

Clothing & Equipment

What to bring on a trek

This equipment check list suggests necessary, recommended, and optional items you might bring on a trek.

- Items you will need while trekking during the day (e.g. camera, binoculars, water) will be carried in your daypack; all other items will be carried by your porter.
- Maximum weight allowance of porters is 35 kg per two persons.
- All necessary equipment can also be bought at discount prices in Kathmandu or Pokhara.

For all treks

Clothing

- Down or fibre-filled jacket for high altitude and cold season treks (can be provided by ITrekNepal)
- Fleece or jumper (sweater)
- Hiking shorts (for men) or skirt
- Waterproof jacket, poncho or umbrella
- Hiking pants(zip-off style recommended)
- T-shirts or blouses and/or long-sleeved undergarments (quick-dry fabric)
- Underwear(quick-dry fabric)
- Sun hat, warm hat, gloves
- Swimwear(for treks if planning to swim in rivers or hot springs)
- Sleepwear

Footwear

- Trekking boots or shoes (running shoes ok for easy treks)
- Camp shoes or thongs
- Socks (polypropylene)

Other equipment

- Backpack or daypack
- Sleeping bag (can be provided by ITrekNepal)
- Maps, compass & guidebook (optional)
- Water bottle(s) (filter bottle can be provided by ITrekNepal)
- Iodine, water purification tablets or filtering system
- Torch (flashlight) or headlamp and extra batteries
- Trekking poles(can be purchased inexpensively in Nepal)
- Ear plugs

Miscellaneous and optional items

- Toiletries
- Towel(light, quick-dry)
- Laundry and bath soap(liquid/biodegradable)
- Tissue paper (toilet paper will also be provided by ITrekNepal)
- Pre-moistened towelettes
- Sunscreen (SPF 15+ - 40+)
- Small knife
- Sewing kit
- Sanitary items(for women)
- Medical & first-aid kit*
- Duffel bag (can be provided by ITrekNepal)

* See the Trekking First-Aid Kit list further down on this page.

For treks with longer stay above 4000m

Clothing

- Nylon windbreaker
- Nylon wind pants
- Long underwear
- Woolen hat (or balaclava)
- Gloves
- Gaiters(if potential for trekking in snow or scree; also for monsoon season treks)

Footwear

- Mountain trekking boots
- Socks (wool) to wear with boots
- Socks (light cotton) to wear under wool socks
- Down booties (optional)

Miscellaneous items

- Goggles or wrap-around sunglasses
- Sunscreen for lips

Optional equipment

- Photographic Gear
- Camera & lenses
- Lens cleaning equipment
- Extra camera battery and memory card(s)
- Navigation Aids
- GPS unit
- Binoculars
- Books/magazines or e-book; playing cards
- Notebook and pen/pencil
- Small duffel bag or suitcase (to leave extra luggage in Kathmandu)
- Padlock
- Stuff sacks & plastic bags(for packing, laundry and trash, zip lock)
- Copies of insurance, passport, air tickets and emergency contact information.

Trekking first-aid kit

First Aid Supplies and Medications

Your guide will carry a First Aid kit but we recommend the following supplies and medications that would be useful to carry as a personal supply while trekking or traveling in Nepal. You should also ensure you bring any other medications you might need such as prescription drugs.

- Moleskin (or other skin-protection material to prevent blisters)
- Anti-inflammatory drugs (such as ibuprofen 400mg – 20 tablets)
- Diphenhydramine (eg, Benadryl) 25mg or 50mg (10-20 tablets)
- Loperamide (eg, Imodium-20 tablets for diarrhoea)
- Potent pain killer, such as acetaminophen with hydrocodone, or acetaminophen with codeine (eg, Vicodin -20 tablets)
- List of any allergies and significant medical issues (for trek guide info)