

NEPAL TREKKING

ULTIMATE PACKING LIST

Clothing	Personal Items	Misc. Equipment
<input type="checkbox"/> Synthetic underwear	<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Whistle and Signaling mirror
<input type="checkbox"/> Synthetic sports bra	<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Knife or multi-tool
<input type="checkbox"/> Synthetic long underwear	<input type="checkbox"/> Lip balm	<input type="checkbox"/> Compass
<input type="checkbox"/> Synthetic t-shirt/long sleeve	<input type="checkbox"/> Toothbrush	<input type="checkbox"/> GPS
<input type="checkbox"/> Quick dry pants and shorts	<input type="checkbox"/> Biodegradable soap	<input type="checkbox"/> Maps - Topographic/waterproof
<input type="checkbox"/> Fleece jacket or insulated jacket	<input type="checkbox"/> Toilet Paper	<input type="checkbox"/> Guidebook
<input type="checkbox"/> Fleece pants	<input type="checkbox"/> Sanitation trowel	<input type="checkbox"/> Trekking poles
<input type="checkbox"/> Waterproof/breathable jacket	<input type="checkbox"/> Hand sanitizer	<input type="checkbox"/> Head lamp, extra batteries
<input type="checkbox"/> Waterproof/breathable pants	<input type="checkbox"/> Women's hygiene items	<input type="checkbox"/> Matches or lighter
<input type="checkbox"/> YakTrax or boot crampons	<input type="checkbox"/> Personal wipes	<input type="checkbox"/> Duct tape strips
<input type="checkbox"/> Hiking boots	<input type="checkbox"/> Insect repellent	<input type="checkbox"/> Fire starter
<input type="checkbox"/> Socks and sock liners	<input type="checkbox"/>	<input type="checkbox"/> Blister kit
<input type="checkbox"/> Hand warmers	<input type="checkbox"/>	<input type="checkbox"/>
Clothing Cont.	Personal Items Cont.	Overnight Gear
<input type="checkbox"/> Sun-shielding hat	<input type="checkbox"/> First aid kit	<input type="checkbox"/> Backpack and raincover
<input type="checkbox"/> Winter hat	<input type="checkbox"/> Camera, memory cards	<input type="checkbox"/> Tent
<input type="checkbox"/> Gloves or mittens	<input type="checkbox"/> Binoculars	<input type="checkbox"/> Tent footprint
<input type="checkbox"/> Sandals	<input type="checkbox"/> Cell phone	<input type="checkbox"/> Sleeping bag
<input type="checkbox"/>	<input type="checkbox"/> Satellite messenger	<input type="checkbox"/> Sleeping pad
<input type="checkbox"/>	<input type="checkbox"/> Water bottles x 3 or reservoir	<input type="checkbox"/> Steripen
<input type="checkbox"/>	<input type="checkbox"/> Portable power bank	<input type="checkbox"/> Stove, fuel
Paperwork	<input type="checkbox"/> Journal	<input type="checkbox"/> Cookset, dishes, utensils
<input type="checkbox"/> Passport (must have)	<input type="checkbox"/> Backcountry permits	<input type="checkbox"/>
<input type="checkbox"/> Cash for rooms, food, and tips	<input type="checkbox"/> National Park pass	<input type="checkbox"/>
<input type="checkbox"/> Trekking permits	<input type="checkbox"/> Fishing gear	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Credit card and some cash	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Quick dry towel	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>