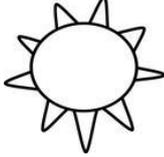


Trek the Himalayas Kit List

This kit list has been carefully designed for you taking into account the weight limit and needs of this challenge. Taking the right equipment for your challenge is very important so do get in touch if you have any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it but being prepared is vital.

There is a very strict **weight limit** of 8kg for your mountain bag on the trek, set by the Nepal Ministry of Tourism; do not be tempted to load up your day-sack with non-essentials! We work on 'a set to wear and a set as spare' guideline so you should have no problem with this limit. We have split out this list so that you know what goes in which bag on the trip.

<p>Weather Conditions and Kit</p> <p>The weather can be unpredictable in this mountainous terrain and you should be prepared for any sudden changes. You need good quality kit to keep you warm / cool as appropriate, and dry.</p> <p>On the whole days are usually warm; expect to trek in shorts / light trousers and T-shirt, with a warmer layer for early starts or breaks. It will get noticeably colder as we gain altitude, especially at night, and we could be exposed to rain, storms or strong winds</p>	 <p>Average min/max Temp 7°C / 28°C</p>	 <p>Average Rainfall 18mm – 21mm</p>
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In Your Day-Sack / *to Wear

✓	Essential Unless otherwise noted	Your day-sack and contents should weigh no more than 6kg (or less!) including 2L of water when trekking. Remember – the more non-essential 'stuff' you carry, the more effort it takes and the more energy you will waste - be kind to yourself! This list looks extensive, but the kit included is essential and you will be wearing most of it at times
	*30 litre day-sack	Adjustable shoulder-straps and a comfortable waist belt are essential. Do make sure your training works up to carrying your pack with everything on this list so that it becomes second nature
	*Walking boots	A leather or fabric boot with mid-ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip on rocky ground and ensure they are waterproof too. Well worn-in boots are irreplaceable so wear them on flight in the (very rare) case your luggage is delayed. Taking your insoles out of your boots overnight will help to air and dry them faster. Approach shoes or trainers are not suitable for this challenge.
	*Wide-brimmed hat / cap	For sun protection. Advisable in the cloud forest and at altitude, even if cloudy as it is essential to protect against the strong UV rays
	*Sunglasses – Category 3	Wraparound style sunglasses are the best as you need to protect your eyes from the strong UV rays at altitude, even when it is cloudy. Sunglasses are graded Category 1 – 4 with 1 being the least protective. Cat 3 are strongly recommended for this challenge. Contact lenses are generally not affected by the altitude or cold, but having clean fingers to change them is essential to avoid infection
	Waterproof jacket	A good quality jacket is essential (eg Gore-Tex, Pertex or Paramo); material should be breathable and seam-sealed. Combining a high standard waterproof with fleece layers is more versatile than a heavy outer jacket, such as a ski jacket, which will be too hot. It must keep you dry in heavy, prolonged rain, not just showers – test it while training. Waterproofs act very well as a windproof too, so wear when cold and windy for an insulating layer.
	Waterproof over-trousers	Quality as above. Recommended in cold rain, and protects your socks from rain, which then helps prevent blisters. Again, acts as a great windproof too
	2L hydration bladder (e.g. platypus) + 1L bottle 3L total essential	Hydration bladders are recommended as they are easy to use whilst walking. The 1L bottle is great for camp and rest-stops. A bottle with a sports cap or flip-top lid is much easier to use than a twist-off lid but do ensure it does not leak
	Liquid hand wash	1 small bottle for easy hygienic hand-washing after toilet and before meals / snacks – this prevents any bugs spreading around the group.
	Toilet paper + nappy sacks	Toilets and paper are available in camps but not during your trekking day except at lunch. Take a small amount of toilet paper plus one or two nappy sacks for each day on the trek to store your used paper in so that we leave no trace on the trail. The bags can be disposed of in the camp bins and then taken off the trail

