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## Nepal Expedition Trekking Equipment List

It is critical to the success and safety of your course that you BRING ALL THE ITEMS LISTED BELOW. Due to the strenuous nature of these trips, it is MOST IMPORTANT that you pack WELL and pack LIGHT. The weather in the Himalaya can be either warm or very windy and cold - it is usually both! Be prepared to encounter all types of conditions. PLEASE, give us a call at 888-797-6867.

### THE BASICS:

- Hiking Boots or Approach Shoes, Trail Runners – Waterproofed Uppers
- Sleeping Bag (rated to 10 degrees f. / Synthetic or Down)
- Pack\* (Internal Frame 25-35 liters)
- Trekking Poles
- Large Duffel (for all gear on the airline including pack and for storage)
- Small lock for Duffel
- Small personal first aid kit (include personal medications and blister kit)
- Toothbrush and Toothpaste
- Foam Ear Plugs (for the noisy tea houses)
- Toilet Paper (small personal stash for 2-3 days)
- 3-4 Small stuff sacks for small items
- Ziploc bags, large garbage bags for waterproofing items

### CLOTHING:

- Light to Mid Weight Synthetic Top
- Mid Weight Synthetic Bottoms
- Extra Synthetic Top Light-weight
- Fleece Jacket (200-300 weight)
- Down Jacket or Down Puffy with Hood
- Gore-Tex Jacket with Hood or equivalent
- Light Nylon Wind Pants or equivalent
- Hiking/Trekking Pants (convertible recommended)
- Wool or Synthetic/Wool Blend Socks (2-3 pairs)
- Light weight Fleece or Synthetic Gloves (windproof/water resistant preferred)
- Wool/Pile Hat
- Sunhat

### SMALL PERSONAL ITEMS:

- Passport
- Passport Travel Wallet or Money Belt (id, passport, credit cards, money, etc.)
- 2-one Liter Wide Mouth Water Containers or Camelbak type Hydration Systems
- Swiss Army Type Knife or other small pocket knife - (Put in Checked Luggage)
- Excellent Quality Sunglasses with 100 UV-A protection
- Sun Block & Chapstick (Rated 25+)
- Bandanna
- Pack Towel
- Headlamp (extra batteries/bulb;)

### RECOMMENDED TRAVEL CLOTHING:

- Two pairs of pants (jeans or light cotton)
- 4-5 pairs of underwear (fast drying recommended)
- Two pairs of shorts (or convertible trekking pants as noted above)
- Comfortable shoes (Running shoes or light weight Sport Sandals for travel days)
- 2-3 shirts (one button type/two t-shirts or synthetic)
- Cotton socks (2-3 pairs)
- Recommended Travel Kit: All in a small stuff sack
- Towel (lightweight or pack towel as noted above)
- Small soap & Small shampoo
- Comb or Brush
- Extra pair of glasses or contacts
- Personal toiletries

### OPTIONAL:

- Notebook/Journal with pen
- Watch/Altimeter
- Solar Chargers for phone
- Extra Battery Pack for phone
- Sport sandals or Shower Shoes
- Synthetic Liner socks (2-3 pairs)
- "Sports Drink" water additive such as Gatorade, Gookinaid, Cytomax, etc.

### NOTES: