



Nepal Trekking Equipment List

The Nepal trek packing list is the main thing to consider while you are planning. Comfortable at a higher altitude and to enjoy your trekking. when you buy the trekking clothes make a plan for both the warmth of the days and the chill of the nights. Trekking in the below 2500 meters at lower altitudes, you can carry lightweight trousers and T-shirts and shorts. in your trekking packing list, It's always a good idea to carry a waterproof jacket and some warmer clothing with you, though, as mountain weather is notoriously unpredictable. Remember that excess baggage can be a burden to you and the support staff in the field. "Pack light, but pack right." This will allow you to enjoy a comfortable journey with your energies focused on the experience of Nepal. Check the details Nepal trek packing list here.

What needs to be on your Nepal trek packing list

We are suggesting some of the Nepal trek packing list for treks in the Himalayas. This is a guideline for travelers and it all depends on which trek you go and how many days and which seasons. most of the trekking equipment can be hired or bought in the many adventure shops in Kathmandu. Besides, keep in mind trekking gear can be purchased in the many adventure shops in Kathmandu; the majority of equipment is locally manufactured (hence a lot cheaper), although they import most of the clothes from China.

Remember that excess baggage can be a burden to you and the support staff in the field. Pack light, but pack right. This will allow you to enjoy a comfortable journey with your energies focused on the experience of Nepal.

The essential trekking packing list you require are:

Good wind/rain jacket

Warm fleece jacket or jersey

Functional boots, either light-weight trekking boots or light full leather boots

Excellent -20 Sleeping bag (which can be rented or buy in Kathmandu), we will provide you on request.

A comfortable day pack, preferably with a waistband.

Personal Nepal trekking packing list

The following basic types of equipment checklists should help you with your packing. Please remember that you should always try to keep the weight of your equipment to a minimum. At the start of the trek, your packed trek bag should weigh no more than 33 pounds or 15 kg.



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Banasthali, Kathmandu, Nepal

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1. Fleece jacket or pullover
2. Fleece Wind-Stopper jacket (optional)
3. Waterproof (preferably breathable fabric) shell jacket
4. Down vest and jacket (optional)
5. Lightweight gloves
6. Sun hat or scarf
7. Light balaclava or warm fleece hat
8. Sunglasses with UV protection
9. T-shirts (2)
10. Underwear (4)
11. Hiking shorts (2)
12. Lightweight cotton long pants
13. Light and expedition weight thermal bottoms
14. Fleece or wool pants
15. Waterproof (preferably breathable fabric) shell pants
16. Thin, lightweight inner socks (4)
17. Thick, warm wool hiking socks (4)
18. Hiking boots with spare laces
19. Camp shoes (sneakers and sandals)
20. While [hiking in Nepal](#) during the day, you may be in shorts or a skirt and a long-sleeved shirt. The weather is cooler in the evening, in his time you can a sweater and perhaps a parka. You need to plan wisely to be sure of the right-sized to allow your layers and still move comfortably. This will prepare you for any weather extremes or unexpected situations that may arise. Better to have in your trekking packing list.
21. **Toiletries**
Bring toiletries like soap, razors, shampoo, nail scissors, hair products, toothbrush and toothpaste, tissues, sun cream, chapstick, antiseptic hand wipes, and face washer.

22. Backpack

23. If you plan on trekking, a sturdy and comfortable backpack and day pack would be much more comfortable than a suitcase. You should have your bag expertly fitted to you. Your backpack should also have a waterproof cover.
24. **Sleeping bag**
Down-filled bags are better. Beg, borrow or steal a good one (i.e., 4-5 season) because high altitude nights will be cold. Right down is fluffy, light, and thick. A muff (a new section around the neck) makes a big difference to the overall warmth of a bag. Reasonable sleeping bags are cheaply available for rent in Kathmandu. Alternatively, add a fleece sleeping bag liner to add warmth to a 3-4 season bag. it is most in your Nepal trekking packing list
25. **Sleeping bag liner**
for lower altitude trek no need but for high altitude trek you can get cotton or fleece saves washing your sleeping bag and adds warmth.

