

## **ON ARRIVAL IN KATHMANDU**

- \$25 to \$40 USD for Visa Application 15 or 30 Days

## **ON THE TRAIL DAYPACK**

- Extra layers, gloves, wind breaker and poncho
- Sunscreen
- Lip Balm with Sunscreen
- Broad brimmed hat or bandana (for sun protection)
- Iodine Water Tablets (personal preference)
- Water Bottles or Camel Back
- Sunglasses
- Headlamp with extra batteries
- Favorite Snacks
- Waterproof bags to protect electronics or paperwork
- Camera with extra batteries and memory cards
- Umbrella (works great in a light rain or to protect from the sun)
- Duct tape or moleskin for blisters
- Toilet Paper
- Trekking Poles (optional)
- Thermos (optional for hot beverages)
- Micro-Spikes (Only for Gokyo & Three Passes Treks)

## **CLOTHING: BASE, MIDDLE AND OUTER LAYERS**

- Moisture wicking long sleeve tee-shirts (2)
- Moisture wicking tee-shirts (1)
- Long underwear pants (2)
- Underwear (5 to 7)
- Heavy Fleece or Down Jacket
- Long sleeve shirts (2)
- Sweatshirt (optional)
- Fleece Pants
- Trekking Pants (2)
- Shorts (optional)

- Gortex or Waterproof Jacket with hood
- Rain Poncho that covers your day pack
- Waterproof Pants
- Wide brimmed hat
- Wool hat (Should cover ears) or Balaclava
- Lightweight Gloves
- Insulated Wool or Down Mittens
- Gaiters (optional)

## **FOOTWEAR: SHOES AND SOCKS**

- Hiking boots with ankle support
- Camp shoes or Tennis Shoes
- Plastic bag to carry spare shoes
- Hiking socks (10)
- Sock Liners (optional)

## **SLEEPING BAG**

- Sleeping bag rated to -15° C/ 0° f
- Sleeping bag liner (optional)
- Sleeping bag stuff sack

## **DUFFEL BAGS AND DAY PACKS**

- Duffel Bag for Carrying Your Gear (we provide this for the trek)
- Day Pack for Carrying what you need on the trail
- Small Lock(s) for duffel bag and day pack
- Waterproof cover for daypack
- Drybags in several sizes
- Stuff sacks for dirty clothes/shoes

## **FIRST AID KIT AND TOILETRIES**

Our team brings along a basic first aid kit but we recommend you also carry the following;

- Advil or Ibuprofen

- Diamox (for altitude sickness)
- Personal Prescriptions
- Medical Tape (for preventing treating blisters)
- Antibiotics (Cipro for travelers' diarrhea)
- Diaper Rash Cream (Can treat rashes or chaffing)
- Basic toiletries (Soap, Deodorant...)
- Wet wipes
- Panty Liners and Tampons
- Face lotion
- Hair brush
- Hair ties
- Hand warmers
- Ear plugs for sleeping

## **PAPERWORK AND MONEY ON THE TRAIL**

- Passport (needed at entry gate for registration)
- Spending Money
- One Passport Size Photo (Needed for trekking permit)

## **OTHER ITEMS**

- Portable Solar Charger
- Journal, pen and paper

## **CONSIDERATIONS FOR WINTER TREKS IN DECEMBER AND JANUARY**

Temperatures can be pleasant during the day in December and January but are often quite cold at night. If you are going during the winter you can essentially use the above packing list but you should make sure you have heavyweight long underwear, insulated trekking pants, a heavy down jacket, insulated socks, wool mittens plus glove liners and a thick warm wool hat.