

Trekking Equipment List

- 1 Duffel* Big enough to put everything in 60-80 litres
 - 1pr Hiking boots – high top, waterproof boots, like our Oboz boots*
 - 4pr Wool Socks*
 - 1 Puffy Jacket*
 - 1 or 2 medium or thick fleece tops*
 - 1 Pair fleece or puffy pants* (optional, though nice if you get cold easily)
 - 1 Sleeping bag* (Rated to 20 degrees F)
 - 2 Long Sleeve top thermal-weight top* (Much better for you to get ones with a zip in the front)
 - 1pr Sunglasses (incredibly important around ice and snow. Wrap-around style or ‘glacier goggles’, or we can put tape on your flat-fronted ones)
 - 1 Sun hat – baseball hat or bucket hat
 - 1 Fleece/wool hat*
 - 1 Rain jacket*
 - 1-2 litre/1quart Water bottle or drinking bladder* (Nalgene or equivalent, but be careful, many are 700ml, not the full litre)
 - 1 Pr Shorts
 - 1-2 Pr Trekking Pants (trekking pants strongly encouraged. Cotton will not be comfortable and won’t dry – potentially dangerous. Rain pants and thermal long underwear would work well too.)
 - 1 Pr Rain pants*
 - 1 Pr thermal long underwear pants*
 - 3 T-shirts. Cotton is ok, synthetic is much better. At least one shirt should be synthetic* or wool
 - 4-5 Underwear
 - 1pr Trekking poles (optional)*
 - 1 Sunscreen (SPF 30 or higher. Anything over 30 offers no more protection)
 - 1 Daypack with waistbelt* Around 20 litres, bookbag size but not a bookbag)
 - 1 Pair medium or heavyweight gloves* (thick fleece or ski gloves work fine)
 - 1 Headlamp* and extra batteries
 - 1 Bandana (cotton, for use as a wash cloth or extra sun protection)
 - 1 stretchy neck gaiter aka Buff*
 - 1 Travel towel*
 - 1 Set comfortable travel clothes for Kathmandu and the plane
 - 1 Pair sneakers for trekking lodge and exploring villages
 - 1 Pair lightweight flip flops for showering
 - 1 Half roll toilet paper for just in case
 - 1 PrMicro-spikes*
 - 1 Pr Gaiters*
- Toiletries (The outlets are different, so skip the hairdryer.)
- Prescriptions (Carry in a ziplock, with the paper prescription that came with it.)
- Passport – valid for at least six months
- Camera with extra batteries/charger (optional)
- Cash for personal purchases, (\$75-\$250)
- Small book to read, share, and leave behind (max 2)