

TREKKING EQUIPMENT LIST

This list should be used as an aid-memoir, it does not represent what you must take on the trip, but rather aims to highlight some of the things you must not forget. If it does not include items vital to you, simply add them and make it your own definitive list.

What you should know

Having the correct clothing and equipment can make the difference between an enjoyable trip and an uncomfortable one. Depending upon the time of year and altitude, the temperature can range from +40°C during the day to -25°C at night.

Buying New

If you go along to your local climbing/outdoor equipment retailer and tell them you are off to the Himalaya, they will rub their hands with glee and try to sell you all sorts of things you really do not need. Please, before spending money contact us and ask our advice.

[] Boots (The most important item of all)

It is essential to have well-fitting, waterproof, lightweight walking boots that are properly broken in.

Some people like to wear two pairs of socks, some only one, but whatever your preference, make sure when buying new boots you have them fitted with the sock system you prefer.

Always buy new boots in the afternoon when your feet will naturally be a little swollen. Remember it is better to have boots that are too big than too small.

For normal trekking a good three season boot is nice enough. They give support and feet warm and dry.

For those going on glacier walking or mountaineering expeditions, you will require boots capable of taking crampons.

Basic Trekking Equipment

With few exceptions you will require the equipment listed on the following sheets.

If you are a seasoned traveller you may have the majority of items on this list already.

EQUIPMENT CHECKLIST

[] Walking boots

Well broken in but not worn out

[] Belt pouch or shoulder purse

To hold your small instruments/equipments, trekking permit and money
It will become part of you so get one you can live with intimately.

[] Daypack

45-60 litres, with outside pockets, the best you can afford.

[] Cargo/pony bag

100 litres capacity

Must be sturdy and secure

Items in your cargo bag must be packed in strong plastic bags, not black bin bags!

Items for your Daypack

- [] **Rucksack liner**
To protect contents, strong, not a bin liner.
- [] **Survival bag**
Your personal emergency shelter (bottom of bag)
- [] **Mountain jacket & Over trousers**
Waterproof and breathable - your barrier clothing should be as good as you can afford and with you at all times. If bad weather strikes and you are away from shelter these two items could save your life.
- [] **Sun hat**
Wide brimmed to keep the sun off the head and back of neck.
- [] **Gloves and over mittens**
One for warmth and the other for wind/rain/snow protection
- [] **Sun cream & lip salve**
You know your own skin and its needs. The altitude will always be higher than sea level, and you will burn fast. We suggest you consider the highest SPF factor available with sweat and water resistance. Do not get the alcohol based lotions.
- [] **Snow gaiters**
To keep out stones, twigs, snow & leeches!
- [] **Long sleeve shirt Cotton,**
to cover up in the sun (charity shop)
- [] **Fleece jacket/pullover**
Two lambs wool jumpers if you don't have one (charity shop)
- [] **Bandanna**
Neck protection against the sun (the bigger the better)
- [] **Water bottles**
At least one litre (must be strong)
- [] **Iodine crystals or water purifier**
That protects against Giardia cysts IS RECOMMENDED. The drinking water on trek is boiled, but we suggest for extra protection that you treat all water that you put in your mouth. Get a water purification kit, familiarize yourself with the instructions and use it!!

The taste is not bad, but you may want to bring some kind of flavouring to entice yourself to drink lots (not drinking enough water is another of the primary causes of headache).
- [] **Sun glasses**
The best you can afford (side protection is advisable) They should have 98% UV protection and have side shields. These will prevent many headaches resulting from glare (one of the primary causes of headaches in the mountains).
- [] **Whistle**
To attract attention (tied to daypack)
- [] **Camera & film**
It is easy to use one film per day. Spare battery if you are digital.
- [] **Matches or lighter**
To burn toilet paper
- [] **Clasp knife**
With at least 5 tools and a lanyard
If you get a knife without a lanyard, buy a case for it that will allow it to be attached to a belt or pack strap. There will be many times you will want to have it handy. Swiss Army Camper model is ideal
- [] **Sewing Kit**
With needle, thread, pins, scissors, buttons, dental floss, safety pins
- [] **Walkman**
Type personal cassette deck with earphones and some tapes; both programmed and blank. You may want to tape the local people or the trekking crew singing so bring a microphone, too, and lots of batteries to go with.
- [] **Reading/writing material**
You may be too tired to read most of the time, but keeping a diary is well worth the effort. You can note your experiences in the diary

