



Equipment Checklist

Trekking gears and clothes play an important role in making trekking memorable and fun-filled. Thus, Visit Kailash Treks highly recommends to bring appropriate trekking gears for personal safety, comfort and enjoyment. The list below is general, and only for the purpose of guidance.

Footwear

1. Trekking shoes & trainer type shoes
2. Flip- flops or sandals
3. 2-3 pairs of cotton socks
4. 2 pairs of Woolen socks
5. Knee cap

Headwear

1. Cap and sunhat
2. Face mask
3. Buff to cover neck

Bodywear

1. Base layer top and bottom
2. Long sleeve sun shirts
3. Lightweight and quick dry trekking shirts
4. Mid-layer top
5. Warm jacket
6. Breathable under garments
7. Clothes for city wear
8. Quick-dry towel

Handwear

1. Inner gloves
2. Water proof gloves

Other necessary items:

1. Rucksack (30-35 liters volume) to carry your valuables, camera, water bottle, rain gear, emergency medicine and other handy items
2. Water bottle
3. Personal first aid medical kit
4. Head torch with spare batteries
5. Sunglasses with 100% UV protection
6. Insect repellent

7. Camera and binoculars (optional)
8. Dry bags to protect your belongings from rain and dust
9. Power bank
10. Universal adapter
11. Backpack cover
12. Trekking pole -1

Toiletries:

1. Sunscreens and lip guard
2. Toothpaste, toothbrush and soap
3. Anti-bacterial hand gel
4. Skin moisturizer
5. Wet wipes

Eateries/snacks:

1. Favorite snacks
2. Energy bars (chocolates)
3. Glucose tablets
4. Electrolytes or Oral Rehydration Solutions (ORS)

Holy Items (optional):

1. Dhoti for Puja or temple entrance
2. Prasadam: Sweets and nuts
3. Offerings
4. Prayers beads (Mala)

Tridevi Marg, Thamel, Kathmandu-26, Nepal

Phone: +977 1 5912105

E-mail: visitkailashtreks@gmail.com

Website: www.visitkailashtreks.com