



EXTREME HIMALAYAN ADVENTURE

GEAR LIST FOR TREKKING IN NEPAL

Travel Documents

- Valid Passport
- Credit Cards
- PP Size Photo (4 Pieces)
- Insurance Paper And Contact Address.
- Family Members / Company's Contact Address

Foot Wear

- Normal Socks (2-3 Pairs)
- Trekking Shoes (Gore Tex)
- Slipper (1 Pair)

Upper Body

- Thermal Top Base Layer (2 Pcs)
- Fleece Jacket (1 Pcs)
- Gore Tex Jacket (1 Pcs)
- Down Jacket (1 Pcs)
- Cotton T-Shirt (2 Pcs)

Lower Body

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

Head

- Sun Cap
- Fleece Hat/ Warm Hat (1-2 Pcs)
- Neck Gaiter (2 Pcs)

Hands

- Thin Fleece Gloves (2 Pairs)
- Wind Stopper / Screen Tap Gloves
- Trekking Poles

Sleeping Stuffs

- Sleeping Bag -20°C to -30°C (Returnable)
- Thermarest Mattress (Cell Foam)
- Pillow

Medical/First Aid

- Brufen / Ibuprofens
- Antibiotic
- Diamox
- Paracetamol
- Handy Plaster
- Crack Bandage
- Tincture Iodine
- Ondem
- Cetirizine
- Electrolyte
- Minil 10mg (Palpitation, anxiety)
- Codopar (Headache & chest pain)
- Salbetol 4mg (Breathless)
- Azithromycin 500mg (chronic tonsillitis, fever, nose, throat infection-must take 5 days)
- Flupen 250mg (prevent wound infection)
- Allegra 120/180mg (Allergic tonsil)

Sun Stuffs

- Banana Boat/ Nivea Sun Cream (-20 Spf)
- Lip Guard -20 (Spf)
- Sun Glasses (Uv Protection)

Toiletries

- Toilet Paper / Wet Tissue
- Toothpaste
- Toothbrush
- Soap
- Towel
- Garbage Bag

Eating & Drinking

- 1 Ltr. Water Bottle
- 1/ 1.5 Ltr. Thermos
- Mug
- Spoon/ Fork
- Bowl

Bag Packs

- Rucksacks 35L - 45L

Miscellaneous

- Nail Cutter
- Umbrella / Rain Coat
- Hot Water Bag
- Pee Bottle
- Trails Maps
- Head Lamp

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