	Whistle	For safety reasons if you become separated. Many day-sacks have them on the chest strap buckle so check yours before you buy a separate one
	Snacks (e.g. flapjacks / shortbread / dried fruit packs / nuts / jelly babies)	You are fed extremely well on the trail, however we strongly recommend a few extra snacks per day to keep you going in-between meals. We recommend 2-3 snacks per day. Please note - energy gels are not advisable and energy/protein bars tend to be less tasty than cereal/chocolate bars, so save your money – you don't need them!
	Gloves / mitts	2 pairs of varying thickness is ideal - liner pair and mid-weight pair (preferably waterproof) for trekking and evenings/mornings in camp. Gloves should not be too tight – means cold fingers
	Warm hat / buff	A buff or lightweight scarf is ideal as a headband or around your neck for lower elevations and to keep you warm higher up. A warm hat is ideal for cold mornings / evenings and as you get higher; sleep in your hat for extra warmth!
	Head torch with spare batteries	Essential in camp and to be kept in your day-sack whilst trekking during the day, just in case. Make sure the strap is not too tight as it will give you a headache
	Camera / phone	There are plenty of photo opportunities! Use your phone on airplane mode to save the battery as there is no or little signal on the trail, and keep anything with batteries at the bottom of your sleeping bag at night to keep them warm. Cold batteries do not last very long. There are no charging facilities in camps
	Waterproof rucksack cover	Keeps your day-sack and its contents dry; alternatively, waterproof ponchos that fit over your day-sack can be bought cheaply in Pokhara
	Sun cream – SPF50 SPF lip balm	Minimum SPF50 plus high factor lip salve. UV rays are very strong at high altitude, even in cloud cover, so a combination of sun cream and covering up is essential to avoid sun burn. A 50ml bottle will suffice for this challenge
	Painkillers / blister plasters / personal medication	You should ensure you have enough of these meds for your personal use. Hydration is all-important to stave off headaches, but bring paracetamol/ibuprofen as pain-killers. Zinc oxide tape and dressings recommended for covering hot spots and blisters (as soon as you feel them). Personal meds should always be carried with you
	Trekking poles with rubber tips	Invaluable on steep and uneven terrain both going up and down, especially if you are tired or unsteady on the rough ground. Strongly recommended; reduces the impact on your knees considerably. Use them when training to get used to them
	Gaiters - optional	Protection for boots & socks / extra warmth / stops rain/mud getting into boots
	Money / Passport	For local crew tips (see FAQs for the amount) Keep in a plastic/waterproof bag

In Your Mountain Bag

✓	General Clothing & Equipment	The weight limit for this trek is 8kg. Remember that if your kitbag weighs 2kg then you will only have 6kg for your kit, so bear that in mind when buying a bag. DA kitbags are light and sturdy, and perfect for this trip! Kit can be multi-use (clothes can be a pillow) which saves weight
	Expedition Kitbag for main luggage and padlock plus smaller bag/bin bag for hotel kit	To carry all of your kit to Nepal (airline weight limit is 20kg) and then carried by porters on the trail; you will not be able to access it during the day. Essential it is soft-sided. Extra bag/bin bag is to keep your travelling clothes at the hotel
	Trek trousers x 2	1 pair of zip-off/convertible trekking trousers adds versatility in warmer temperatures and 1 pair of slightly thicker warmer trousers for higher elevations/evenings
	Wicking base layer x 2	T-shirts or tops made from lightweight wicking material or merino wool help to regulate your body temperature. Avoid cotton as it absorbs sweat, takes a long time to dry and will make you cold. Long sleeves are best to keep the sun off your skin, UV rays in mountains are strong!
	Thermal layer x 1	A warmer fleece for higher elevations and in camp
	Walking socks x 2	Socks can be worn for more than one day but do look after them as damp socks can cause blisters. Ensure they wick well and are the right fit for your boots and your feet. Liner socks can make a difference but do ensure you have tried out different combinations of socks while training, so you have the perfect fit and ones that work for you
	Thermal bottoms x 1	Useful for wearing at night in camp and in your sleeping bag (see below*)

