

1. Gear list for trekking group (Personal checklist)

Wander Walkers P. Ltd

Tinchuli, Boudha – 06, Kathmandu, Nepal

Clothing

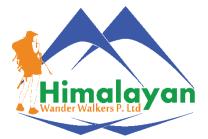
Waterproof jacket and trousers both ventilated (pit zips, side zips, etc)

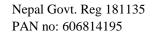
Down jacket and maybe pants for high-altitude treks

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







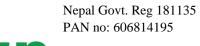
Hindlayan Wander Walkers P. Ltd Tinchuli, Boudha – 06, Kathmandu, Nepal

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

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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







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

