



KIT LIST

All items in red are OPTIONAL but recommended

Bags

- Duffel bag / rucksack 70-80 litre for packing all your clothes
- Rucksack / daypack capacity 30 – 40 litres
- Waterproof liner(s) / canoe sack(s) inserts for rucksack. (Use bin bags as an alternative)
- Emergency bivi or space blanket**
- Personal first aid kit: (sterilised wipes, plasters, blister treatment kit, painkillers etc)
- Emergency Vitals card: Name, next of kin name & mobile number, blood group if known, any medical history/condition.
- Foldaway kit bag if you want to leave any items in Kathmandu
- Luggage labels please ensure luggage bags are clearly marked with your details
- Travel padlocks for main kit bag and luggage bag

Clothing

- Suitable underwear
- Merino wool thermal base layer (top & bottom)
- Trekking trousers
- Dry wicking shirts or base layer shirts
- Medium / heavy fleece
- Down jacket (instead of the heavy fleece)
- Waterproof jacket with a hood & trousers (Doubles up as a windproof jacket)
- Gloves (insulated & waterproof) & inner gloves
- Spare pair of gloves in case the first pair get wet / lost
- Sun hat
- Beanie or balaclava
- Sun glasses
- Neck buff(s)
- Ski goggles**

Foot wear

- Liner socks 3 / 4 pairs
- Thick thermal socks 3 pairs
- Trekking boots (3 season) with ankle support. Must be well worn in and waterproof
- Gaiters
- Walking poles

Sleeping

- Sleeping bag – suitable for temperatures of -10° and compression sack
- Sleeping bag liner (This improves the warmth of the sleeping bag by up to 5°)**
- Inflatable pillow**
- Sleeping mat / Inflatable mattress**
- Head torch and spare batteries

Drinking

- Nalgene flask and thermal sleeve
- Water to go bottle (Supplied)
- 2 litre bladder
- Water sterilising tablets
- Flask / thermos for hot drinks and taking on the trek

Teahouses

- Change of clothing and footwear (Casual, warm/cool loose fitting and comfortable clothing for post hike.)
- Small travel towel (Quick dry)
- Personal hygiene (Tooth brush, tooth paste, soap, deodorant etc)
- Hand sanitiser
- Toilet paper**
- Ear plugs**
- Dog poo bags for toilet paper and rubbish
- Swimmers**



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Other recommended kit but not essential

- Camera / Mobile phone
- Notebook & pencil in waterproof bag
- Personal snacks
- Electrolytes
- Spare change
- Sun cream and lip balm
- Insect repellent
- Watch
- Karabiners
- Multitool / penknife (remember to pack in your hold bag)
- Duct tape for repairs. Wrap some around your water bottle
- Needle & thread
- Reading material / something to watch downloaded onto your phone
- Power bank and charging cables
- Plug converter for hotel
- Small sit mat for lunch breaks & in camp

Travel Admin

- Passport
- Flight / e-tickets
- Travel insurance policy
- Any health forms required for travel
- Debit / credit card
- Cash. Nepali Rupee for tipping your local guide and porters