

## Gear list for trekking in Nepal

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**The first gear list** (8 kg) is for use on independent treks where you are carrying your own equipment and staying in village lodges, eating local food and directly benefiting local communities. Useful for treks such as Jiri to Khumbu and out to Tumlingtar, or around Annapurna or Manaslu.

**The second gear list** (16 kg) is for more remote areas where you will 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
<b>WEAR</b>	
Shirt Columbia light warm weather	177
Pants Patagonia Riverguide warm weather	295
belt	100
Boots Hoka Anacapa 2 with innersoles	1,027
1 pr underpants (spandex)	65
SHORT gym pants antichafe	68
Kooringal hat, waterproofed	139
1 pairs Wigwam hiker	90
wristwatch	59
Walking poles with 50cm duct tape	290
<b>Total wear</b>	<b>2,310</b>
<b>CARRY</b>	
Light rucksack (Osprey Exos 48)	1,184
70L driseal waterproof pack liner	110
Parka Mont blue	350
Goretex zippered waterproof trousers	215
Kathmandu blue windcheater	245
Macpac Tui Polartech light fleece	350
Duvet, Mountain Hardware hood (internal pocket)	536
Tibetan woollen hat	100
Small first aid kit	275
Onya 750ml waterbottle HALF full	680
Panasonic Lumix camera 3 film cards in pouch	373
Western Mountaineering heavy sleeping bag, silk inner, stuff sack	1,070
2 spare underpants(spandex)	120
1 cotton underpants (sleeping)	85
2 extra pairs Wigwam socks	180

1 Icebreaker 200 light top	200
1 icebreaker 200 longjohns	180
Poly long wrist black fingerless gloves	30
Woollen gloves brown with liner	75
Windproof mitts	100
Croc sandals	289
Icebreaker light socks for Crocs	43
PLUS YELLOW ECOSILK BAG containing:	
Bivvy sac, sprain bandage, heel tape 2.5cm x5m	
Leukoplast	125
Knife, tinopener, nailclipper	105
Sunglasses	40
1 x Invisible Zinc medium sunscreen	60
Lip salve (Lansinoh) 10g	20
Headlight	80
Toilet paper	44
Duckbill hat blue	54
1 grey woollen Buff	48
1 Icebreaker Chute black wool	64
Kerchiefs x 1	23
Hand sanitiser	54
Toilet bag (toothbrush, small toothpaste, dental floss, pixsters, comb, emery board, facemask, bicarb canister, large clippers)	153
1 X spare bootlaces (130cm)	10
Power adaptor Nepal black+white (2 pieces!)	25
1 x glasses cleaner	45
Water purification tablets 200	10
1 x Steripen Adventurer UV water sterilizer (2 sets of batteries)	150
Mobile phone & charger	162
Insect repellent rollon Aerogard + DEET small	62
Redwin's moisturiser tube	90
Trekkers towel Koyasan	33
<b>Total carry</b>	<b>8,247</b>

## Second gear list

Equipment	grams
<b>WEAR</b>	
Shirt Columbia light warm weather	177
Pants Patagonia Riverguide warm weather	295
belt woven kangaroo	100
Boots Hoka Anacapa 2 with innersoles	1,027
1 pr underpants (spandex)	65
gym pants antichafe	68
Koorungal hat, waterproofed	139
1 pairs Wigwam hiker	90
wristwatch	59
Walking poles with 50cm duct tape (+pack Sue's)	290
<b>Total wear</b>	<b>2,310</b>
<b>CARRY PERSONAL</b>	
	<b>4,578</b>
Light rucksack (Osprey Exos 48)	1,184
70L driseal waterproof pack liner	110
Parka Mont blue	350
Goretex zippered waterproof trousers	215
Kathmandu blue windcheater	245
Macpac Tui Polartech light fleece	350
Duvet, Mountain Hardware hood (internal pocket)	536
Tibetan hat	100
Small first aid kit	275
Onya 750ml waterbottle HALF full	680
Panasonic Lumix camera 3 film cards in pouch	373
Lightweight Kathmandu pack 160g	160
<b>CARRY PORTER</b>	
	<b>11,596</b>
Western Mountaineering heavy sleeping bag, silk inner, stuff sack	1,070
Kathmandu Extreme stretch cold weather pants	530
Shirt cold weather Kuhl light green	266
3 spare underpants(spandex)	176
1 cotton underpants (sleeping)	85
2 extra pairs Wigwam socks	180
1 Icebreaker 200 light top	200
1 icebreaker 200 longjohns	180
Poly long wrist black fingerless gloves	30
Woollen gloves brown with liner	75
Windproof mitts	100

Croc sandals	289
Icebreaker light socks for Crocs	43
Paddy's rucksack for porter	2,850
Thermarest mattress and tie (+ pack Sue's)	420
Waterproof liner for Paddy rucksack	166
Large first aid kit with manual, orange drysack	1,380
Notebook, pens, tickets, passports, papers, guidebook, maps	480
Power Extreme battery and solar, cables and spare batteries	934
Iridium satellite phone with SIM adapter!	445
PLUS YELLOW ECOSILK BAG containing:	
Bivvy sac, sprain bandage, heel tape 2.5cm x5m	
Leukoplast	125
Knife, tinopener, nailclipper	105
Sunglasses	40
1 x Invisible Zinc medium sunscreen	60
Lip salve (Lansinoh) 10g	20
Headlight	80
Toilet paper	44
Duckbill hat blue	54
1 grey woollen Buff	48
1 Icebreaker Chute black wool	64
Kerchiefs x 1	23
Hand sanitiser	54
Toilet bag (toothbrush, small toothpaste, dental floss, pixsters, comb, emery board, facemask, bicarb canister, large clippers)	153
1 X spare bootlaces (130cm)	10
Power adaptor Nepal black+white (2 pieces!)	25
1 x glasses cleaner	45
Water purification tablets 200	10
2 x Steripen Adventurer UV water sterilizer (3 sets of batteries)	300
Mobile phone & charger	162
Insect repellent rollon Aerogard + DEET small	62
Redwin's moisturiser tube	90
Trekkers towel Koyasan	33
Bra bag for pillow	50
Thermarest repair kit	20
Chux for washing	20
<b>Total carry</b>	<b>16,174</b>