

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
- ☐ _____



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
- ☐ _____



ELECTRONICS

- ☐ Headlamp USB rechargeable or with spare batteries
- ☐ Torch USB rechargeable or with spare batteries
- ☐ Strong powerbank or solar charger
- ☐ 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
- ☐ _____



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)
- ☐ _____



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