

Kit Lists are not exhaustive. Adjust as you see fit according to your own preferences and experience. If you need advice, call us on the numbers in the footer.

KIT LIST - NEPAL

LUGGAGE

Daysack, 30 - 40l capacity
Holdall/Duffel bag, 70 - 90l capacity
free holdall supplied in Nepal
Optional waterproof liner

FOOTWEAR

Walking boots (preferably waterproof)
Alternative footwear

CLOTHING

Waterproof jacket & trousers
Duvet jacket
Trekking trousers
Shorts
T shirts, short sleeve
Shirt, long sleeve
Fleece
Base layer(s)
Socks
Underwear
Wooly hat
Gloves
Sun hat
Buff or scarf
Swimming costume?
Evening wear (non trekking)

DOCUMENTS/MONEY

Passport
Visa
Flight Ref details/document
Travel Insurance details
Spare photo ID
Spare passport photo

Currency cash
Credit card
Hard copy of important documents

EQUIPMENT

Sleeping bag
Rating of -20°C for treks above 4000m
Rating of -10°C for treks below 4000m

Liner
Water bottles (drinking)
Camelbac (if using)
Torch (LED head torches are best + spare batteries)
Sunglasses (+ hard case)
Normal vision glasses (if worn) (+ hard case)
Trekking poles (optional)
Pocket knife
Medical kit (see website for checklist)

Mobile phone (+ charger)
Plug adaptor

Camera (+ batteries + charger)

Wash kit
Travel towel

USEFUL EXTRAS

Dirty wash bag
Guide book
Reading/writing material
Needle/thread
Spare laces
Combination lock(s)

FOR ISLAND/MERA PEAKS ONLY

These can all be hired in Kathmandu or you can take your own.

Boots capable of taking a crampon
Crampons
Ice axe
Safety helmet
Climbing harness
Jumor
Fig 8 Descender
Karabiners

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