Personal Toilet Kit

- Soap for washing hands, face, hair, clothes etc.
- Toilet paper - bring at least two rolls
- Diaper wipes are very handy for nights with no bath
- Pre moistened wipes are handy along the trail
- Feminine products
- Miscellaneous personal preference cosmetic items
- Toothbrush/toothpaste - get toothpaste with a high abrasive or anti-tartar agent. Teeth have a way of feeling fuzzy while on trek.
- Dental floss

Items for your Cargo bag

- [] **Sleeping bag**
Rated at least 3season (down to -15°C)
- [] **Training shoes/sandals**
To wear in the camp and for river crossings
- [] **Socks**
Three pairs
- [] **Heavy wool socks**
Two pairs of the best quality - heavy poly socks tend to retain odours.
- [] **Light trousers**
One pair
- [] **Skirt to mid-calf**
Women wear from choice as cover-all.
- [] **Warm trousers**
For evening, we suggest fleece material.
- [] **T-shirts**
Two to three, baggy is best (can be left behind after trek).
- [] **Warm shirt**
For evening and air-conditioned hotels
- [] **Warm hat**
Wool or fleece
- [] **Tracksuit**
Evening and tent wear (optional).
- [] **Handkerchiefs**
Take a couple plus six packets of tissues.
- [] **Plastic bags**
Strong, to protect kit, small and large (zip lock are best).
- [] **Washing/toilet kit**
A face cloth is handy for a tent bath, also wet wipes.
- [] **Towel**
One small and one large
- [] **Sewing/repair kit**
Basics
- [] **Flashlight or headlamp**
Most evenings will be dark and you will need your own light.
- [] **Shorts/slacks**
These should be tough and loose with deep pockets. The knee-length or ankle length, baggy jungle pants are great and/or Skirts. Again, tough, with deep pockets and full enough to provide cover for you while squatting along the trail.
- [] **Shirts/blouses (light weight)**
Bring both long and short sleeved. A hint here is if you want to wash these, remember they have to be light enough to dry during lunchtime. Dark colours don't show dirt as much as light colours and bright colours are fun.
- [] **Wind/Rain pants and jacket**
Gore Tex is nice but not a must. The layering system is recommended for warmth so keep the pants loose enough to wear over other pants or long underwear.
- [] **Sweater or pile garment**
For layering in cold weather
- [] **Thermal undergarments (polypro)**
- [] **Hat (wool or polypro)**
- [] **Underwear**
Nylon or some very fast drying material is good as washing is usually done during lunch. If they don't dry during lunch, chances are the dampness in the air will prevent them from drying until next lunch. We suggest you don't hang them on your pack to dry while walking. You might also want to consider that the "clothes dryer" is a hot rock in the sunshine open to scrutiny by anyone (this usually means everyone on the crew and many of the curious onlookers from the nearest village).
- [] **Light weight under-socks**
Two pair of the best quality -.The two-sock system will prevent many blister problems.
- [] **Extra batteries and bulb**
Lithium batteries are okay but not required. Bring more than you think you will need. The cold and dampness tend to shorten battery life.
- [] **Nylon cord & clothes pegs**
10m to use as a clothes line between tents.
- [] **Boot cleaning kit**
Leather boots dry out, nourish them well.
- [] **Mug**
One pint (a measuring jug makes a useful mug).
- [] **Bowl & spoon**

For mountaineering and glacier walking trips

- Warm mitts High altitude trips only
- Over mitts High altitude trips only

Optional

- Down vest or jacket
- Highly recommended, chilly evenings and mornings.
- Neck wallet or money belt
- Available at airports
- Stuff bags
- To separate items in the cargo bag
- Umbrella For sun and rain protection (available in Nepal)
- Walking poles
- Collapsible, two recommended.
- Binoculars
- Books
- Diary & pen
- Maps
- Guide books
- Short-wave radio

Glacier Trekking & Mountaineering Equipment

- Mountain books
- Crampons
- Crampon protectors
- Ice axe
- Harness
- Helmet
- Bivvi bag
- Head torch
- Snow goggles
- Prussic loops
- Glacier glasses

Note:

Major equipment like sleeping bag, jacket, trousers etc are available in Kathmandu either you want to buy or rent. These items, if you rent, cost about US\$ 1/day for each and are not expensive.