

TREKKING EQUIPMENT GUIDE

What equipment do I
need to get to Everest?
EverTrek has it covered.

EVERTREK

Your go to trekking experts for Nepal,
Everest and all the adventures inbetween.

INTRODUCTION

Getting the right equipment for a trek or expedition can seem daunting but not to worry, EverTrek has it covered!

The packing list below is based on our personal trekking experience in Nepal and the Himalaya and has taken a long time to compile. This packing list can be used for all hiking and trekking routes in the Himalayas and Nepal, including the Annapurna Circuit , Everest Base Camp and the climbing expeditions that EverTrek offer.

One of the most exciting times is preparing and packing for a trek or climb. Hopefully this list can help in some way and provide you with useful advice and help on choosing the right gear.

Although the list can seem daunting and potentially heavy, many of the items listed below can be purchased or rented locally at Kathmandu, Lukla or Namche. Please note though that local equipment is sometimes not up to scratch for severely cold weather that you might encounter on the higher parts of your trek. This Nepal packing list is comprised of gear that we have personally used or had recommended to us by experienced trekkers. We believe this gear provides the best value for money whilst also delivering the best performance.



WHAT EQUIPMENT TO USE

Pre-trip preparation is key for any expedition. Use this time to think about what type of equipment you need. Don't take the Kitchen sink!

TREKKING EQUIPMENT SECTIONS

- Clothing
- Headgear
- Gloves and trekking poles
- Footwear
- Bags
- Sleeping Accessories
- Other Important Accessories
- Medications and Personal Gear

TREKKING PACKING LIST - CLOTHING

When trekking in Nepal or the Himalaya, the most important thing to remember in regards to clothing is layering. As you ascend and descend in altitude, the weather changes dramatically making the ability to layer up or down very important. This is emphasized more if you plan on trekking in the winter months as temperatures get well below zero at higher altitudes and you will need warm clothes.

We recommend three key layers when trekking in Nepal.

BASE LAYER

Often termed your skin layer or base layer, this is a hugely important layer in the colder sections of your climb. When it comes to recommending what base layer to go for, it really is personal choice. However we do like the RAB and Berghaus base layers we have come across, especially the Rab Men's AL Pull-On Baselayer. Although more expensive than the average product, they are very good wicking products and are super comfy when hiking for 6/7 hours on the trail. Smartwool are also a very affordable alternative.

1 x upper and lower base layer should be sufficient for a standard 15 day trek although taking a spare doesn't hurt.

SECOND LAYER

Whilst you can get a second layer for your legs, we believe that only a second layer for your upper body is needed as you will be wearing trousers.

For your torso, we recommend the Polartec 200 Fleece Jacket. This particular jacket is ideal for trekking in Nepal as it is light-weight, provides great warmth and yet allows good moisture release (breathability). We have recommended the 200 model as the 100s are not warm enough for the higher reaches of the Himalayas, whereas the 300s are slightly too heavy!

THIRD LAYER

The third layer, also known as the outer core layer, is a warm, waterproof jacket and trousers that you wear on the upper reaches of your mountain treks in the damper and colder sections.

There's a wide range of good quality jackets in this space, but from personal experience, we would recommend either the Rab Infinity Endurance Men's Hydrophobic Down Jacket – top of the range, or the Haglöfs Chill Down Men's Jacket which is a slightly more affordable option.

Whilst the performance of the Infinity Endurance jacket is amazing, the cost is high. However, this would be a lifetime investment as the jacket should last you years! Although performance is slightly less, the Haglöfs is the cheaper option and is still a great all year-round jacket that is both lightweight and affordable.

Other good brands worth considering include Patagonia and Mountain Hardwear. When purchasing trousers, look for warm, fleece-insulated trousers. Trousers brands we personally recommend include Trespass, Craghoppers or Berghaus.

GENERAL TREKKING CLOTHES

In addition to the 3 layers mentioned above, you will also require trekking shorts and trousers. We have found that convertible trousers, like the trekking trousers produced by Craghoppers, are a great option as they save you cash on purchasing actual shorts.

When trekking all day you'll no doubt get a bit of a sweat up! Therefore, we recommend bringing at least 4 to 5 trekking t-shirts which you will almost certainly wear daily. Make sure your t-shirts are lightweight and breathable. Shirts by Hanes are a good option, as is anything from Icebreaker. Please try to avoid cotton material shirts as they absorb moisture and make trekking quite uncomfortable!

RAIN CLOTHING

When trekking in Nepal it is very possible to encounter rain, especially on the lower sections of your trek and if you are trekking near the rainy season from June to September. Therefore, a full-body lightweight rain coat is essential. The rain coat should be easily accessible and be able to fold up very small for ease of carrying.

Our personal choices include the Gore Tex jacket range from Berghaus including the Kangchenjunga Jacket which although expensive, will last you for years or the Montane Alpine Endurance Jacket. There are hundreds of cheaper options available on the market.

BREATHABLE UNDERWEAR

Make sure your underwear is lightweight and breathable like your base layer. We recommend bringing 6 pairs of breathable sports underwear, and for woman – 2 sports bras.

CLOTHING TO AVOID ON YOUR TREK

JEANS:

Jeans are very uncomfortable to trek in, they absorb water, let all the heat out of your body and are very slow drying!

COTTON:

Cotton material clothing absorbs moisture, blocks breathability and is slow drying.

