

SUGGESTED GEAR

Here are some reminders of things to plan on bringing to Nepal. Please don't be offended if things seem obvious. We hope you'll find a few helpful tips.

Kathmandu Gear:

Kathmandu is warm. Long cotton shorts are ok for men, but ladies may choose to respectfully wear capris or pants; cotton is great in Kathmandu but should be left there (hotels will let you store bags in a locked room until you return). Have a Kathmandu clothing bag (very small to be left while trekking) and then your trekking gear

Trek Gear: (for the EBC Trek):

Trek Duffel. Most trekkers only need one. I use the North Face Duffel, large. This will go with porters or on the yaks-must be rugged/durable. You can purchase in KTM. Pack your gear in a waterproof or repellant bag or pack -- to be carried by porter -- must be rugged/durable. TSA locks a good idea.

Miscellaneous:

- Warm sleeping bag: (it will be cold at altitude at nights) plus stuff sack.
- Good pair of broken-in hiking boots. Essential they are broken in and won't give blisters.
- Trek poles
- Daypack: to carry your daily supplies and gear.
- Camera (bring plenty of memory!) and extra battery.
- Headlamp
- Rechargeable batteries for camera, headlamp, etc with a 12V and/or AC adapter (I use a solar charger, many places will have power to charge)
- Sunscreen - at least SPF 30
- Water system. – Some like camelbacks-- helps you remember to drink more. Regardless, bring water bottles - lexan/nalgene that can be filled with boiling water - to warm your boots/sleeping bag, then drink when cool next day. For the EBC trek, I bring two nalgene bottles.
- Iodine or other treatment system for water disinfection. We will have boiled water and use a Steri-pen for water. I have personally never had to use iodine but do bring.
- Ball cap +/- or visor for sunny days.
- 2 pair good quality sunglasses – at least one should be “glacier/ski glasses” or have wraparound feature
- Sandals/flip flops for the shower
- Covered/insulated mug (if you're a coffee lover, I suggest a French press integrated system)
- Personal hygiene stuff - please bring biodegradable soaps/shampoos
- Camp towel (can be found at a camp store - it's a quick drying towel)
- 1 Buff mask for dusty days (easily purchased in KTM)
- I bring 2 rolls of my favorite TP...can't believe how useful and wonderful it can be. Some bring baby wipes.
- Hand sanitizer.
- Fun stuff: cards, scrabble, Frisbee, etc.
- Extra “power” type bars, i.e. Luna, etc.

OUTER Gear:

- Fleece or wool hat, plus one pair of warm gloves/mitts. I'm all about windstopper.
- Down parka – (800 fill is best) - warm and doubles as a great pillow.
- Down vest – can be used under 700 fill parkas just fine.
- Outer shell wind pants/jacket.

- Insulated pants (Nano-puffs work great).

CLOTHES:

- 2 -3 heavier weight polypro/fleece long sleeve shirts. My wife loves Merino wool.
 - 2 lighter weight polypro long sleeve.
 - 2 short/long sleeve shirts – capilene is great for warm days.
 - Polypro/fleece lined tights or 1 pair long underwear. I almost never wear.
 - Hiking pants: a couple of pair.
 - 3-4 light weight, washable underwear.
 - Down booties to wear inside tea houses or under Teva's (optional but nice)
 - 3 pairs thick hiking socks, 2 pairs liner socks. Use your own sock combo that works. I'm a simple SmartWool guy.
-
- Personal medical kit - should contain any prescribed meds you take daily (with extras), multivitamins, extra tampons for women, meds for diarrhea, cold symptoms, oral rehydration solution packets, blister kit, lip balm with spf30. We can always lean on the HRA clinic in Pheriche but you should be prepared!
Note: Pharmacies in Kathmandu carry many meds OTC that are prescription in the US – can get basic amox, azithro, cipro, tinidazol in grocery stores.

Pack your gear in a waterproof or repellent bag or pack -- to be carried by porter -- must be rugged/durable. (See above)