

EQUIPMENT CHECK LIST

(FOR MOUNTAINS & MAMMALS OF NEPAL)

Equipment and clothing is very much a matter of personal preference and choice. However, the list below is general, and it is intended to give guidance only for Mountains and Mammals of Nepal trip.

Footwear:

1. Trekking shoes
2. Sports shoes
3. Sandals
4. Normal and hiking shoes

Clothing:

1. Sunhat/cap and warm hat
2. Down jacket
3. Thermal body wear and Long Johns
4. Wind/rainproof jacket and trousers
5. Fleece wear
6. Light sweater
7. Trekking trousers
8. Trekking shirts
9. Underwear
10. Warm gloves
11. Enough appropriate clothes for city wear
12. Bath/face towels

Important miscellaneous items:

1. 4 Season sleeping bag
2. Comprehensive Personal First Aid Medical Kit
3. Rucksack/Daypack (35-40 litre volume) to carry your valuables, camera, water bottle, rain gear, emergency medicines and other handy items
4. Sunglasses with 100% UV protection
5. Normal flashlight or headlamp with spare batteries
6. Water bottle (1 litre)
7. Repair kit (Optional)
8. Reading materials (Optional)
9. Camera and binoculars (Highly recommended)
10. Luggage tags and lock
11. Trekking map
12. Plastic garbage bags to protect your clothes from rain and dust

Toiletries:

Karnali Excursions, Nepal Next to Yak and Yeti hotel Durbar Marg, Kathmandu, Nepal
T: +977 14233192, E:karnaliexcursions@gmail.com, www.karnaliexcursions.com

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1. Sunscreens and lip guard
2. Toothpaste, tooth brush and soap
3. Anti bacterial hand gel
4. Skin moisturizer
5. Wet wipes
6. Insect repellents

Eateries/snacks:

1. Favorite snacks
2. Energy bars (chocolates)
3. Glucose tablets
4. Electrolytes or Oral Rehydration Solutions (ORS)