



GEAR LIST FOR TREKKING IN NEPAL

Travel Documents

- Valid Passport
 - Credit Cards
 - PP Size Photo (4 Pieces)
 - Insurance Paper And Contact Address.
 - Family Members / Company's Contact Address
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Foot Wear

- Normal Socks (2-3 Pairs)
 - Trekking Shoes (Gore Tex)
 - Slipper (1 Pair)
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Upper Body

- Thermal Top Base Layer (2 Pcs)
 - Fleece Jacket (1 Pcs)
 - Gore Tex Jacket (1 Pcs)
 - Down Jacket (1 Pcs)
 - Cotton T-Shirt (2 Pcs)
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Lower Body

- Thermal Bottom Base Layer (2 Pcs)
 - Fleece Trouser (1pcs)
 - Gore Tex Pant (1 pcs)
 - Mid Weight Pants (1Pcs)
 - Light Weight Quick Dry Trekking Pants (2-3 Pairs)
 - Gaiters for trekking boots
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Head

- Sun Cap
 - Fleece Hat/ Warm Hat (1-2 Pcs)
 - Neck Gaiter (2 Pcs)
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Hands

- Thin Fleece Gloves (2 Pairs)
 - Wind Stopper / Screen Tap Gloves
 - Trekking Poles
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Sleeping Stuffs

- Sleeping Bag -20°C to -30°C (Returnable)
 - Thermarest Mattress (Cell Foam)
 - Pillow
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Medical/First Aid

- Brufen / Ibuprofens
 - Antibiotic
 - Diamox
 - Paracetamol
 - Handy Plaster
 - Crack Bandage
 - Tincture Iodine
 - Ondem
 - Cetirizine
 - Electrolyte
 - Minil 10mg (Palpitation, anxiety)
 - Codopar (Headache & chest pain)
 - Salbetol 4mg (Breathless)
 - Azithromycin 500mg (chronic tonsillitis, fever, nose, throat infection-must take 5 days)
 - Flupen 250mg (prevent wound infection)
 - Allegra 120/180mg (Allergic tonsil)
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Sun Stuffs

- Banana Boat/ Nivea Sun Cream (-20 Spf)
 - Lip Guard -20 (Spf)
 - Sun Glasses (Uv Protection)
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Toiletries

- Toilet Paper / Wet Tissue
 - Toothpaste
 - Toothbrush
 - Soap
 - Towel
 - Garbage Bag
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Eating & Drinking

- 1 Ltr. Water Bottle
 - 1/ 1.5 Ltr. Thermos
 - Mug
 - Spoon/ Fork
 - Bowl
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Bag Packs

- Rucksacks 35L - 45L
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Miscellaneous

- Nail Cutter
 - Umbrella / Rain Coat
 - Hot Water Bag
 - Pee Bottle
 - Trails Maps
 - Head Lamp
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SEVEN SUMMIT TREKS