

Trekking Gears and Equipments Needed For Trekking In Nepal

Travel Documents

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

Head Gear

- 1 ☐ Sun cap
- 2 ☐ Woolen cap
- 3 ☐ Balaclava
- 4 ☐ Neck-gaiters
- 5 ☐ Sunglasses
- 6 ☐ Head torch

Upper Body

- 1 ☐ T-shirts
- 2 ☐ Thermal Top Base Layer (2 Pcs)
- 3 ☐ Fleece Jacket (1 Pcs)
- 4 ☐ Gore Tex Jacket (1 Pcs)
- 5 ☐ Down Jacket (1 Pcs)

Basic Gear

- 1 ☐ Back pack & rain cover (50 - 60 ltr)
- 2 ☐ Day pack + rain cover (20 - 30 ltr)
- 3 ☐ Water bottle/Hydration pack
- 4 ☐ Snacks Energy bars, dry fruits, electrol/ors

Hand

- 1 ☐ Waterproof and warm gloves
- 2 ☐ Fleece/woolen gloves
- 3 ☐ Walking stick

Lower Body

- 1 ☐ Thermal Bottom Base Layer (2 Pcs)
- 2 ☐ Fleece Trouser (1pcs)
- 3 ☐ Gore Tex Pant (1 pcs)
- 4 ☐ Mid Weight Pants (1Pcs)
- 5 ☐ LightWeight Quick Dry Hiking Pants (2-3 Pairs)
- 6 ☐ Gaiters for trekking boots

THE
TRIPPY
FROG

Medical/First Aid

- 1
- ☐ Brufen / Ibuprofens
- 2
- ☐ Antibiotic
- 3
- ☐ Diamox
- 4
- ☐ Paracetamol
- 5
- ☐ Handy Plaster
- 6
- ☐ Crack Bandage
- 7
- ☐ Tincture Iodine
- 8
- ☐ Ondem
- 9
- ☐ Cetirizine
- 10
- ☐ Electrolyte
- 11
- ☐ Minil 10 mg (Palpitation, anxiety)
- 12
- ☐ Codopar (Headache & chest pain)
- 13
- ☐ Salbetol 4 mg (Breathless)
- 14
- ☐ Azithromycin 500mg (chronic tonsillitis, fever, nose, throat infection-must take 5 days)
- 15
- ☐ Flupen 250 mg (prevent wound infection)
- 16
- ☐ Allegra 120/180mg (Allergic tonsil)

Footwear

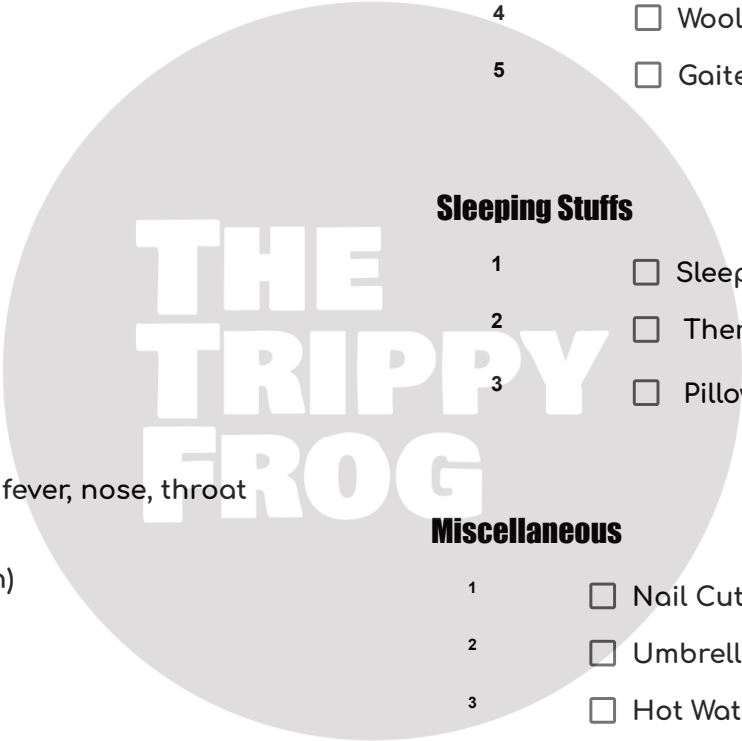
- 1
- ☐ Trekking shoes
- 2
- ☐ Floaters/flip-flops
- 3
- ☐ Cotton socks
- 4
- ☐ Woolen socks
- 5
- ☐ Gaiters

Sleeping Stuffs

- 1
- ☐ Sleeping Bag -20OC to -30OC (Returnable)
- 2
- ☐ Thermarest Mattress (Cell Foam)
- 3
- ☐ Pillow

Miscellaneous

- 1
- ☐ Nail Cutter
- 2
- ☐ Umbrella / RainCoat
- 3
- ☐ Hot Water Bag
- 4
- ☐ Pee Bottle
- 5
- ☐ Trail Maps



Personal Utilities

- 1 ☐ Sunscreen cream
- 2 ☐ Moisturiser
- 3 ☐ Toilet Paper & wipes
- 4 ☐ Lip balm
- 5 ☐ Hand sanitizer
- 6 ☐ Antibacterial powder
- 7 ☐ Toothbrush and toothpaste
- 8 ☐ Soap
- 9 ☐ Towel
- 10 ☐ Garbage Bag

