



# HIKE NEPAL EQUIPMENT LIST

## HIKING EQUIPMENT

- HIKING BOOTS
- HIKING POLES
- 2 x ACTIVE SHIRTS
- SOCKS (4 - 5 Pairs)
- THERMAL GLOVES
- HIKING TROUSERS
- HYDRATION PACK + WATER BOTTLE
- SUNSCREEN
- GAITORS
- SANDAL (FOR RIVER CROSSINGS)
- PERSONAL FIRST AID
- SUN HAT & BEANIE

## OTHER EQUIPMENT

- SUNGLASSES
- UNDERWEAR (4 - 5 PAIRS)
- THERMALS (2 - 3 PAIRS)
  - LONG SLEEVE TOPS
  - LONG BOTTOMS
- LIGHTWEIGHT FLEECE
- LIGHTWEIGHT FLEECE PANTS
- T SHIRTS (3 - 4)
- TOILETRIES
  - LIGHT TOWEL
  - TOOTHBRUSH AND PASTE
  - LIP AND BODY LOTION
- CHARGING CABLES + ADAPTERS
- CAMP SHOES
- NEPAL POWER ADAPTER
- POWER BANK
- HEAD TORCH
- CASH AND PHOTO ID
- CAMEL PACK - HYDRATION
- WATER BOTTLE (600ml +)
- SLEEPING BAG LINER
- DRY BAGS FOR DIRTY CLOTHES

## BAGS

- DAY PACK - WHAT YOU WANT TO CARRY EACH DAY
- 30L BAG - FOR 3 DAYS FROM LAKE TILICHO TO BESI SAHAR

## WE WILL PROVIDE

- DUFFLE BAG
- HAT
- RAIN JACKET
- LONG SLEEVE SHIRT

## FIRST AID KIT

- ANTISEPTIC CREAM
- INSECT REPELLENT
- PAIN KILLERS,
- ANTI INFLAMMATORY,
- ANTIBIOTICS
- ALTITUDE MEDICATION AS PRESCRIBED BY YOUR DOCTOR
- DIARRHEA MEDICATION
- CONSTIPATION MEDICATION
- BAND AIDS
- HYDRATION TABLETS/POWDER
- THROAT LOZENGES