

Trekking Gears and Equipments Needed For Trekking In NEPAL

Travel Documents

- 1 Valid Passport
- 2 Credit Cards
- 3 PP Size Photo (4 Pieces)
- 4 Insurance Paper And Contact Address.
- 5 Family Members / Company's Contact Address

Head Gear

- 1 Sun cap
- 2 Woolen cap
- 3 Balaclava
- 4 Neck-gaiters
- 5 Sunglasses
- 6 Head torch

Upper Body

- 1 T-shirts
- 2 Thermal Top Base Layer (2 Pcs)
- 3 Fleece Jacket (1 Pcs)
- 4 Gore Tex Jacket (1 Pcs)
- 5 Down Jacket (1 Pcs)

Basic Gear

- 1 Back pack & rain cover (50 - 60 ltr)
- 2 Day pack + rain cover (20 - 30 ltr)
- 3 Water bottle/Hydration pack
- 4 Snacks Energy bars, dry fruits, electrol/ors

Hand

- 1 Waterproof and warm gloves
- 2 Fleece/woolen gloves
- 3 Walking stick

Lower Body

- 1 Thermal Bottom Base Layer (2 Pcs)
- 2 Fleece Trouser (1pcs)
- 3 Gore Tex Pant (1 pcs)
- 4 Mid Weight Pants (1Pcs)
- 5 LightWeight Quick Dry Hiking Pants (2-3 Pairs)
- 6 Gaiters for trekking boots

THE ALPINE
EXPEDITIONS

Medical/First Aid

- 1 Brufen / Ibuprofens
- 2 Antibiotic
- 3 Diamox
- 4 Paracetamol
- 5 Handy Plaster
- 6 Crack Bandage
- 7 Tincture Iodine
- 8 Ondem
- 9 Cetirizine
- 10 Electrolyte
- 11 Minil 10 mg (Palpitation, anxiety)
- 12 Codopar (Headache & chest pain)
- 13 Salbetol 4 mg (Breathless)
- 14 Azithromycin 500mg (chronic tonsillitis, fever, nose, throat infection-must take 5 days)
- 15 Flupen 250 mg (prevent wound infection)
- 16 Allegra 120/180mg (Allergic tonsil)

Footwear

- 1 Trekking shoes
- 2 Floaters/flip-flops
- 3 Cotton socks
- 4 Woolen socks
- 5 Gaiters

Sleeping Stuffs

- 1 Sleeping Bag -20OC to -30OC (Returnable)
- 2 Thermarest Mattress (Cell Foam)
- 3 Pillow

Miscellaneous

- 1 Nail Cutter
- 2 Umbrella / RainCoat
- 3 Hot Water Bag
- 4 Pee Bottle
- 5 Trail Maps

Personal Utilities

- 1 Sunscreen cream
- 2 Moisturiser
- 3 Toilet Paper & wipes
- 4 Lip balm
- 5 Hand sanitizer
- 6 Antibacterial powder
- 7 Toothbrush and toothpaste
- 8 Soap
- 9 Towel
- 10 Garbage Bag

THE ALPINE EXPEDITIONS