



## NEPAL EXPEDITION KIT LIST

On this trip there are a number of different stages that will require different kit. To avoid you taking everything you have, everywhere you go, you'll be able to leave items at the accommodation in Kathmandu. This kit list shows items for the trek & rafting stages. Personal items & clothing for Kathmandu/Pokhara, travel paperwork etc. are not included.

### TREKKING KIT

**TREKKING CLOTHES** – Stretchy synthetic materials, layering with different thicknesses will help regulate temperature. Try to avoid cotton, wool etc. A few spares, to keep yourself fresh.

**DOWN JACKET** – 700FP plus the potential for a more lightweight version for underneath.

**WATERPROOFS** – Top & bottom “hard shell” layers.

**JACKET** – A synthetic down or warm “soft shell” do a great job.

**WALKING BOOTS** – Footwear that is comfortable with good tread, have ankle support, but overall are flexible & not too stiff.

**RUCKSACK** – 20/30lt . For carrying extra clothing, water, sun cream, medication etc. Trekking not mountaineering, making sure it's the right size for you.

**DUFFLE BAGS** – 60-100lt. For portaging kit such as sleeping bag, spare shoes, wash kit etc. from tea house to tea house. Duffle bags can be provided & must weigh no more than 15kg.

**WALKING POLES** – Optional, but can make a big difference on ascent & descent.

### RAFTING KIT

**PADDLING CLOTHES** – Stretchy synthetic quick drying materials for underneath wetsuits & cags.

**WATER SHOES** – They should be sturdy light weight, closed toe, with good tread.

### GENERAL KIT

**SLEEPING BAG & LINER** – 4 season sleeping bag, it's pretty chilly above 4000m. A liner will help too.

**CASUAL FOOTWEAR** – For wearing at tea houses and at river camps. Sliders, sanders, down booties or crocs work well.

**WATER BOTTLE/FLASK** – 2 litre minimum.

**MEDICATION** – Personal medication, blister plasters.



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**SUN PROTECTION** – Sun hat, sunglasses, sun cream.

**POWERBANK & SOLAR CHARGERS** – Charging electronic items costs extra at the tea houses & won't be viable on the river side, so having your own charging setup may be a cheaper option.

**HEADTORCH** – 300 Lumen.

**HAT, GLOVES, SNOOD**

**ELECTROLYTES** – Helps to replenish salts after long days.