

# NEPAL TREKKING KIT LIST



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## ABC, EBC, HIDDEN HIMALAYAS

Packing for a trekking adventure in Nepal requires careful consideration of the terrain, weather, and duration of your trek. The following is a comprehensive packing list to help you prepare for a trek in Nepal:

Items marked with a \*\*\* are available to rent in KTM  
Items marked with a  are linked to suitable options

### Clothing:

#### Moisture-wicking Base Layers:

- Long-sleeve shirts
- Long john bottoms
- Underwear

#### Insulating Layers:

- Fleece jacket & down jacket 
- Insulated pants (optional for colder seasons)

#### Outerwear:

- Waterproof and breathable jacket with a hood (Gore-Tex or similar)
- Waterproof and breathable pants (Gore-Tex or similar)

#### Trekking Pants:

- Lightweight, quick-dry pants
- Trekking Shorts (optional): For lower-altitude and warmer days

#### T-shirts:

- Moisture-wicking and breathable

#### Headwear:

- Wide-brimmed hat or cap for sun protection
- Warm beanie or hat for cold nights
- Neck gaiter or buff

#### Gloves:

- Lightweight gloves for warmth
- Waterproof gloves or mittens for colder conditions



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### Footwear:

- **Hiking Boots: Waterproof and comfortable, broken in before your trek** 
- **Sandals/Flipflops/Crocs (optional):** For wearing around camp and river crossings


### Trekking Gear:

- **Backpack: A comfortable daypack for carrying your essentials 30/40L** 
- **Duffel Bag or Trekking Bag: To carry your main gear, which will be transported by porters or pack animals** \*\*\* 
- **Trekking Poles (optional):** Helpful for balance and reducing strain on your knees \*\*\*

### Sleeping Gear:

- **Sleeping Bag: 4 season -10 degree down sleeping bag, Suitable for the season and altitude of your trek** \*\*\* 
- **Sleeping Mat or Pad: For insulation and comfort** \*\*\*
- **Inflatable travel pillow**
- **Sleeping bag liner**

### Accessories:

- **Sunglasses with UV protection (cat 4)**
- **Sunscreen (SPF 50+)**
- **Lip balm with sunblock**
- **Insect repellent**
- **Water purification tablets**
- **Water bottle or hydration system (2 litres)** 
- **Trekking towel**
- **Toiletries (toothbrush, toothpaste, biodegradable soap, etc.)**
- **Toilet paper (carry a small supply)**
- **Alcohol hand gel**
- **Travel towel or washcloth**
- **First-aid kit (bandages, antiseptic wipes, blister treatment, any personal medications)**
- **Headlamp or flashlight with extra batteries**
- **Energy snacks (granola bars, nuts, chocolate, etc. Can be bought in KTM)** \*\*\*



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### Electronics:

- Camera and accessories
- Portable charger or power bank
- Adapters and chargers (Nepal uses Type C, D, and M electrical outlets) \*\*\*

### Documents:

- Passport and visa (with photocopies)
- Travel insurance documents
- Trekking permits and TIMS card (if required) \*\*\*
- Money (cash in Nepali Rupees and/or US dollars) \*\*\*
- Emergency contact information

### Optional Items:

- Journal and pen
- Playing cards or other entertainment
- Lightweight camp shoes (e.g., Crocs)
- Trekking map and guidebook for your reference \*\*\*
- Travel pillow for added comfort

Remember to pack efficiently, as you'll need to carry your own gear or keep your trekking duffel bag under 13kg for the porters to carry. Layer your clothing for temperature variations, and be prepared for different weather conditions, especially if you're trekking in the Himalayas, where conditions can change rapidly. Always check the specific requirements and recommendations for your chosen trek, as they can vary depending on the region and season.

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