

Gear to take to Nepal

The gear you take will be dependent on the area you are in. This list is assuming you will be spending some time trekking at higher elevations where the nights will be cold and there is a chance it will snow.

Item	Comments
Gear	You will have most of these items somewhere. Consider borrowing from other club members if you don't have them and can't see a use for them after the trip.
Good winter sleeping bag	If you have a good down bag that is suitable for <math><0^{\circ}\text{C}</math> then you should be fine, provided you get a fleece or thermal liner as well. A bag that has been comfortable for Kanangra or the Budawangs in the winter or snowies walking in spring or autumn is OK with a thermal liner or lightweight inner bag (extender).
Extender, Fleece or thermal liner	Polypropylene or light fleece liners are especially good if you will be sleeping in a variety of temperature zones. Much better getting 1 or 2 of these liners than spending big bucks on a sleeping bag that you won't get the use out of. Some recommend a down extender.
Silk liner	Standard one. If you don't have one these can be purchased in Kathmandu for a fraction of the Sydney price.
Water bottles	Wide necked ones that take boiling water, eg Nalgene are good. If you get your water boiled they will pour from kettles into your bottle. If you use a Steripen then take a bottle which works with your Steripen.
Thing to keep water bottles where you can reach them easy	Something to hand in front of you or off your pack where you can reach it for frequent sips. It's possible to buy these in Kathmandu or other towns in Nepal. You will probably want to do this instead of taking a camel back if you will be trekking in cold conditions, as the hoses have a tendency to freeze.
Hut / camp shoes eg runners for spares	Something to wear around the lodge / camp. Consider taking something you could use if your feet get cranky with the main boots. Something you can slip on your feet quickly for toilet visits during the night is good as you will probably be drinking lots of water when at altitude.
Trekking pole(s)	You will need 1. 2 is excessive unless you usually walk with 2. As you acclimatise you are going to feel pretty wobbly some days, and if it's been raining or snowing and there are steps or ice you'll be glad you have one. They are also handy for some "bridges".
Day pack (with pack cover)	Needs to be a big one to carry rain coat, over pants, wind stopper, fleece etc. A 35L day pack was a bit on the small side. A 50L canyon pack was too big. Somewhere in between with a few external pockets to keep things handy is ideal.
Raincoat	Good Gortex or reflex one please. Not a cheap plastic one.
Over pants	Good Gortex or reflex one please. Not a cheap plastic pair. Make sure they will fit over your boots easily to put on and take off.
Boots	Leathers or Gortex lined light ones. MUST be waterproof in case if you are likely to walk through snow. Make sure if buying new boots they are well worn-in before the trip. You will be walking for weeks and can't afford blisters. There are no other transport options unless you have a potentially life threatening illness.

Item	Comments
Foot Fleece (trampers friend).	This will enable you to keep walking reasonably comfortably in the event of blisters. Consider sending off for some: http://www.trampersfriend.co.nz/
Clothing	Quantities will be a matter of personal taste and hygiene standards. There will be times when you won't be able to wash clothing for over 1 week. Lets face it we will all stink and we won't give a rats. Most, if not all of these things can be purchased in Kathmandu. Usual clothing you walk in (especially winter in the mountains) will be fine.
Thermals (lots)	2 pairs of legs should be enough. Lots of tops so you can layer.
Fleece pants	1 pair for over the thermals at night.
Long pants	Walking in shorts can be offensive to the locals, especially when worn by women. Keep your knees covered. When higher you will probably want a bit more protection from the wind and sun anyway.
Hat	The one you usually walk with. The sun is fierce up there.
Beanie	Or 2. I have a thermal balaclava which I use for walking and the beanie for evening wear.
Gloves	Multiple pairs. You need dry ones and you need to walk in them as well as some to wear in the lodge when you are high and cold. Pick quick drying fabrics.
Undies	More if you are a girl, fewer if a boy. Boys can turn them inside out & swap with a friend.. Ones that dry quick are useful. Note for girls: Panty liners are a good idea.
Socks	Usual walking rules apply. I have found Holeproof Explorers quite adequate. A couple of pairs for walking, a pair or 2 for in the lodges. Whatever liner system you believe in. Wicking liners are best.
Windstopper jacket	If you really wanted you could put a raincoat over some fleece, but a proper windstopper jacket will get a lot of use.
Normal fleece	If you usually use one then take it. If you have one without a zip technically it's warmer
Down Jacket	If you don't already have one then these can be purchased in Kathmandu. You will save money, but check the quality carefully. Many are synthetic, not down.
Walking scarf	A light weight scarf or bandana that can be used to keep cold wind off your face or dust out of your nostrils.
Fleece neck roll thing or wooly scarf	If you have a neck roll thing you wear skiing chuck it in. Otherwise a warm scarf is a good idea.
Personal items	Not much to say about most of these. Use your common sense.
Hand wash/ steriliser	Can be purchased in Kathmandu
Toothbrush/ paste	Can be purchased in Kathmandu
Mug	Tea houses will have all eating implements, but your own mug for tooth brushing, cuppas etc is a nice little luxury.
Sunscreen	Can be purchased in Kathmandu
Lip protector	Can be purchased in Kathmandu

