

Packing list



FOOTWEAR

- ☐ Mountain hiking boots with ankle support
- ☐ Flip flops or sandals and or light shoes for post-trek relaxation
- ☐ Hiking socks, moisture wicking and warm (wool) hiking socks

CLOTHING

- ☐ Thermal shirts; Light weight, long sleeve & short sleeve
- ☐ Light weight thermal bottoms
- ☐ Fleece jacket
- ☐ Softshell or wind-stopper jacket
- ☐ Wind proof hiking pant
- ☐ Waterproof shell jacket (preferably breathable fabric)
- ☐ Waterproof shell pants (preferably breathable fabric)
- ☐ Down jacket or insulation jacket
- ☐ Sun hat or scarf
- ☐ Warm fleece hat or light balaclava
- ☐ Lightweight thermal gloves and warmer insulated wind proof gloves
- ☐ Comfortable clothes for relaxing after a rewarding day of trekking

EQUIPMENT

- ☐ Day pack (40 to 45 liters) with a rain cover
- ☐ Sleeping bag for freezing temperatures
- ☐ Head lamp and extra batteries for night hikes or power outages
- ☐ Telescopic hiking poles; optional but recommended
- ☐ Quick drying towel
- ☐ Earplugs for nighttime barking dogs
- ☐ Toiletries including bio-degradable soap
- ☐ Feminine hygiene products
- ☐ Sun cream for protection from the strong mountain sun
- ☐ Sunglasses for protection from the strong mountain sun
- ☐ Toilet paper
- ☐ Water filter for safe and eco-friendly hydration solution
- ☐ First-Aid kit: essential for minor injuries and essential medication

MISCELLANEOUS

- ☐ Cash in Nepali Rupee for teahouse expenses
- ☐ Snacks and energy bars to keep your energy levels up
- ☐ Camera or smartphone to capture the breathtaking vistas
- ☐ Power bank for charging electronic devices