



PACKS & BAGGAGE

- 80-100 Liter duffel bag
- Daypack roughly 30-40 Liter with rain cover

SPECIALTY EQUIPMENT

- Trekking Poles
- Helmet
- Crampons
- Headlamp
- Harness
- Grayl Filter Bottle
- Gaiters
- Summit Socks
- Heavy weight Gortex Gloves with fingers
- 2 climbing slings 60cm or safety cord
- Ascender/Jumar
- 3 Locking Carabiners
- Belay Device (ATC climbing device)

ESSENTIAL PERSONAL GEAR

- 0F\ -17C Sleeping Bag
- Inflatable Camp Pillow (optional)

OTHER PERSONAL GEAR

- Dry Bags (optional)
- Polarized Sunglasses
- Personal First Aid Kit
- Power Bank
- Chargers/Phone Cable

TOILETRIES

- Toothbrush, Toothpaste
- Sun Cream (50 spf+)
- Spf Lip Balm
- Biodegradable Soap
- Deodorant
- Wet wipes
- Fast Drying Microfiber Travel Towel

BOOTS & FOOTWEAR

- Trekking Boots
- 6000-meter Boots
- Camp Shoes
- Trainers/Tennis Shoes or similar for use in the lodges

CLOTHING LAYER SYSTEMS

- Rain Shell Pants
- Hard Shell/Rain Jacket
- Fleece
- Base Layer Top
- Base Layer Bottoms
- Sun Hat and Beanie
- Buff and Bandana
- Lightweight warm Gloves
- Trekking Shirts
- Trekking Pants
- Synthetic Multisport Pants
- 4 Merino Trekking Socks
- Underwear / Bras
- Mid weight Down Jacket
- Heavy Weight / Hi Loft Down Jacket



LAUNDRY

There are no opportunities on the trip to get a reliable machine wash for your clothing apart from rest days in Kathmandu. Most of the time though, we have enough downtime at hotels and at camp to do laundry by hand using soap or organic washing liquid (not provided).

We recommend that you bring along some biodegradable/organic soap so that you can wash your clothes when we have downtime (often we will arrive at camp with hours of daylight to spare). Most camps along the trek have flowing water sources, so washing clothes is pretty straightforward.

BUYING TREKKING CLOTHING

In general quality over quantity is a good rule to live by when purchasing new adventure gear. For socks, go for merino wool, for shirts, merino or other synthetic materials are best. With the exception of maybe underwear avoid cotton clothing for any item you might wear on the trekking portion of the trip.

Perhaps the most important item on the list is a good sleeping bag. Be sure to go with something that has at the minimum - the recommended temperature rating.

PERSONAL FIRST AID AND SUPPLEMENTS LIST

- Assortment of plasters
- Ibuprofen
- Triple antibiotic cream
- Anti-nausea medication
- Anti-allergy medication
- Diamox (if you are wanting to go that route)
- Ciprofloxacin (antibiotic against stomach bugs)
- Throat drops
- Eye drops
- Quality lip balm with SPF + extra tubes
- Muscle relaxing cream IE Bengay
- Electrolyte tablets
- Pro biotics/ Multi-vitamins (Optional)
- Moleskin/Blister treatment
- Alcohol swabs
- Medical tape
- Melatonin/natural sleep aid
- Ear plugs
- Steri-strips
- Tampons



PACKS & BAGGAGE

- Expedition Duffel Bag
- Day Trekking Backpack
with rain cover

ESSENTIAL PERSONAL GEAR

- 0F \ -17C Sleeping Bag
- Inflating Sleeping Pad
- Inflatable Camp Pillow

SPECIALTY EQUIPMENT

- Trekking Poles
- Headlamp
- Grayl Filter Bottle
- Gaiters
- Spare Water Bottle

BOOTS & FOOTWEAR

- Trekking Boots
- Camp Shoes
- Sandals/Tevas/Keens

OTHER PERSONAL GEAR

- Dry Bags
- Polarized Sunglasses
- Personal First Aid Kit
- Power Bank
- Chargers/Phone Cable
- Snacks

TOILETRIES

- Toothbrush, Toothpaste
- Biodegradable Soap
- Deodorant
- Sunscreen
- Fast Drying Microfiber

Travel Towel

CLOTHING LAYER SYSTEMS

- Rain Shell Pants
- Hard Shell/Rain Jacket
- Fleece
- Base Layer Top
- Base Layer Bottoms
- Sun Hat and Beanie
- Buff and Bandana
- Gloves Mid Weight
- Trekking Shirts
- Trekking Pants
- Synthetic Multisport
- Merinos Trekking Socks
- Underwear / Bras
- Heavy Weight / Hi Loft
Down Jacket