

**\* Trekking Gear Nepal: Personal Trekking Equipment**

S.N	Equipments	Comments
01.	Good walking boots with ankle support	Ideally waterproof with Gore-tex
02.	2 pairs of lightweight polycotton quick dry trousers – good choice are ones with zip off legs so can also be shorts	(good makes – Kathmandu, Rohan, Columbia, Berghaus)
03.	3 T Shirts	go for light, quick dry polyester or nylon
04.	Waterproof (preferably breathable fabric) trousers	Suggest Gore-tex ones – you can buy in Kathmandu very cheap
05.	1 long sleeved merino wool top	great as wicks moisture – sometimes on sale in Kathmandu store
06.	Walking poles with shock absorbers	You can buy these in Kathmandu – really help on steep stone staircases
07.	Long sleeved fleece top	You can buy in Kathmandu
08.	Waterproof (preferably breathable fabric) shell jacket	Make sure it has a hood
09.	Scarf	You can buy in Kathmandu
10.	-Lightweight gloves -Heavyweight gloves or mittens with a waterproof shell outer (seasonal)	Ensure that they are good at subzero temperatures or bring merino inner gloves
11.	Light balaclava or warm fleece Good hat	Needed for in the morning and evening – Polartec is good material, which protects ears
12.	Thermal vest	Merino wool or polyester are best
13.	Thermal long johns	Merino or silk are most comfortable
14.	1 pair of lightweight trainers	Not needed for trekking but good for evenings
15.	4 pairs of good walking socks	Go for wool mix with polyester with good wicking and padding for feet
16.	Max 15kg rucksack / Duffel bag with waterproof cover	35-50 litre is max size you should need, rucksack is best for potter carry
17.	Underwear	3/4 pieces

18.	Day backpack	Suggest 20-30 liter size
19.	Trainers	For evening wear
	<b>Other Stuff</b>	
01.	Sleeping bag	Bring one that is good to -10 C degree weather and is light to not too bulky with cotton liner
02.	2 Good quality water bottles (min 1 liters)	Great as hot water bottle at night as well! (so water tastes like water, not plastic)
03.	Torch or Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries	As small and lightweight as possible
04.	Lightweight plastic flip-flops, Camp shoes (sneakers and/or sandals) Gaiters for hiking in winter to the base camp	Nepal Mother House Treks suggested these this, which Great for showers and freezing cold stone floors
05.	Copy of passport	Needs to be valid for min period of 6 months to get Nepal visa on arrival
06.	Copy of vaccination certificate	Go to doctor at least 30 days ahead and get recommended vaccinations
07.	4 passport photos for visa on arrival and trekking permit and 40 USD cash to pay for 30 day Nepal visa or 25USD for 15 day visa but can also pay in Euros and GBP.	<a href="http://www.immi.gov.np/download-file">http://www.immi.gov.np/download-file</a> (Nepal Visa)
08.	Bank cards to use ATMs and at least £200 cash	Remember to tell your bank that you are going abroad or you may struggle to use your card in ATMs.
09.	Pen, Pencils and Paper or pad and small notebooks	Needed for filling out forms on arrival & for notes/diary
10.	MP3 player (optional) or Walkman	Remember to bring charger – 2 prong European style chargers will work but not UK ones
11.	Travel Insurance docs	Ensure it covers you for the altitude as some policies will not cover you over 4000 meters

12.	Small padlock or combination lock-to-lock	Best with combination so you cannot lose the key and good for locking up valuables in room and hotel room door
13.	Money Belt	Lightweight cotton one that you can wear under clothes
14.	EBooks (Optional)	Great as lightweight and not as heavy as a book – remember charger as well
15.	Sunhat with shade	Lightweight baseball cap is great
16.	Sun cream	Min Factor 30 protection
17.	Lipsalve	With min Factor 25-30 protection
18.	Penknife	(Not essential but often useful)
19.	Camera and memory sticks	Whatever you needed
20.	Mobile Phone & Phone , Camera charger	Needed as alarm clock for early starts
21.	Quick dry towel	Quick dry type sold by Kathmandu and other mountaineering shops are good
22.	Basic First Aid Kit	Bandages, plasters, antiseptic antibiotic cream, aspirin or pain killers, water sterilization tablets for emergency and pain relieving gel. If you have weak knees bring knee supports. Bring small tube of cream for athlete's foot if you get it.
23.	Trail Maps and Guide book	Rough Guide or Lonely Planet are good
24.	Ear plugs	Very useful to minimize early morning noise (who know some people on group are snoring)
25.	Small sewing kit	(with safety pins)
26.	Water bladder with watering tube (optional)	Very handy to make sure you drink enough - you can buy in Pokhara & Kathmandu
27.	Personal toiletries inc soap & Wash Bag	<p>1 medium sized quick drying towel</p> <p>Bring less than 100ml of each if possible.</p> <ul style="list-style-type: none"> <li>-Tooth brush/paste (preferably biodegradable)</li> <li>- Multipurpose soap (preferably biodegradable)</li> <li>- Deodorants</li> <li>- Nail clippers</li> <li>- Face and body moisturizer</li> <li>- Feminine hygiene products</li> <li>- Small mirror &amp; floss</li> </ul>

28.	Sunglasses	Ensure good quality and as dark as possible as glare off snow can be dazzling. with UV protection
29.	<b>Personal Hygiene</b> -Wet wipes or baby wipes - Tissue /toilet roll - Anti bacterial hands wash	-You can buy those things in Kathmandu -You can buy those things in Kathmandu -You can buy those things in Kathmandu also
30.	<b>Extras/Luxuries</b>	-Binoculars - Reading book & Journal -Travel game i.e. chess -backgammon, scrabble -Swimming customs (for Kathmandu)
30.	Large plastic bags	for keeping items dry inside trek bag
31.	<b>Upper Body:</b> - Light and expedition weight thermal tops - Fleece jacket or pullover - Fleece Wind-Stopper jacket (optional) - Down vest and/or jacket	- go for light, quick dry polyester or nylon Those are can buying or renting in Kathmandu and Pokhara at good price
33.	<b>Lower Body:</b> - Under Garments - Hiking shorts - Light and expedition weight thermal bottoms - Fleece or wool pants (seasonal)	- go for light, quick dry polyester or nylon - Not needed for trekking but good for evenings
34.	<b>Feet:</b> - Thin, lightweight inner socks	-Good thin socks as you are daily

### Personal Peak climbing equipment

\*Climbing boots

\*Crampons

\*Ice axe

\*Harness

- \*Karabiners
- \*Ice screws
- \*Snow bars
- \*Deadmen
- \*Tapes/slings
- \*Rock pegs
- \*Helmet (crash hat)
- \*Warm climbing trousers
- \*Long cotton hiking shirts
- \* Waterproof climbing
- \*jacket
- \*Gaiters
- \*Lightweight thermal/ insulated ski gloves
- 8Sun hat
- \*Light cotton athletic
- \*socks and wool
- \*climbing socks
- \*Long sleeved
- \*cotton/woolen shirts
- \*T-shirts
- \*Wool long underwear
- \*Down high altitude
- \*sleeping bag
- \*Sleeping pad
- \*Down jacket/ trousers/vest

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\*Climbing sunglasses

\*Sunscreen

\*Lip salve

\*Lightweight fleece

\*Fleece/wool for climbing

\*Descenders

\*Ascenders

\*Head torch /batteries/bulbs

**Note:** Please remember that at the start of the trek, apart from your day pack, your luggage that will be carried by porters should have weight limitation of approximately 20 to 25 kg.