

# 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