



Checklist for trekking

Footwear:

- Mountain hiking boots with ankle support
- Flip flops or sandals and or light shoes for after hiking
- Thick, warm (wool) hiking socks

Clothes:

- Fleece jacket
- Fleece Wind-Stopper jacket or softshell
- Wind proof hiking pant
- Waterproof shell jacket (preferably breathable fabric)
- Waterproof shell trousers/pants (preferably breathable fabric)
- Light weight thermal shirts, long sleeve and short sleeve
- Light weight thermal bottoms
- Down jacket or insulation jacket !!
- Sun hat or scarf
- Warm fleece hat or light balaclava
- Lightweight thermal gloves and warmer insulated wind proof gloves
- Clothes for after hiking

First aid kit

We recommend at least:

- Bandage for sprains
- Plasters/Band-aids
- Plaster for blisters
- Sterilon
- Anti-bacterial throat lozenges (with antiseptic)
- Aspirin/paracetamol - general painkiller
- Oral rehydration salts, ORS
- Broad-spectrum antibiotic (norfloxacin or ciprofloxin)
- Diarrhea stopper (Immodium - optional)
- And your personal needs

Equipment:

- Sleeping bag with comfort temperature – 10 degrees (also possible to hire in Kathmandu or Pokhara)
- Toiletries
- Sun cream
- Toilet paper !!
- Quick drying towel
- Feminine hygiene products
- Earplugs
- Sunglasses
- Telescopic hiking poles (optional but recommended)
- Head lamp
- Day pack (30 to 35 liters)
- Water bottle, also usable for heating in bed
- Swiss army knife (optional)