleeved Shirts / T-shirts
- ☐ Lightweight Top / Therma Coat
- ☐ Midweight Top
- ☐ Heavyweight Top
- ☐ Synthetic or Fleece Jacket
- ☐ Down Insulated Jacket
- ☐ Windproof Jacket
- ☐ Gore-Tex Jacket

Feet

- ☐ Thin and thick good quality socks
- ☐ Summit socks
- ☐ Comfortable hiking boots (Make sure you have tried and tested them before you go)
- ☐ Spare boot laces
- ☐ Lightweight slipper / shoes to wear in lodges
- ☐ Half a dozen clothes pegs
- ☐ Safety pins (For attaching wet washing to Backpack to dry while trekking)

Note:

- We will provide you all the necessary technical climbing gears which is already included in the price.
- The above listed items/equipment should only be seen as a general guideline. We recommend you make your own list adding the items as per your need and availability.
- You can also rent most of the gears like sleeping bag or trekking poles in Kathmandu or Pokhara. Please let us know if you wish to rent some of these items.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.