



packing list

clothes

- Short-sleeved T-Shirt (merino wool)
- Long-sleeved T-Shirt (merino wool)
- Trekking Trousers (preferably with zip-off shorts)
- Belt
- Underwear (merino wool) x 3
- Sports Bra (merino wool) x 2
- Trekking Socks (merino wool) x 3
- Liner Socks (optional) x 3
- Fleece
- Down Jacket
- Waterproof Jacket
- Waterproof Trousers
- Silk Leggings (for winter/high altitude)
- Hiking Boots/Shoes (+ insoles)
- Gloves x 2 (thin + thick)
- Hat x 2 (sun hat + warm hat)
- Buff
- Sunglasses (+ spare pair)
- Trousers (for evening)
- Thermal Tank Top (for winter/high altitude)
- Long-sleeved Thermal Top (for evening/sleeping)
- Thermal Leggings (for evening/sleeping)
- Socks (for evening)
- Sandals (for evening)
- _____
- _____

trekking gear

- Backpack + Waterproof Cover
- Duffel Bag (if trekking with porter)
- Waterproof Backpack Liner
- Trekking Poles
- Water Bottle(s) / Bladder
- Headtorch (+ batteries/charging cable)
- Microspikes (if trekking in snowy/icy areas)
- Gaiters
- _____
- _____

guesthouse gear

- Sleeping Bag
- Silk Liner
- Eye Mask & Ear Plugs
- Travel Towel
- Scrubba & Suds (for laundry, optional)
- Washing Line (optional)
- Packable Bag (optional)
- Penknife + Repair Kit/Tape
- _____
- _____

hygiene & first aid

- Steripen + Filter (or similar) / Water Purification Tablets
- Insect Repellent
- Sunscreen (face + body + lips)
- Hand Sanitiser
- Wet Wipes
- Toilet Paper
- Toothbrush + Toothpaste
- Soap
- Shampoo
- Moisturiser
- Deodorant
- Nail Clippers (for longer treks)
- Tampons/Pads/Cup
- First Aid Kit
- Paracetamol
- Ibuprofen
- Diamox (optional)
- Antihistamines
- Strepsils (or similar)
- Diarrhoea Relief + Rehydration Sachets
- Electrolyte Tablets
- Compeed (or similar)
- Decongestant
- Eye Drops
- Any Other Personal Medication
- _____
- _____

electronics

- Travel Adapter
- Power Bank + Charging Cable
- Portable Solar Panel (optional)
- Camera + SD Card + Batteries + Charging Unit + Charging Cable
- Phone + Charging Cable
- _____
- _____

essentials

- Passport + Copy
- Travel Insurance Details
- Cash (enough for trek duration)
- Trekking Permits (if applicable)
- Waterproof Document Wallet
- _____
- _____

miscellaneous

- Book / E-Reader (+ charging cable)
- Playing Cards / Games
- Pen + Journal
- Snacks + Specialist Food
- _____
- _____



have a great trek!