

1. Gear list for trekking group (Personal checklist)

Clothing

Waterproof jacket and trousers both ventilated (pit zips, side zips, etc)

Down jacket and maybe pants for high-altitude treks

Windproof soft-shell jacket and trousers for windy/cold days.

Fleece top and trousers

2 thermal tops

1-2 thermal long johns depending on how much you feel the cold

4 pairs of liner socks

2 pairs of warm weather walking socks

2 pairs of cool weather walking socks

Pair of cold weather walking socks that can also be used as bed socks

2 sets of underwear for cool/cold weather

2 sets of underwear for warm/hot weather

2 pairs of walking trousers

2 loose-fit trekking shirts with pockets

2 lightweight synthetic T-shirts

Pair of waterproof walking boots that can take crampons

Pair of sandals to let feet breathe in the evenings and for washing

Broad-brimmed sun hat

Warm hat and gloves

Polarising sunglasses with 100% UV protection

Buff or trekking scarf



Himalayan

Wander Walkers P. Ltd

Tinchuli, Boudha – 06, Kathmandu, Nepal

Nepal Govt. Reg 181135
PAN no: 606814195

General Gear

Sleeping bag rated to -15°C/ 3°F

Sleeping sheet and pillow (you will be given a pillow if you prefer)

Inflating sleeping mat (you will be given a mat if you prefer)

40-ish litre pack for trekking

Pair of trekking poles

Head torch and spare batteries

Sun block

Lip balm with sun block

Mosquito / fly repellent

Toiletry bag with essentials (no hairdryers!!)

Towel

Neck pillow for plane/bus trips if required

Camera with back-up batteries if needed

2-3 litres of water bottles or bladder system depending on consumption

Some waterproof compression bags for storage in tote bag (different colours)

Reading material/diary/spare pens

General repair kit

Tent for appropriate conditions

Tote bag for spare gear you do not carry

Pillow or stuff sack for clothing

Medical kit



2. Camping Equipment and Staff

Kitchen (minimum for group of eight including clients)

2 medium-sized bowls for food preparation and washing

2 medium-sized saucepans for cooking vegetables

Pressure cooker

Frying pan

Kettle

4-8 plates depending on weight considerations

4-8 soup bowls depending on weight considerations

4-8 cutlery sets depending on weight considerations

8 cups

Roti cooking plate

2 plastic jugs

Peeler

Small chopping knife

Large knife or cleaver

Ladle

Egg lift

Water jerry approx 20Lt

Kerosene jerry approx 20Lt

3 small towels

2 tea strainers

Chopping board for meat

Chopping board for vegetables



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3 MSR stoves (EX model is best)

3m x 5m tarp

Kitchen tent or similar

Tent

Guest Tent

Toilet tent

Dinning Tent (Depends on number of trekkers)

Others

Bigger ice Axe

Rope for emergency

Portable oxygen

Chair and table

