



Upper Body-

- 2 cotton t-shirts;
- 2 polypropylene or wool t-shirt;
- 1 Quick drying Trekking Shirt (Blouse)
- 1 long sleeve polypropylene or wool shirts, lightweight;
- 1 polar fleece pullover or jacket, medium weight;
- Waterproof breathable jacket with hood
- Lightweight down/synthetic jacket for those chilly days in camps and on passes;
- Your clothing should be kept dry using waterproof stuff sacks, bin-liners, or large plastic bags.

Hands-

- 1 pr. lightweight fleece gloves
- 1 pr. Water proof Gloves or mitts
- Adjustable trekking poles;

Head-

- Warm hat wool or synthetic that covers your ears;
- Balaclava or Face mask (optional) ;
- Ball cap or brimmed sun cap;
- Glacier sunglasses with high protection UV rating;
- Headlamp with extra batteries and bulbs;
- Bandana or head scarf/Buff, also useful for dusty conditions.

Lower Body-

- Cotton underwear briefs;
- 1 pair walking shorts;
- 1 pair walking trousers for trekking and around camp;
- 1 pair lightweight thermal bottoms polypropylene or wool ;
- 1 pair fleece or soft shell trousers;
- 1 pair Waterproof/breathable pants with side zips;
- Your clothing should be kept dry using waterproof stuff sacks, bin-liners, or large plastic bags.



Feet-

- 1 pair sturdy leather walking boots with good ankle support (we mean leather trekking, not climbing boots);
- 1 pair trainers, running shoes and/or sandals for Kathmandu and in camp;
- 2 pair med-heavy poly or wool socks;
- 4 pair lightweight trekking socks, poly or wool;
- Cotton socks for in town.

Drinking-

- 2 x 1 liter water bottle
- Steripen or water purification filter (optional, but very use full)

Sleeping-

- 1 sleeping bag (rated to – 10 Centigrade comfort).
- Your sleeping bags should be kept dry using waterproof stuff sacks, bin-liners, or large plastic bags. back to top

Rucksack and Travel Bags-

- 1 small rucksack (25-35 liters, for the trek);
- 1 large duffel kit bags for clothing and equipment. Must be durable for use on pack animals & porters;
- Small padlocks for duffel kit bags.

Personal Hygiene-

- female or male hygiene supplies;
- 2 tubes lip sun cream;
- 1 large tube skin sun cream (min.factor 15);
- 1 toothpaste/brush;
- 1 bar soap
- hand sanitizer gel
- 1 small towel;
- Baby wipes.



Medical-

Medications are inexpensive and readily available in Kathmandu with no doctor's prescription:

- Small personal first-aid kit. (Simple and Light) Aspirin, first-aid tape, plasters (Band-Aids), personal medications, etc. The leaders will have extensive first-aid kits, so leave anything extra behind. Please let your leader know about any medical issues before the climb;
- 1 skin blister repair kit;
- 1 small bottle anti-diarrhea pills;
- 1 small bottle anti-headache pills;
- 1 small bottle cough and/or cold medicine;
- 1 small bottle anti-altitude sickness pills: Diamox, Acetylzolamide.
- 1 small bottle stomach antibiotic: Ciprofloxacin, etc.;
- Do not bring sleeping pills. They are a respiratory depressant;
- 1 set earplugs;
- Extra prescription glasses, contact lens supplies. Contact lens wearers, please bring glasses in case of emergency.