26. Daypack

27. This should be comfortable, and a suitable waistband that transfers some of the weight to the hips is most important. You can plan a little big one to take a jacket, fleece, water, camera, and odds and

ends. Kathmandu now offers a range of cheap fall-part packs to the top of the field. it is most needed for your trekking packing list.

28. Footwear

Get the One pair of good hiking boots, lightweight is easy to walk. Typically these are a combination of nylon and leather. hiking above base camp better to have Gore-tex shoes. These types of shoes have a lug sole for excellent traction and provide lateral support for the ankles that are essential while hiking (for example, the Vasque Clarion and the Asolo Approach). Heavy-weight all-leather backpacking boots are not recommended. You can better wear the shoes before you come for trekking and make sure they fit you well. You need a little oversize for the high altitude trek in the over one thin liner sock and a mid-weight wool sock. This reduces chafing and blisters. Tennis shoes or sandals are also useful for in-camp use or bathing.

29. Socks

For low altitude, treks get 2 pairs of cotton socks, for the high altitude you need woollen socks you can bring 2/ 3 pairs of four mid-weight wool socks to be carried. Socks and shoes need to be fit properly so that you can walk easily on the rocky trail.

30. Camp shoes/sandals/flip-flops

31. Sandals or running shoes will be better than you can buy for cheap in Kathmandu. Sometimes are necessary for showers during the Khumbu and Annapurna treks.

32. Fleece jacket

This is good for the hiking time and also when you have rest at the guest house as alternatives are a thick thermal top or a light down jacket. You can get the normal one in Kathmandu mostly copy one. for good quality and if you want to use it for another trip also better you can buy it in your home.

33. Down jacket/Gore-Tex

A down jacket is needed for the two weeks trek, although trekking up to 3000m also cold in the evening and morning. If you don't have it and wanted to use it for only Nepal trekking, you can rent in Kathmandu day tour for less than a dollar. it is most in your trekking packing list.

34. Rain Jacket/ Wind Shell

While you trek in the rainy season or Spring you can better rain jackets with water repellent. Coated nylon or a waterproof/breathable fabric such as Gore-tex, plastic, or synthetic; can be used as both rain and a wind jacket.

35. Thermal shirts/underwear

For high altitude trekking, we suggest you bring thermals, both tops, and bottoms

36. Nightwear thermals

37. It is good to make you warm in high altitude trek. Silk-weight is a good one it is light and warmer.

38. Fleece/sweatpants

Good for the cold evening and morning

39. Day-wear T-shirts/Shirts

On the lower altitude trekking weather will be hot, T-shirts and shirts are good to take.

40. Trekking pants

Recommended having two pairs

40. Wind pants

41. If your trekking pants are reasonably windproof. If you do bring a pair, no needs to get wind pants.



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42. **Underwear**
Regular everyday type.
43. **Neck gaiter**
Excellent for winter Nepal trekking, they are the best for staying warm.
44. **Trekking poles**
[Trekking poles](#) are handy especially for downhill, infamous trekking in Nepal you can buy the wooden trekking poles selling by children, trekking can be done without trekking poles also. It is better to have it on your trekking packing list.
45. **Sunglasses**
Right wraparound glasses suitable for snow, it's bright up there, but specialized glacier glasses with side pieces are not needed. get 2 pairs if in case you lost or broke it.
46. **Mittens/gloves**
A good pair of wind-proof gloves is essential. You can buy it in Kathmandu cheaply if you don't have one.
47. **Water bottle**
Two 1 liters water bottles and 2 bottles are good to take. Bring the good one to take boiling water and be leakproof. European Aluminum bottles are the best.
48. **Torch / Flashlight**
Flashlight or headlamp is necessary; bring extra bulbs and batteries.
49. **Towel**
During the trekking, guest houses rarely provide towels, but the hotel in the city like Kathmandu, Pokhara, and Chitwan supplies the towels. Bring a small and light towel for trekking.
50. **Sunscreen and lip balm with sunscreen**
Bring at least sunscreen and lip balm with SPF 15, and better still SPF 30+. You can buy these in Kathmandu.
51. **Moisturizer**
when you do the Nepal trekking at high altitude it is windy and the air is dry it makes your skin dry so get some T so moisturizer is good to care for skins.
52. **Sun hat/woolen hat**
The sunburn chances are high in the altitude. So you can have a small cap to protect yourself from the Sun. On the upper part of the trek more cold and windy so you can have a woolen hat to make your head warmer. To care for your skin you can include in your trekking packing list

