

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 Lozenges (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]