

## **RECOMMENDED PACKING LIST:**

### ***Equipment for trekking:***

#### **CLOTHING AND EQUIPMENT:**

The clothing you bring will need to allow for both the warmth of the days and the chill of the nights. While trekking during the day at lower altitudes, lightweight trekking trousers and T-shirts are recommended. It's always a good idea to carry a waterproof jacket and some warmer clothing with you though as mountain weather is notoriously unpredictable. For the cold nights, thermal underwear, a warm fleece jacket and even a down jacket will help to keep you warm.

#### **Kitbag (duffel bag):**

For all the treks your gear that is carried by the porters or yaks is best packed in a strong kitbag. A simple design without wheels and without foldable handles is best. You can buy in Kathmandu, although they are not as tough as say the North Face Base Camp Duffel. We will pack our trekking gear into the sturdy duffel bag you bring with you before leaving Kathmandu for our flight to Lukla. Our other clothing and luggage will be held at the Hotel for our return.

#### **Daypack:**

This should be comfortable and a good waist band that transfers some of the weight to the hips is most important. It needs to be big enough to take a jacket, fleece, water, camera and odds and ends.

#### **Boots:**

For a happy trek you need comfortable feet. Good boots have: good ankle support, plenty of toe room for long descents, a stiff sole to lessen twisting torsion, and are light because with every step you lift your boot up. Look at the inner lining - leather is good and Cambrelle is even better, a material that eats smelly feet bacteria. Good lightweight trekking boots or light all leather boots are perfect. Boots must be lightly worn in before trekking and this should include some steep hills to show up trouble spots. The longer the trek, the better the boots you need.

#### **Socks:**

In the low country your feet will be warm or even hot while walking so quality cotton mix sports socks are best. Three to four pairs are enough. Thick trekking socks are better for higher up and cool evenings, four pairs. Mostly modern trekking boots fit snugly so wearing two pairs of socks at the same time is impractical.

#### **Shoes/sandals/flip-flops:**

A luxury for your feet at the end of the day. Sandals or running shoes. Flip-flops, available for cheap in Kathmandu, are a necessity for showers during the trek.

#### **Fleece jacket/vest:**

Most trekkers consider this essential, but alternatives are a thick thermal top or a light down jacket. In Kathmandu you can get almost any sort of fleece you need.

#### **Wind/rain jacket:**

Waterproof and breathable. Plastic ponchos or non-breathable raincoats are not suitable. Gore-tex (or similar) jackets are recommended for treks over passes or climbing trips. Lighter jackets should be a second jacket, easy to throw in the daypack for warmer days.

#### **Thermal shirts/underwear:**

Good thermals, both tops and bottoms, are one of the secrets to cold weather trekking comfort. Expedition-weight thermals are the most versatile and can be worn as your high altitude trekking top or under pants on extremely cold days. Zip-up tops are great for changeable weather.

### **Nightwear thermals**

Silk-weight is lightest and warm, mid-weight is perfect. Great for warm nights in the sleeping bag!

### **Fleece/sweatpants**

Great for the chilly evenings, thicker is better (except for when the stoves in the teahouses really heat up!). Readily, available in Kathmandu.

**Day-wear shirt:** T-shirts are popular but a cotton shirt or mixed yarn travel shirt is more versatile. The collar protects the back of your neck and the sleeves can be rolled up or down. Take two or three so you can swap damp for dry.

### **Trekking pants**

You will live in these. Light material, loose and dark-colored is best. You can survive with only one pair, although two is better.

### **Wind pants**

If your trekking pants are reasonably windproof then special wind pants are not needed. If you do bring a pair, it is not necessary to have Gore-tex. Similar, non-waterproof is quite OK.

### **Underwear**

4 to 7 pairs

### **Warm hat/balaclava**

Nice for the evenings, hats essential for cold trekking days

### **Neck gaiter, buff, or bandana**

For windy days, this will keep dust out of your face.

### **Trekking poles**

Definitely useful, especially on steep, rough terrain, but if you are not used to using them you can survive without.

### **Mittens/gloves**

A good pair of wind-proof gloves is essential. Available in Kathmandu for cheap if you don't have a pair.

### **Water bottle**

Should be one liter or more in capacity, take boiling water and be leak-proof. Nalgene or a similar brand, or European fuel bottles, are best. You need AT LEAST 2 water bottles, or at least 1 water bottle IN ADDITION to a Camelback or hydration system. Nalgene's are great, available in Kathmandu, real or fake.

### **Purification system**

To avoid constantly purchasing bottles water, a water purification system is recommended. I took a UV light purifier that was excellent and allowed for refilling at any tea house, hotel, or restaurant easily.

### **Small, Stuffable Sleeping bag**

Although trekking hotels provide blankets, we found that having our own sleeping bag was essential and provided warmth in the unheated rooms while trekking.

### **Personal Items**

Sunscreen, lip balm with sunscreen, and quick dry towel. The sun is strong at altitude, especially after snow. Bring at least sunscreen and lip balm with SPF 15, and better still SPF 30+. Moisturizer: A small tube for sensitive or well cared for skins. The air is dry and the sun harsh.

### **Sun hat**

A baseball cap is ideal. A wide-brim sun hat is also good.

### **First aid kit**

We carry one with aspirin, paracetamol, ibuprofen, decongestants, lozenges, various antibiotics for Nepalese varieties of diarrhoea and chest infections, Diamox (an acclimatizing aid drug), antiseptic, antihistamine cream, rehydration, bandages and band-aids, tough blister tape (but not moleskin). We highly recommend the clients to bring if they have any personal medicines that needed.

### **Books**

One or two with high swap ability. Kathmandu has some great second-hand book shops.

### **Money-pouch/belt/inside pocket**

Most people find wearing one while trekking is a hassle and keep it buried in their kitbag or daypack. The Kathmandu hotel has safety deposit boxes.

### **Snacks and nutrition**

You will feel best with plenty of good food and keeping hydrated. We provide the food. However you will also want wholesome snacks and vitamin tablets. Chocolate, chocolate bars, dried fruit bars and dried fruit are readily available in Kathmandu, but Cliff bars, Power bars and the like are not usually available.

### **GEARS AVAILABLE IN KATHMANDU**

It's not necessary to spend a lot of money buying extra equipment and clothing before your trip. Majority of these gears can be hired at reasonable rates in Kathmandu. You can get all the trekking gears, both Nepali made and original.

### **Medical Kit:**

A simple but adequate medical kit can be very useful while traveling. The following items are recommended:

- \* Aspirin or Panadol - for pain or fever
- \* Antihistamine - as a decongestant for colds, allergies and to help prevent motion sickness
- \* Antibiotics - useful if traveling off beaten track but they must be prescribed
- \* Kaolin preparation (Pepto-Bismol), Imodium or Lomotil - for stomach upsets
- \* Rehydration mixture - for treatment of severe diarrhea
- \* Antiseptic, mercurochrome and antibiotic powder or similar 'dry' spray for cuts and grazes.

### **Other things to be included are:**

Calamine lotion to ease irritation from bites or stings, bandages and band aids for minor injuries, scissors, tweezers, thermometer, insect repellent, sun block lotion, chopsticks, water-purification tablets, throat lozenges (Strepsils), moleskin, Sulamyd 10% eye drops, Acetaminophen (Paracetamol, Antacid tablets).