53. First aid kit

54. All our Nepal trekking our tour and trek leaders carry the first aid kit box, including the medicine for altitude sickness and diarrhea, and other small problems. You should bring any personal medication that you may need. Sometimes your local dose is more effective than we provide.
55. **Water purification**
In some places on the Nepal trekking routes, we can buy Mineral water. It is expensive and not good from the environmental points of v views because of the plastic bottles. We can get Hot and boiled water from the guest house. Iodine tablets and water purification drop chlorine is a must to take. Buying and renting equipment in Kathmandu. includes this in your trekking packing list.
56. There are lots of good Nepal trekking stores in Thamel's small tourist town. You can buy or rent all the trekking gear here. Many stores sell the local brand and a mostly fake one. for a good brand, you can try in North Face, store the original one near Himalayan Bank. it is very easy to rent items are down jackets and sleeping bags; most of the things are fake, but you get them at a reasonable price. You can buy good shoes in advance in your home and use them before the trek.



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57. Official Papers

Valid passport, three extra passport photographs (for trekking permits), travel insurance, airline tickets, luggage tags. You can get a visa upon entry into Nepal trekking and our visa page for the detail.

Packing list for Nepal tour

What to Pack for Nepal tour

The Nepal trek packing list for any; tours depend on your dress code and what you prefer to wear. This packing list is not suitable for our trekking package. It is only for the tour and just for the day hiking trip. You can always make a small bag as in most situations, you can wear the same clothes more than once before washing them. There are laundry facilities in the hotels. Therefore, our suggestion is to bring only what you need—ideally in one small suitcase and one additional carry-on bag.

For the best packing for a honeymoon in Nepal tour, it is better you can check the weather before you start packing. Even if you won't be traveling for a few weeks or months, you can check the average highs and lows to help you anticipate your wardrobe needs as you prepare.

Clothing and Accessories on Nepal trek packing list

- Good walking shoes, extra pair of trainer
- One pair of flip-flops or sandals
- Shirts (short and long-sleeved)
- Socks and underwear
- Pants/shorts/jeans
- Pajamas
- Bathing suit
- Cap
- Raincoat and/or umbrella
- 1 warm jacket for the sunrise tour.
- Lightweight fleece or sweater if you travel in winter
- if you travel in winter Dec-February, get warm enough jacket, sweater, coat, trousers, thermal wear, warm socks, woolen hat, light gloves, scarf.

Toiletries

- Toothbrush
- Toothpaste
- Shampoo/conditioner
- Soap
- Deodorant
- Hairbrush/comb
- Sunscreen
- Hand sanitizer
- small medicine box



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- sunglasses
- SPF 15 lip balm
- Insect repellent
-

Money

- ATM card (You need to call your bank before travel Nepal and let them know to unblock your card.) for your honeymoon in Nepal tour.
- Personal credit card
- Bring Cash of about USD 60 to pay them on-arrival visa fees and for some coffee and tea at the airport lounge. you can bring small notes is easier to exchange

Electronics

- An adaptor/converter, the two-pin plug is mostly used in Nepal
- Camera with extra batteries or charger

Official Documents for Nepal trek packing list

- Passport: Passport the most valid 6 months before you arrive here. get a copy of it.
- Few passport size photographs, for a visa, and to get the local sim card
- A copy of the tour itinerary
- A list of important phone numbers

Carry-on bag

This is also a good idea to pack the below things if in case your checked luggage is delayed:

