

## **EQUIPMENT CHECK LIST**

### **(FOR MULTI-ADVENTURE TOUR 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.

#### **FOOTWEAR:**

1. Trekking shoes
2. Sport shoes
3. Sandals
4. Hiking shocks

#### **CLOTHES:**

1. Sunhat/cap/Warm hat
2. Wind/rainproof jacket
3. Fleece wear
4. Light sweater
5. Trekking trousers
6. Trekking shirts
7. Underwear
8. Warm gloves
9. Casual clothes for city wear
10. Bath/face towels

#### **IMPORTANT ADDITIONAL ITEMS:**

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

#### **TOILETRIES:**

1. Sunscreens and lip guard

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

### **EATERIS/SNACKS:**

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