



# TREKANEERING

## Equipment List

### Upper Body:

Layers are the way to go. Short sleeves and long sleeves that you can add on or take off will save you space and keep you cool and warm when you need it.

- 1 Quick drying trekking t-shirt/shirt
- 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
- Note: Your clothing should be kept dry using waterproof stuff sacks, bin-liners, or large plastic bags.

### Hands:

- 1 pr. lightweight fleece gloves
- 1 pr. Waterproof gloves or mitts
- Adjustable, lightweight trekking poles (recommended)

### Head:

- Beanie that covers your ears
- Cap
- Good sunglasses with high protection UV rating
- Headlamp with extra batteries and bulbs
- Bandana/Buff, also very useful for dusty conditions.

### Lower Body -

- Underwear
- 1 pair walking shorts (optional)
- 2 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
- Note: Your clothing should be kept dry using waterproof stuff sacks, bin-liners, or large plastic bags.

### Feet:

- 1 pair sturdy walking boots, something comfortable, preferably broken in, with good grip and ankle support. The terrain will range from dirt roads to rocky snow-covered trails.
- 1 pair trainers and/or sandals for Kathmandu and good for giving your feet a break at the end of the day
- 4 pair trekking socks, poly or wool
- Cotton socks for in town

### Drinking & Eating:

- 2 x 1 litre water bottles (Nalgene or wide mouth plastic bottles)
- Steripen or water purification tablets



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### **Sleeping:**

- 1 sleeping bag (rated to -20 Centigrade is highly recommended)
- 1 silk liner (recommended for extra warmth inside your sleeping bag)
- 1 litre Pee Bottle (Nalgene), so you don't have to get up in the Night! (Optional)
- Your sleeping bag should be kept dry using waterproof stuff sacks, bin-liners, or large plastic bags.

### **Rucksack and Travel Bags:**

- 1 trekking rucksack (25-35 Litres) with a hip belt and a good frame.
- 1 **duffel** kit bag for clothing and equipment. Must be **durable** for use on pack animals & porters. (Do not bring any 'wheelie' style bags with hard frames)
- Small padlocks for duffel kit bags

### **Personal Hygiene:**

- Female or male hygiene supplies
- Female urination device (optional but highly recommended)
- 1 tube lip sun cream
- 1 tube sun cream (recommended factor 50)
- 1 toothpaste/brush
- 1 bar soap
- Hand sanitizer gel
- 1 quick drying towel
- Wet wipes (highly recommended)

### **Other:**

- Camera
- Book/Kindle
- Playing Cards



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### 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-diarrhoea 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.