- Passport
- Money
- Airline boarding pass
- Toothbrush and toothpaste
- sunglass
- Hairbrush
- Extra clothes
- Medication
- Cell phone and charger

Some Romantic Extras for Nepal trek packing list

- Tealight candles (if the hotel/resort permits them)
- [Massage oils](#)/essential oils
- Lingerie
- A honeymoon playlist with special songs
- love note for your partner



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- Small gifts for each other
- A journal to write down your memories
- **Tour Duration:** 7 days Arrival to Departure
- **Climate during the tour:**
- September to Nov: Autumn delightful and clear weather, the mountain views are the best. (Maximum 30 Degree Minimum 2 Degree)
- March to May (warmest months) the temperatures are mildly warm ((Maximum 33 Degree Minimum 10 Degree)
- We have winter from December to February: During this time the weather is cold and dry, the view is poor. (Maximum 24 Degree Minimum -2 Degree)
- The rainy season and also summer starting from June 10 to August: (July/August has more raining) (Maximum 34 Degree Minimum 19 Degree)
- **Tour Visiting Places:**
- Kathmandu, Nagarkot, Chitwan National park, Pokhara
- **Transportation:** Good Condition Private Car/Van depends on group size for a tour with a good driver; for long drive Tourist Bus/Flights are available.

Passport and Visa

- It is easy to get a Nepal visa for travelers, First, be sure you have a valid passport with at least 6 months' validity from the return date. You can obtain visas for Nepal from the Nepalese Consulate in your country or upon arrival at Kathmandu Airport. USD 30 or equivalent convertible currency for 15 days for single/multiple entries. If you get a visa for 30 days It is USD 50 or equivalent convertible currency. USD 125 or equivalent convertible currency for 90 days for single/multiple entries.
- *Currency & Money exchange*
- Currency is the main thing for the Nepal trek packing list. Nepal banks notes comes in Rupees 5, 10, 20, 50, 100, 250, 500, 1000 denominations. Coins come in Rupees 1, 2, 5, and also 10 denominations. We suggest you exchange only with banks or authorized money exchangers. The receipts of such transactions are to be obtained and retained. Visitors can exchange foreign currency at the foreign exchange counter at the airport upon arrival too but the rate is lower there. You can better exchange money changers and in the Bank in the city. Visitors other than the Indian nationals have to make the payment in foreign currency (non-Indian currency) in hotels, trekking agencies or travel agencies, and air tickets.

Power plugs and sockets

- Nepal has an electrical voltage of 220-240 volts. It supplies current at 50Mhz. Most of the electric plugs in Nepal are two or three prongs that are in a round shape. During the Nepal trek packing list, you can use 3 types of plugs. Types C, D, and M, Plug type C are with the two round pins, plug type D is the plug that has three round pins in a triangular pattern and plug type M has three round pins.
- Type C: It is also known as the standard "Euro" plug.
- D Type: Tis socket works in some African and Asian countries with Nepal.
- M Type: It also looks like plug D, but with larger pins. This socket only works with plug M.
- While you are on the tour you may not able to charge your phone so better you can get the power bank. Hope this will be helpful information for your Nepal family tour.



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Booking Information

To confirm the trip, we need 25% booking amount.

For Manuel boking we need your passport copy and trip details which trip you want to book and if needed any extra services after the trip.

Payments can send to our following banking account.

Account Name: Above The Himalaya Trekking (p) Ltd
US Dollar Account No: 01601010003592
Paying Bank: Nepal Investment Mega Bank Ltd
Thamel Branch, Kathmandu, Nepal
SWIFT CODE: NIBLNPKT

Bank service charges should be paid by the clients themselves at the time of deposit.

Also, the client can make a payment by credit card. For the payment by credit card, we accept Master Card, Visa card and American Express. A 4% extra will be paid by the clients themselves as a card processing fee.

Similarly, you can pay by Western Union Money Transfer or via Money Gram also. For this you can use name: Purushotam Timalseña

You can book online via website and pay online also

<https://abovethehimalaya.com/payment>

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