



01-4548015, 9841142259
info@himalayaking.com

Essential Gear Lists for Trekking and Expeditions in Nepal

Trekking and climbing above 7000 meters in Nepal, such as Dhaulagiri VII or Himlung Himal, requires a careful balance of warmth, weight, and performance.

Recommended Climbing Equipment:

- 1) 7000m-rated down jacket and pants
- 2) Mountaineering boots (double or insulated single boots)
- 3) Climbing harness and helmet
- 4) Crampons and ice axe
- 5) Carabiners, jumar, and belay device
- 6) Insulated gloves, liners, and over-mittens
- 7) Trekking poles (adjustable)
- 8) Ropes and slings for fixed lines

Clothing Layers:

- 1) Moisture-wicking base layers
- 2) Fleece or insulated mid-layer
- 3) Gore-Tex shell jacket and pants
- 4) Windproof down jacket for camp
- 5) Thermal underwear and wool socks

Additional Items:

- 1) Sleeping bag (-30°C comfort)
- 2) Headlamp with backup batteries
- 3) High SPF sunscreen and sunglasses
- 4) Personal hygiene kit
- 5) Energy bars, hydration mix, and electrolytes