



01-4548015, 9841142259
info@himalayaking.com

Essential Gear Lists for Trekking and Expeditions in Nepal

If you're planning to trek above 5000 meters—such as Everest Base Camp, Annapurna Circuit, or Manaslu Trek—you still need proper high-altitude gear to ensure comfort and safety.

Trekking Essentials:

- 1) Waterproof trekking boots (broken-in)
- 2) Trekking poles (collapsible)
- 3) Warm sleeping bag (-10°C to -15°C comfort)
- 4) Layered clothing system:
 - a. Base layer (moisture-wicking)
 - b. Fleece or light down jacket
 - c. Waterproof shell jacket/pants
- 5) Insulated gloves and a wool hat
- 6) UV protection sunglasses
- 7) Backpack (50-65L)
- 8) Daypack (20-30L)

Personal Gear:

- 1) Water bottle + thermos
- 2) Quick-dry towel and toiletries
- 3) First-aid kit (diarrhea, blisters, altitude sickness)
- 4) Energy snacks, bars, ORS
- 5) Headlamp or flashlight
- 6) Lightweight flip-flops for camp

“Explore Beyond limits with us.”