

Gear list for trekking in Nepal

The first gear list (8.6kg) is for use on independent treks where you are carrying your own equipment and staying in village lodges, eating local food and directly benefitting local communities. Useful for treks such as Jiri to Khumbu and out to Tumblingtar, or around Annapurna or Manaslu.

The second gear list (14.4kg) is for more remote areas where you may have a guide and porter and permits arranged by a trekking company but are still staying where possible in local accommodation and eating local food. These treks are longer, colder and you need to be more self-reliant. Useful for treks such as Kangchenjunga or Inner Dolpo.

First gear list

Equipment	Grams
WEAR	
Bush shirt ExOfficio drilite	220
North Face pants medium weight	330
Belt	100
Boots Keen Gypsum mid	1,200
1 pr underpants (spandex)	65
short gym pants antichafe	75
Macpac broad brim hat, waterproofed	173
1 pairs thick woolly socks	120
wristwatch	46
Walking poles with 50cm duct tape	390
Total wear	2,719
CARRY	
Light rucksack (Osprey Exos 58)	1,250
70L driseal waterproof pack liner	110
Marmot Hyperjacket parka	315
Goretex zippered waterproof trousers	215
Icebreaker jumper 320 half zip classic	470
Duvet, goose down with hood	634
Tibetan woollen hat	110
Small first aid kit	300
Nalgene 1 litre widemouth waterbottle HALF full	680
Compact camera	300
Western Mountaineering sleeping bag, silk liner, stuff sack	1,070
2 spare underpants(spandex)	130
1 cotton underpants (sleeping)	80
1 poly top (sleeping)	170
2 extra pairs thick woolly socks	240
1 Icebreaker 200 light top	200
1 icebreaker 200 longjohns	180
Poly fingerless gloves	30

Woollen gloves with liner	75
Windproof mitts	100
Croc sandals for evenings	220
Icebreaker light socks for Crocs	75
Notebook, pens, tickets, passports, guidebook, maps PLUS ECOSILK DRAWSTRING BAG containing the following:	250
Space blanket, compass, sprain bandage, heel tape 2.5cm x5m Leukoplast	160
Knife, tinopener, nailclipper	105
Sunburn cream Extreme zinc	60
Lip salve (Lansinoh) 10g	10
Water purification tablets 200	12
Toilet paper	100
Insect repellent in tiny bottle	10
Toilet bag (toothbrush, dental floss, comb)	90
Headlight LED	80
Power adaptor	29
Glasses cleaner	50
Steripen Adventurer UV water sterilizer	124
Mobile phone and charger	162
Sunglasses	40
Duckbill hat for windy days	60
Buff neckwear for wind	35
Kerchief	23
Trekkers towel	40
Bras n things bag for pillow case	53
Hand cleanser	50
Sorbolene cream tube	100
Dry sack small	30
Ciprofloxacin 500mg for serious gut issues	10
Cephalexin 500mg for respiratory, infection and wounds	10
Acetazolamide (Diamox) for acclimatisation if required	2
Total carry	8,649

Second gear list

Equipment	Grams
WEAR	
Bush shirt ExOfficio drilite	220
North Face pants medium weight	330
Belt	100
Boots Keen Gypsum mid	1,200
1 pr underpants (spandex)	65
short gym pants antichafe	75
Macpac broad brim hat, waterproofed	173
1 pairs thick woolly socks	120
wristwatch	46
Walking poles with 50cm duct tape	390
Total wear	2,719
CARRY PERSONAL 6,072g	
Light rucksack (Osprey Exos 58)	1,250
70L driseal waterproof pack liner	110
Marmot Hyperjacket parka	315
Goretex zippered waterproof trousers	215
Icebreaker jumper 320 half zip classic	470
Duvet, goose down with hood	634
Tibetan woollen hat	110
Small first aid kit	300
Nalgene 1 litre widemouth waterbottle HALF full	680
Canon SLR Camera with batteries, case, charger, cards	1,800
Lightweight pack 188g	188
CARRY PORTER 8,306g	
waterproof pack liner for porter	115
Western Mountaineering sleeping bag, silk liner, stuff sack	1,070
Marmot stretch cold weather pants	450
Thermarest mattress and tie	430
Bush shirt ExOfficio drilite spare	220
3 spare underpants(spandex)	195
1 cotton underpants (sleeping)	80
1 poly top (sleeping)	170
3 extra pairs thick woolly socks	360
1 Icebreaker 200 light top	200
1 icebreaker 200 longjohns	180
Poly fingerless gloves	30
Woollen gloves with liner	75
Windproof mitts	100
Croc sandals for evenings	220
Icebreaker light socks for Crocs	75

Large first aid kit with manual	1,070
Notebook, pens, tickets, passports, guidebook, maps	480
Power Monkey solar battery, cables, spare batteries	1,100
Iridium satellite phone in case	445
PLUS ECOSILK DRAWSTRING BAG containing the following:	
Space blanket, compass, sprain bandage, heel tape 2.5cm x5m Leukoplast	160
Knife, tinopener, nailclipper	105
Spare prescription glasses if required	100
Sunburn cream Extreme zinc	60
Lip salve (Lansinoh) 10g	10
Water purification tablets 200	12
Toilet paper	100
Insect repellent in tiny bottle	10
Toilet bag (toothbrush, dental floss, comb)	90
Headlight LED	80
Power adaptor	29
Glasses cleaner	50
Steripen Adventurer UV water sterilizer	124
Mobile phone and charger	162
Sunglasses	40
Duckbill hat for windy days	60
Buff neckwear for wind	35
Kerchief	23
Trekkers towel	40
Bras n things bag for pillow case	53
Hand cleanser	50
Sorbolene cream tube	100
2 dry sack small	75
Thermarest repair kit	18
2 x leukoplast tape 5m	60
3 x spare dental tape	75
Total carry	14,378