

GEAR CHECKLIST

Trekking in Nepal



alturaexpeditions.com/en

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TRANSPORT & PACKS

- 100L Duffel bag (carried by porter)
- 35L Daypack for daily hikes
- Waterproof rain cover for the backpack
- Plastic bags/Dry bags to protect clothes and gear



FOOTWEAR

- Hiking boots (broken in/already used)
- Trail running shoes or sandals for resting
- Gaiters (optional)



TECHNICAL GEAR & ACCESSORIES

- Hydration bladder (minimum 2 liters)
- Water bottle (1 liter, carry 2)
- Trekking poles
- Headlamp + spare batteries
- Small personal first aid kit
- Multi-tool / Pocket knife
- Map of the area + compass
- GPS



MOUNTAIN CLOTHING



Merino thermal bottoms (base layer)



Merino thermal top (base layer)



Technical shirts (short and long sleeve)



Fleece jacket or similar



Trekking pants



Waterproof jacket (Gore-Tex type)



Warm jacket (down or synthetic)



Technical underwear (several sets)



Thin socks x 6 pairs



Thick socks x 2 pairs



Thin gloves / Liner gloves



Thick gloves (waterproof/warm)



Beanie / Warm hat



Neck gaiter / Buff



SLEEPING & SHELTER



Sleeping bag (comfort rating approx. -10°C)



Sleeping bag liner (optional)



Camp/Hut clothing (light pants, clean t-shirt, comfortable sweatshirt/fleece, dry socks, comfortable footwear)



Earplugs



Small towel (quick-dry/microfiber recommended)



Mobile charger and adapter



Portable battery (Powerbank)



PROTECTION ACCESSORIES



High-mountain sunglasses (Category 3-4) - 2 pairs



Cap or sun hat



High protection sunscreen (SPF 50+)



Lip balm with sun protection



Water purification tablets



Personal toiletries (bring 2 rolls of toilet paper)