	Underwear	Comfy big pants for trekking are advisable to avoid chafing; lightweight and non-cotton material even better. Ladies, try to avoid underwire bras as these can rub on long sweaty days. Sports bras are a great option. The number of each is up to you, depending on weight but wearing the same pair of pants 2 days in a row is normal on expedition!
	Down / thermal jacket	For cold mornings / evenings in camp / higher days. Down jackets are best for dry conditions, Primaloft is a good alternative. They make a great pillow too!
	Sleeping-bag Comfort Rating -5°	Should be comfortable at temperatures around freezing; ideally between 0 and -5°C (3-4 season) – ensure you keep it dry. * To be warm in a sleeping bag, go to bed with warm skin, strip off to pants and a top and your sleeping bag will then heat up quickly by the warmth of your skin. If you go to bed fully clothed, you will introduce cold air to your sleeping bag and thus you will be cold too
	Sleeping-bag liner	Useful for added warmth (and convenience of washing); silk is warmer and lighter than cotton and packs down smaller. Not essential, but recommended if you come within the weight limit
	Camp clothing / night wear	We work on a set of clothing to wear and a set as spare so due to the weight restriction you can use your spare trekking kit as camp clothes
	Trainers / spare footwear	Lightweight footwear for camp. Giving your feet a rest from your boots is essential so bring some crocs or light trainers to change into. Flip-flops are not that useful if it rains
	Wash kit	Keep it simple! A zip-lock bag with ¼ packet of wet wipes, small tube of toothpaste, toothbrush, deodorant and moisturiser are essentials. Everything else is a luxury although earplugs are useful as people tend to snore!
	Dry bags (assorted sizes) or a few large strong plastic/bin bags	Store your kit securely in dry-bags or several plastic bags, especially your sleeping-bag and spare clothes
	Spare batteries	For phone, camera, head torch. Solar chargers cannot be relied on if it is cloudy. Or bring a small power bank as a back-up if you have the spare weight
	Personal med kit	Diarrhoea tablets – consult your DA crew before using Rehydration sachets – have a few as a back up Antihistamines – if you have allergies
	Feminine hygiene products	Ladies - yes, a subject not often covered on kit lists! Periods tend to be brought on by trekking at altitude and the countries we visit rarely have the same products that we have in the UK. We're not at high altitudes, but best to bring what you usually use, just in case!
	Talcum powder / vaseline - optional	If you have the space and weight allowance for small tubs, can help with blister prevention – experiment at home while training
	Muscle rub - optional	As above; if it really helps you, bring a small tube

✓	Hotel / travel clothing	
	Set of clean clothes	For travelling / end of trip / celebration meal; to be left in hotel. There may be an opportunity to swim so bring a swimming costume too
	Money belt	Safest way to carry valuables

✓	Important Documents & Money	<i>We recommend you have digital copies stored in a safe place you can access if required</i>
	Passport + photocopy	10-year essential (for adults); valid for at least six months after departing Nepal
	Passport photos x 2	1 required for trekking permit (plus useful to have a spare)
	Visa	Required for most nationalities including UK – see Factsheet for details
	Immunisations Record	Useful if you need a record/proof of your vaccinations (see Factsheet)
	Money - USD	Nepalese Rupees are not available from the UK but can be bought in Kathmandu or Pokhara – see Factsheet for details
	Flight Tickets	To be collected from your tour leader / DA representative at the airport
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	Advisable to leave a copy with your next of kin too
	Immunisations Record	Useful if you need a record/proof of your vaccinations - see Factsheet for details

Notes on Luggage:

- To travel – use your day-sack as your carry-on baggage and your main luggage must fit in one soft-sided bag (NOT a hard-sided suitcase or rucksack with external frames)
- If you do not have a suitable soft-sided bag for your main luggage, see the [Discover Adventure kitbag](#) which is designed for this kind of trip
- Your luggage allowance on the plane is usually 20kg. You will not need this much, but you are responsible for any excess baggage costs charged by the airline – most are quite strict. Remember to leave some room for souvenirs!
- Remember not to pack any sharps - penknives, scissors, tweezers, etc. in your hand luggage. Liquids can be carried subject to current restrictions – see <https://www.gov.uk/hand-luggage-restrictions>
- Trekking poles should not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached
- If you bring a power-pack to recharge devices ensure you pack it in your hand luggage for flights, as officials will ask you to remove any detected in hold luggage
- Be aware that hand-luggage restrictions may sometimes change due to airport security measures
- As a general rule, avoid travelling with anything valuable or irreplaceable
- Please refer to our FAQs for details of store and manufacturer discounts which will ease your pocket when purchasing your kit