

Equipment List

- **BAGS** – Rucksack or duffle bag for a porter (13kg max) to carry, plus a daypack to be carried by you. Your daypack should be comfortable and capable of carrying everything you need for the day, around 40 litres is normally big enough. If you are doing a trekking peak and taking bulky items like down jackets then 50 litres will be better.
- **SHELL** – Top and bottom waterproof outer layer. Aim for good quality with a goretex lining.
- **DOWN** – A puffy jacket, filled with either down or synthetic, is essential for keeping warm at high altitude and especially on the trekking peaks.
- **FLEECE** – bring a good quality fleece jacket for general use and on the trekking peaks.
- **LAYERS** – Bring a selection of shirts, trousers, shorts, T-shirts, fleece tops, hats and gloves.
- **BASE LAYER** – This is a warm layer of top and bottom that is close to the skin and is only really needed for the very cold mornings, especially for those people doing a trekking peak or getting up very early to see a sunrise.
- **UNDERWEAR** – You will want to change underwear the most often, so bring enough and also bring a separate bag for used underwear and socks since there will be no opportunity to wash these items.
- **SOCKS** – you will want to change your socks every few days and for a trek you will be fine with quite lightweight hiking socks since it gets very hot.
- **BOOTS** – Comfortable boots with a good sole and ankle support are important for a trek in the mountains, but the early days can often be very hot so you might want to bring a lightweight pair or walking shoes or boots for most of the trek, changing into warmer boots at higher altitude and especially on the more broken ground, and many of these boots take crampons for using on trekking peaks. It's also a good idea to bring lodge shoes or sandals for use indoors. Do also bring gaiters to protect your boots and add warmth, and these are especially useful on trekking peaks where there is soft snow and to avoid the snow getting into your boots.
- **SLEEPING BAGS** – Bring a 3 or 4 season bag for most treks and if necessary a liner (silk or fleece) for when it gets colder. Sometimes it can be too warm for a sleeping bag so a fleece liner with a blanket from the lodge will be enough.
- **WATER BOTTLES** – These should be hard plastic re-usable, not throwaway bottles. For a trek and trekking peak trip you will want to have two litres to hand most days. If you want to disinfect the water then you could bring a UV filter (Steripen) but most people ask the lodge owner to boil some water the night before.
- **HYGIENE** – bring a wash kit since most lodges have hot showers now and there will always be opportunities to wash your body and hair. You will also want a travel towel, hand sanitiser and moisturising cream for the dry air on your skin. Lodges will have toilet paper but most people like to bring their own supply just in case. For trekking peaks the staff will make a hole for use as a toilet and you will need toilet paper. Sanitary items are available but the range available is small so we would recommend you bring your own supplies from home. Bring nail clippers, nail brush and if you wear contact lenses then you will want eye drops to combat the dry and often dusty air. Lip balm is also essential, as is sun cream with a high spf factor. It's also a good idea to bring ear plugs as the lodges can often be quite noisy.
- **MEDICAL** – take a medical kit to deal with small cuts and scrapes and some antiseptic wipes and cream and zinc tape; you will also want headache tablets like ibuprofen and paracetamol or equivalent for a high temperature; medicine for travellers diarrhoea and simple gastro-intestinal issues; calamine lotion for sunburn and cream for dry skin; blister pads and tape for chafing and blisters; throat lozenges; insect repellent and anti-histamine cream and anti-malarials (especially if visiting the jungles of Nepal); rehydration sachets and/or mineral supplements; Prescription drugs – personal medications, acetazolamide (Diamox), dexamethasone, antibiotic course, asthma inhalers.
- **TREKKING KIT** – trekking poles, umbrella, dry bags and a waterproof cover for your rucksack. For repairs on the go, do bring some a multi-tool, gaffer tape, cable ties, spare laces and light cord.
- **ELECTRONICS** – you will be able to charge items in the lodges for a fee so it's better to bring your own power pack with usb cables to charge smartphones, tablets and so on. Headlamps are necessary and many are now rechargeable, otherwise batteries are available in most village shops.
- **OPTIONAL ITEMS** – Buff/neck gaiter, trekking crampons for crossing a snowy/icy patch of ground, insulated bottle cover
- **SNACKS** – lodges and shops in the villages will sell a wide range of snacks and chocolate, trail bars and mixes, energy gels and drinks, soft drinks, beer and many different brands of foods for eating on the trail.
- **OTHER** – passport & copies, visa, insurance policy, money, credit cards, plane ticket, books, cards, games.