

# PACKING LIST NEPAL:

## YOUR CHECKLIST TO TICK OFF

### DOCUMENTS

- COVID certificate
- Valid passport (check validity and renew if necessary)
- Copy of passport (save digitally or keep separately from original)
- Visa
- Insurance certificate for health insurance abroad (online)
- Vaccination certificate (check if you need to update your vaccinations)
- Flight ticket (printout or e-ticket)
- Travel credit card
- Cash
- List of emergency contacts and allergies, if any
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### TOILET BAG

- Toothbrush
- Toothpaste
- Dental floss
- Deodorant
- Hairbrush
- Sun cream
- Face lotion
- Shaver
- Shower gel/soap
- Shampoo/conditioner (is alternatively available at the hotel)
- Nail care
- Toilet paper
- Wet wipes (compostable)
- Lip balm with UV protection
- Tweezers
- Toiletries
- Optional:* Make-up
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### ELECTRONICS

- Headlamp USB rechargeable or with spare batteries
- Torch USB rechargeable or with spare batteries
- Strong powerbank or solar charger (no electricity on the mountain)
- Mobile phone with charger
- Travel plug adapter type D + M
- Headphones
- Optional:* camera with charger
- Optional:* Laptop/tablet/e-reader/Kindle with charger
- Optional:* Multiple socket
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### TRAVEL PHARMACY

- Hand disinfectant or wipes
- Anti-mosquito repellent (e.g. Nobite, Autan, with ingredient DEET or similar)
- Painkillers (e.g. Ibuprofen, Aspirin)
- Tablets against altitude sickness (e.g. Diamox)
- Diarrhoea medication (e.g. Imodium Akut, charcoal tablets)
- Wound cream (e.g. Bepanthen)
- Plasters and blister plasters
- If necessary, electrolytes (powder or tablets)
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### EQUIPMENT

- Backpack/Duffel Bag 50-90 litres (max. 15 kg | for the carrier)
- Daypack 30-35 litres (for you and what you need during the day)
- Pocket knife
- Optional:* Sleeping bag (down to -10 °C, available on site, but you can use your own)
- Optional:* Backpack cover
- Optional:* dry bags to keep your equipment dry



## PERSONAL COMFORT

- Sunglasses
  - Earplugs/Ohropax
  - Headgear/cap
  - Travel pillow (for flights and longer journeys)
  - Card games, board games, frisbee, ball, kite.... (as needed)
  - Microfibre towel (light and quick drying)
  - Personal snacks (nuts, energy bars, dried fruits, isotonic drinks)
  - Optional:* books/magazines
  - Optional:* sleeping mask
  - Optional:* washing kit with washing powder, small clothesline and clothes pegs
  - Optional:* Inner sleeping bag
  - Optional:* Umbrella (useful in rainy season)
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## ENVIRONMENTALLY CONSCIOUS TRAVEL

- Reusable silicone tubes filled with your shampoo, conditioner, shower gel.
- Bin bag for your waste, as we do not leave any packaging or similar there.
- Reusable bottle (1 litre thermo is best, otherwise it will freeze at the summit)
- Optional:* reusable cup (preferably stainless steel for hot and cold)
- Optional:* stainless steel outdoor cutlery (knife, spoon, fork, chopsticks, straw)

## SHOES & SOCKS

- 3x pair hiking socks/wool socks
- 3x pair of inner socks/light socks
- Normal socks
- Warm, waterproof and broken-in hiking shoes
- Sports shoes/sneakers/sandals
- Optional:* gaiters (over the shoes)
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## CLOTHES

- Underwear
- 1x thermal underwear / ski underpants
- 2x breathable T-shirt (no cotton)
- 2x breathable long sleeve (no cotton)
- 1x thermal long sleeve (e.g. made of merino wool)
- Normal T-shirts/Tops
- 1x Fleece/Warm Sweater
- Light jumper
- 2x trekking trousers
- 1x Covering rain trousers
- 2x Lightweight long trousers
- 2x Lightweight shorts
- 1x Rain jacket (waterproof and windproof, Goretex)
- 1x down jacket
- 1x warm hat
- 1x thin gloves
- 1x thick gloves
- Swimwear (swimsuit/bikini/trousers)
- Optional:* rain poncho
- Optional:* beach clothes