

Hi Himalayas Packing Information

Please bring 2 bags to Nepal, plus a small daypack. You can leave one bag with extra clean clothes in Kathmandu while we trek. **Your trekking bag should not weigh more than 12kg**, not including what you will carry in your own day pack (i.e., camera, water, book). Your trekking bag can be a backpack or a duffel bag—it doesn't matter, but duffels are often preferred because they are lighter.

Regarding clothes, you don't need to go out and spend a fortune if you don't already have much of this gear. Check with friends about what you can borrow. You can also purchase many things, such as a rain shell or warm hat, in Kathmandu for much less than in your own country, though you may not be able to count on the quality or fashion. As long as you are warm and your feet don't hurt, you will probably be happy on the trail.

For Kathmandu, be sure to bring comfortable shoes and clothes. You may want something nicer than hiking pants for dinner one night, but beyond that you can wear casual clothes everywhere. Kathmandu may be hot and rainy or cool and clear, depending on the timing of monsoon this year.

Regardless of the weather, please keep in mind that cultural sensitivity is appreciated and modesty is appropriate in Nepal. Women do not show their legs or shoulders (no shorts, short skirts, or tanktops please); men also do not generally wear shorts, except for porters on the trail.

For trekking, a recommended packing list is below, separated into essential and optional items. At the end you will also find a checklist for essential documents. Please feel free to contact me if you have any questions.

Trekking List

Gear

- backpack or duffel—use a waterproof liner as well (garbage bag will do)
- trekking poles (to save your knees)
- thermarest (for camping treks only for extra comfort and warmth)
- warm sleeping bag (three seasons minimum)
- sleeping bag liner (provides extra warmth if you need it)
- small day pack for camera, water, etc.
- hiking boots (be sure they are broken in already!)
- 1-2 one-litre water bottles (hard lexan Nalgene bottles are preferred because they take boiling water)
- sunglasses (wraparound)
- quick dry pack towel
- luggage locks (2)
- headlamp (or small flashlight with spare batteries)
- spare batteries
- needle and thread

- a little duct tape
- 4 yd. nylon line to hang damp clothes
- large ziplock bags for protecting camera, photos, journal, maps, etc.; for toiletry garbage; and for packing damp clothes

Clothes

- light camp shoes (shower sandals with warm socks is my preference)
- thin socks (2)
- thick socks (2)
- underwear (4)
- sun hat
- down jacket (also good as a pillow) or other WARM outer layer
- rain and windproof outer shell
- umbrella (optional, but cooler than a jacket at lower elevations)
- long underwear (1)
- T shirts (3) (preferably “quick dry”)
- hiking pants or long skirts (2)
- long-sleeved shirts (mid-weight insulation layer) (2)
- sleeveless insulated or fleece vest
- fleece jacket
- warm hat
- gloves or mittens if you hands get cold
- bandana (2)

Toiletries

- high-factor sunscreen
- panty shields (for women, saves on toilet paper)
- lip balm
- antiseptic hand gel
- moisturizer
- toothpaste
- toothbrush
- liquid soap (biodegradable)
- nail clipper
- mirror
- safety pins
- cotton swabs (good for cleaning ears, wounds and cameras)
- feminine products
- other personal essentials (deodorant, shampoo, etc.)
- spare eyeglasses or contact lenses if you wear them
- ear plugs
- toilet paper—can be bought in Kathmandu (if you are not going native)

Trail Snacks (tea and crackers are easily available along the trail)

- cereal bars
- green tea/herbal tea (only black tea will be available in Nepal)
- chocolate, nuts, etc.

Optional

- rain pants
- army knife (make sure you pack this in your checked luggage)
- altimeter
- camera
- small binoculars
- alarm clock (to catch the sunrise)
- tweezers
- Anti-fungal cream
- Nose and/or eye drops
- games (cards, frisbee, inflatable ball etc. for you or to play with local kids)
- pictures from your home and family (great conversation starter)
- musical instrument

Documents

- passport and a photocopy
- spare passport pictures
- credit card
- traveller's cheques (ATM's also available)
- \$200 cash, some in small bills
- important addresses/phone numbers (credit cards, etc. for cancellation if necessary)
- insurance info
- plane tickets

I recommend that you leave a photocopy of your passport, important addresses, insurance info, plane tickets, and anything else important with your emergency contact back home. In addition, you should keep your copy of these items along with a little bit of cash in a separate bag from your passport and wallet.

A Note About Gifts

Some people like to bring gifts for children along the trail. Please do not bring candy, pens, or other items that encourage begging (and tooth decay). If you would like to interact with children (or adults), consider bringing a game, pictures, or other items listed in the optional section above. If you would like to contribute something to Nepal, you can make a donation to a local school, temple, or monastery. See http://www.theculturedtraveler.com/Archives/Nov2004/Lead_Story.htm for an article on this subject.