



Nepal Trekking Essential Checklist

1. Clothing and Equipment

The clothing and equipment you bring should be suitable for both warm daytime temperatures and cold mountain evenings. At lower altitudes during the day, lightweight trekking trousers and breathable T-shirts are usually sufficient. However, mountain weather can change quickly, so waterproof layers and warm clothing are essential. For colder regions and nights, thermal layers, a fleece jacket, and a down jacket are highly recommended.

2. Duffel Bag / Kitbag

Your main luggage, carried by porters or yaks, should be packed in a sturdy duffel bag. Simple soft duffel bags without wheels or extendable handles are best suited for trekking. Good-quality trekking duffels are available in Kathmandu if needed.

3. Daypack

A comfortable daypack with a good waist belt is essential. It should be large enough to carry your water, jacket, fleece, camera, sunscreen, and other personal items needed during the day.

4. Trekking Boots

Comfortable, well-fitted trekking boots are one of the most important items for a successful trek. Boots should provide:

- Good ankle support
- Enough toe room for downhill walks
- Good grip and sturdy soles
- Waterproof or water-resistant protection

Please ensure your boots are already broken before the trek to avoid blisters and discomfort.

5. Socks

- 3–4 pairs of lightweight trekking or sports socks for lower altitudes
- 3–4 pairs of warm trekking socks for colder regions and evenings

Most trekking boots fit snugly, so wearing multiple pairs together is generally not recommended.

6. Sandals / Camp Shoes

Light sandals, running shoes, or flip-flops are useful for evenings, lodge use, and showers.

7. Warm Layers

Recommended items include:

- Fleece jacket or vest
- Down jacket
- Thermal tops and bottoms
- Fleece or sweatpants for evenings
- Warm hat or beanie
- Neck gaiter or buff
- Windproof gloves or mittens

Layering is the best way to stay comfortable during changing mountain temperatures.

8. Trekking Clothing

- 2–3 quick-dry T-shirts or trekking shirts
- 1–2 pairs of trekking pants
- Comfortable underwear (4–7 pairs)
- Lightweight nightwear or sleeping thermals
- Waterproof and breathable rain jacket

Quick-dry and breathable materials are recommended over heavy cotton clothing.

9. Trekking Poles

Trekking poles are highly recommended, especially for steep ascents and descents, though not mandatory.

10. Water Bottles / Hydration

Please carry:

- At least two reusable water bottles, or
- One bottle plus a hydration system (Camelbak, etc.)

Your bottles should be durable, leak-proof, and suitable for carrying hot water. Nalgene's are great, available in Kathmandu.

11. Sun Protection

The Himalayan sun can be very strong, especially at higher altitudes. Please bring:

- Sunscreen (SPF 30+ recommended)
- Lip balm with SPF
- Sunglasses with UV protection
- Sun hat or cap

12. Toiletries & Personal Items

Recommended items:

- Small trekking towel
- Moisturizer
- Hand sanitizer
- Wet wipes / tissues
- Personal toiletries
- Power bank and charging cables

13. Snacks & Nutrition

We provide meals and safe drinking water during the trek. However, many guests also like to carry:

- Energy bars
- Chocolate
- Dried fruits or nuts
- Electrolyte or vitamin tablets

14. Trekking Gear Available in Kathmandu

Most trekking equipment can be purchased or rented in Kathmandu, including sleeping bags, down jackets, trekking poles, and duffel bags. Guests do not need to bring everything from home if they prefer to buy or hire gear locally.

15. First Aid & Medical Support

We carry a comprehensive first aid and medical kit during the trek, including basic OTC medications and essential first aid supplies. The kit may include items such as Paracetamol, Ibuprofen, anti-diarrhea medication, oral rehydration salts, throat lozenges, nasal decongestants, anti-allergy medication, antiseptics, bandages, blister care supplies, gauze, adhesive tape, gloves, masks, scissors, tweezers, a thermometer, splint, oximeter, and other basic wound-care items.

Depending on the trek and region, the kit may also include medications such as Diamox for altitude support and antibiotics for emergency situations. However, any medication provided during the trek will only be taken at the guest's own discretion.

Guests may also wish to carry personal items such as insect repellent, sunscreen, lip balm, water-purification tablets, personal eye drops, blister care items, or any preferred over-the-counter medication. We strongly recommend that guests carry their own personal medications, including prescription medicines, allergy medication, or any specific medicines they may require during the trip. Having your own essentials is always advised for comfort and convenience.

16. Important Note on Weather & Conditions

Weather and trail conditions in the Himalayas can change quickly. Flexibility, preparedness, and a positive attitude are an important part of any trekking experience in Nepal.