

# TREKKING

## GEAR CHECK-LIST FOR NEPAL

### TRAVEL DOCUMENTS

- Valid Passport
- Debit/Credit Cards
- PP Size Photo (2 Pieces)
- Insurance Paper And Contact Address.
- Family Members / Company's Contact Address
- Travel Insurance

### HEAD

- Sun Cap
- Fleece Hat/ Warm Hat (1-2 Pcs)
- Neck Gaiter (2 Pcs)
- Head Lamp with extra batteries

### HANDS

- Light Liner Gloves
- Down Gloves (Gore Tex)
- Hand Warmer

### UPPER BODY

- Thermal Top Base Layer (2 Pcs)
- Fleece Jacket (1 Pcs)
- Gore Tex Jacket (1 Pcs)
- Down Jacket (1 Pcs)
- Quick Dry T-Shirt (2 Pcs)
- Wind breaker/Windproof Jacket

### LOWER BODY

- Thermal Bottom Base Layer (2 Pcs)
- Fleece Trouser (1pcs)
- Gore Tex Pant (1 pcs)
- Light Weight Quick Dry Trekking Pants (2-3 Pairs)
- Gaiters for trekking boots
- Under Wear (4 pcs)

### FOOT WEAR

- Normal Socks (5-6 Pairs)
- Trekking Shoes (Gore Tex)
- Slipper (1 Pair)
- Camp Shoes
- Hiking Boot with ankle support

### BAG PACKS

- Rucksacks 35L - 45L/Day Bag

### SLEEPING STUFFS

- Sleeping Bag -20°C to -30°C (Returnable)\***

### SUN STUFFS

- Sun Cream (30-50 Spf)
- Lip Guard (30-50 Spf)
- Sun Glasses (UV Protection)

### TOILETRIES

- Toilet Paper / Wet Tissue/Wipes
- Toothpaste / Toothbrush
- Soap / Shampoo
- Towel

### EATING & DRINKING

- 1 Ltr. Water Bottle
- 1/ 1.5 Ltr. Thermos

### MEDICAL/FIRST AID

- Severe Pain Killer (Flexon)
- Mild Pain Killer (Paracetamol)
- Throat Lozengen (Strepsils)
- Lubricating Eye Drop (Artificial Tear)
- Antacid Tab
- Electrolyte Tab
- Handy Plast
- Blister Blast
- Crep Bandage (Elastic Bandage)

### MISCELLANEOUS

- Hot Water Bag
- Trails Maps
- Head Lamp
- Trekking Crampons (Spikes)\***
- Powerbank
- Trekking Poles
- Rain Pancho & Umbrella

**\* Available on Rent**

[Extra Charges]