Item	Comments
Soap	Can be purchased in Kathmandu
Shampoo	If you have hair ;-)
Moisturiser	It's cold, windy and dry up there. I know it's a bit girly, but the boys could probably do with it too.
Toilet Paper (can buy on way)	Can be purchased in Kathmandu, Pokhara and some larger villages.
Camera, batteries	Batteries don't work well in the cold. You will need extras, but take them home with you afterwards and re-use. They just need to be super charged when we are up in the areas where the temp is low. Please note there is not environmentally safe way to dispose of batteries in Nepal, so you need to bring them home with you – don't chuck them away over there.
Secret women's business supplies	Boys, don't read the detail here – you really don't want to know. Panty liners are useful in case it isn't possible to get washing done when y need to. Unlike the boys turning the undies inside out, right side out, upside down and back to front on subsequent days isn't really an acceptable solution. Tampons, pads etc are best brought from home. They sell them there, including in the villages on trekking routes, but the ones you prefer may not be available / recognisable and you will be happiest if you bring with you. You may need to carry used ones for a day or 2 until you get somewhere where they can be burnt. I recommend snap lock bags.
First Aid Kit & any medications	Usual remote kit + Imodium. Personal medications. I recommend taking some antibiotics. Last trip 2 of the party had infected gums. They were really painful. Guide will have a comprehensive kit
Towel	A small normal towel, not a "technical" one, if you are a girl and plan on washing your hair. Boys may be happy with a techie one.
Thongs or some sort of slip on shoes.	Useful for nicking to the loo in the middle of the night. If you are doing the right thing and drinking lots in preparation for the higher bits of the trek then you will be doing a lot of nicking to the loo in the middle of the night.
Sun glasses	It can be very glary up there. Also if it's windy, you will want protection for your eyes.
Travel games, cards etc	The group should coordinate our efforts. Basically we need to supply our own entertainment in the evenings. Books are bulky and heavy, so puzzles, games etc and stuff to share is best. An ereader is a good toy.
Torch	For going to the loo in the middle of the night among other things. Head torch is the best bet. Spare batteries.
Camel back, platypus	Drinking with one of these can be problematic if it ices up. Still you may find it useful at lower elevations, and if you keep the tube under your jacket / fleece higher up it may still work. I think carrying a bottle in an accessible pace on your pack will work better. Be careful with the end of the tube if you take one.
Water purification	Steripens are great. You can get boiled water but it costs. Filtering isn't necessary, it's lovely and clear, but we need to kill the bugs. Whatever suits. If you decide to buy a Steripen you might be able to buy one in Kathmandu for a good price.
Wet wipes	These can be purchased in Kathmandu and Pokhara and are all you really need to keep clean while trekking.

Item	Comments
Services on the way	
Battery recharging	Can recharge camera batteries at most lodges. You will need an adaptor. Note you will usually be charged (which is only fair).
Money	Best to carry money from Kathmandu in small denominations. Money changing may not be possible outside of
Hot showers	There are ethical issues to consider. If it's solar powered pay your money and have a shower. If it's not then there are issues re deforestation, best use of fuel etc. Please choose to stink rather than have a shower that isn't solar hot water. Wet wipes do a good enough job.
Laundry	Should be able to get washing done for a fee or hand wash your own. Worth taking laundry liquid for this and a travelers clothes line plus pegs.
Internet Café, phone, post	May be some services on more popular trekking routes.
Doctors / medical	There may be medical posts, but the facilities will be very basic. Please plan not to need these – our plan is to be self sufficient unless it's an emergency. Take a supply of medications and a first aid kit.
Chocolate	Available at most tea houses etc along the way.
Toilets	Tea houses let you use theirs in the hope you will buy something. BYO toilet paper. Buys some chocolate to say thanks for providing the service.