

TREKKING

GEAR CHECK-LIST FOR NEPAL

TRAVEL DOCUMENTS

- ☐ Valid Passport (with 6 months validity)
 - ☐ Debit/Credit Cards
 - ☐ PP Size Photo (2 Pieces)
 - ☐ Insurance Paper And Contact Address.
 - ☐ Family Members / Company's Contact Address
 - ☐ Travel Insurance
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HEAD

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

- ☐ Light Liner Gloves
 - ☐ Down Gloves (Gore Tex)
 - ☐ Hand Warmer
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UPPER BODY

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

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

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

- ☐ Rucksacks 35L - 45L/Day Bag
 - ☐ Duffle Bag 120 L
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SLEEPING STUFFS

- ☐ Sleeping Bag -20°C to -30°C *
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SUN STUFFS

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

- ☐ Toilet Paper / Wet Tissue/Wipes
 - ☐ Toothpaste / Toothbrush
 - ☐ Soap / Shampoo
 - ☐ Towel, Garbage Bag
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EATING & DRINKING

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

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