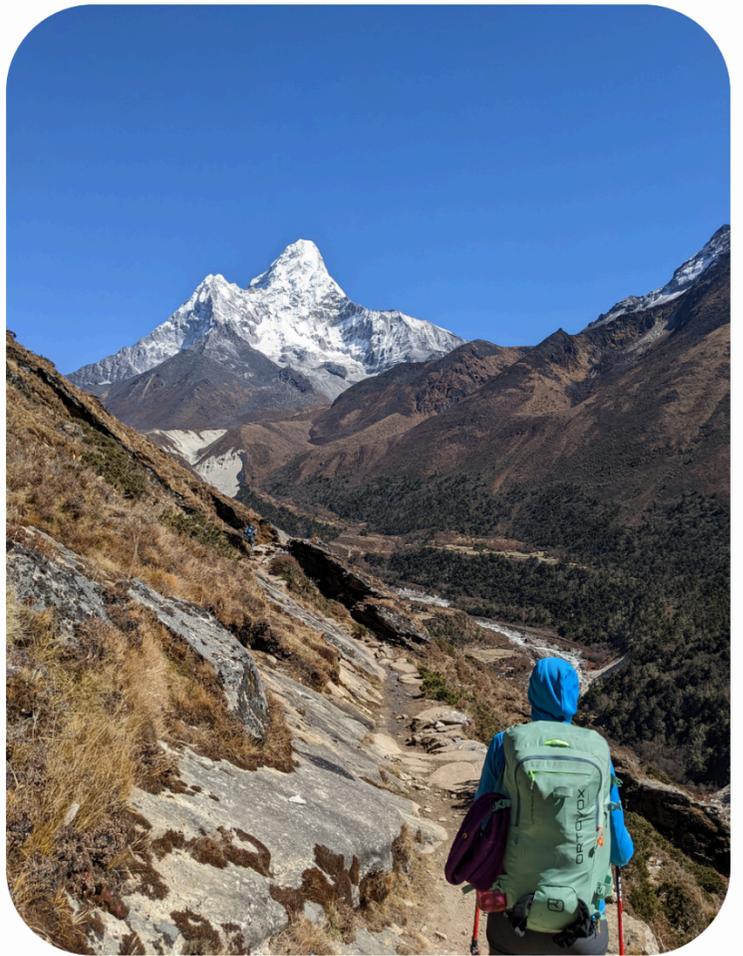
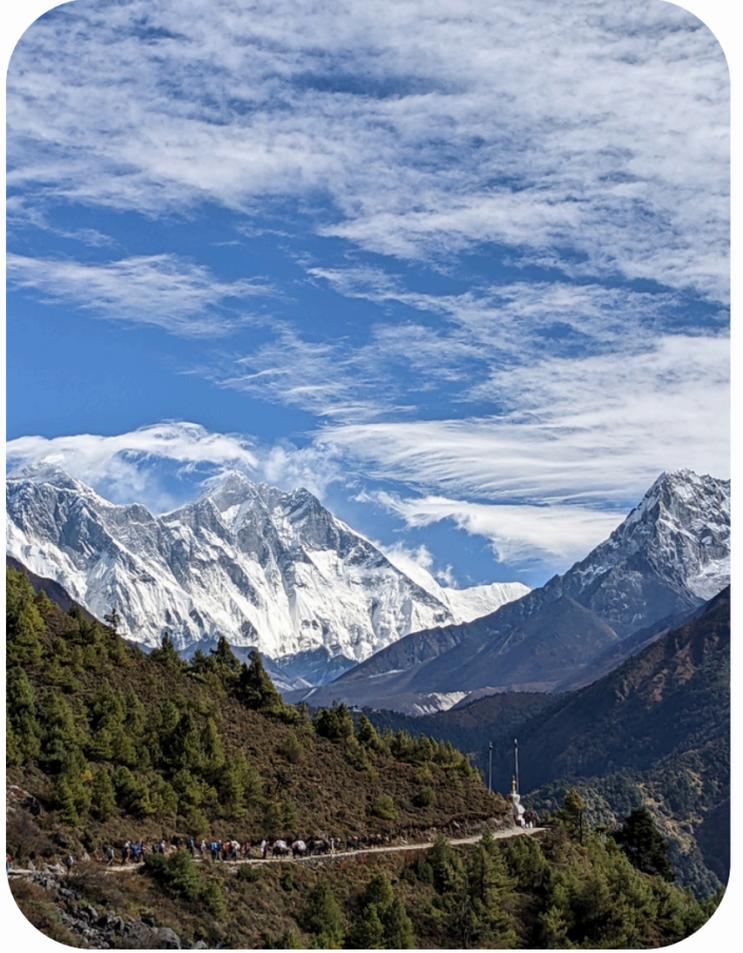
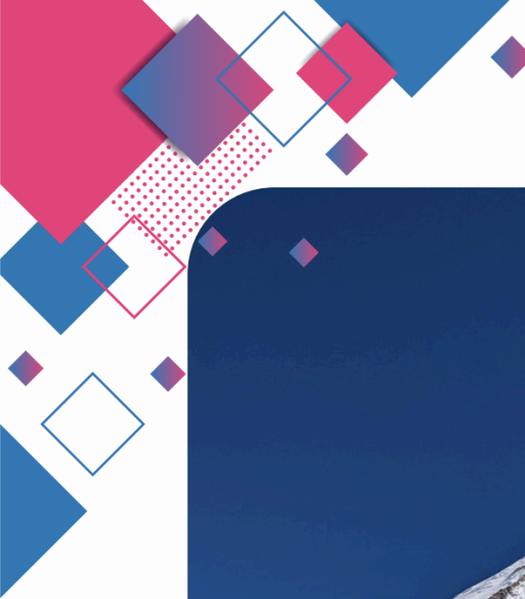
OTHER ITEMS



Passport



Cash





Do you have any questions?



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