NEPAL PACKING LIST HEADGEAR

Below we have listed the important headgear items for your Nepal packing list.

SUN PROTECTION HAT

Trekking in the Himalaya can get surprisingly hot, especially in the summer months. A sun hat with face and neck protection is therefore an essential item for any Nepal packing list. Make sure your hat is lightweight, breathable and can be packed away into a tight space. We always recommend trekking hats that provide neck cover. Here are some trekking hats.

BEANIE OR HEAD BAND

The temperatures will get low on the higher sections of your trek, particularly in the afternoons and evenings where Himalaya temperatures drop dramatically. A warm fleece beanie or fleece headband are therefore essential. The North Face and Berghaus produce great beanies

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SUNGLASSES

Due to altitude and snow glare, UV intensity is relatively high in the Himalayas. We recommend bringing a good pair of 100% UV protection sunglasses with a minimum of 80% light reduction. Julbo sunglasses are considered the market leaders in the sphere.

CLOTHING TO AVOID ON YOUR TREK

HEADLAMP

Although you should avoid trekking at night, sometimes this cannot be helped, particularly at Kala Patthar where you will need a headlight for your early morning trek. Many of the remote campsites in Nepal have no electricity and your headlamp will often be the only source of light you possess particularly important for night time toilet breaks or after dark reading. We recommend Petzl Tikka headlamps. Make sure you bring spare batteries!

NEPAL PACKING LIST GLOVES AND TREKKING POLES

Keeping your hands warm throughout your trek is vital. There are the 2 types of gloves we recommend taking – both are listed below. On any mountainous trek you will want trekking poles which we have also highlighted below.

OUTER GLOVES

Your outer gloves need to be waterproof, warm and very durable.

WE RECOMMEND

INNER GLOVES

Like any base layer, it is essential that your inner gloves are quick drying, light-weight and made from fleece material. Your inner gloves, like your base layer, acts as another skin layer. We recommend Pearl Izumi Thermal Lite Gloves which can also be worn as standalone gloves when the weather is slightly milder. Karrimor also produce great liner gloves.

TREKKING POLES

A Good set of trekking poles will reduce the impact on your joints and particularly your knees by up to 20%. This is especially beneficial when descending as the impact on your body increases exponentially. We suggest purchasing adjustable light-weight trekking poles that are simple to store, versatile and durable – around 350 grams per pair is about right. Black Diamond trekking poles are brilliant.

NEPAL PACKING LIST – FOOTWEAR

Below we discuss the five pieces of footwear that are essential to any Nepal packing list.

HIKING BOOTS

Probably the most important piece in your Nepal packing list, your hiking boots are what gets you from A to B. Getting the wrong size boot will impact heavily upon your trek and make you seriously uncomfortable. It is vital that your boots fit correctly and are well worn in. The simplest way to check for a good fit (although this not work for everyone) is to put your foot in the unlaced boot and push your foot as far as it goes forward – if you can then fit your index finger snugly between your heel and the back of the boot then that is about right. If it is not snug, but fits in easily then your boot is too large. Alternatively, if you can't fit your finger in then your boot is too small.

When purchasing a boot make sure you look out for key characteristics: Make sure your boot is not too heavy. Full leather boots are generally too heavy, however, partial leather boots are usually okay. Make sure your boot is high top for good ankle support with deep lug rubber soles for excellent traction. Check out the lacing system, make sure it incorporates speed hooks or d-rings for quick lacing and more secure ankle support. Also check out the breathability of the boot. Gore Tex boots are great for being almost sweat proof. Finally, make sure it's waterproof! No one likes to hike with wet feet. Please make sure your trekking boots are broken in properly before undertaking your trek. We recommend walking at least two long distance treks in your new boots before leaving for the Himalaya.

TRAINERS (TREKKING SHOES)

When you arrive at your lodge you'll want a basic pair of run-around shoes. Trekking sandals with warm socks are also a super- comfortable way of getting around your camp or lodge. These are some trekking shoes and trekking sandals we very much recommend.

TREKKING SOCKS

You'll need at least 4 or 5 pairs of good quality hiking socks. We suggest Coolmax as they are very breathable and great for wicking. Please remember, do not buy cotton socks as these will almost certainly bring on nasty blisters.

THERMAL SOCKS

For the colder parts of the trek you'll need a couple of pairs of thermal socks. We suggest Smartwool thermal socks as they are super warm, really comfortable on the feet and have flat seams as supposed to raised seams that sometimes result in blisters. Other brands to consider include Wigwam and Bridgedale.

GAITERS

Gaiters are a waterproof material that extends from your calf down to your boot and are used to prevent elements like water, mud, stone and dust from entering your boot. There are various different types of gaiters out there but all seemingly to do very similar things, we therefore have no real preference. These are some example gaiters you can look at. We would recommend going for a mid-range gaiter.

NEPAL PACKING LIST – BAGS

When trekking in the Himalaya there are a few different options on what bag to take. Here are a couple of options.

DUFFLE BAG

Your bag size will very much depend upon your trekking itinerary. If you are trekking on a tour like ours then porters will carry most of your gear. If this is the case then you have the option of taking an 80L duffel bag. The best duffel bags are waterproof and made from a laminate material. Your bag will need strong and durable zippers that can also be locked – please make sure to bring a small lock to secure your bag. Also look out for easy-to-access shoulder and hand straps.

RUCKSACK

If you choose to carry your gear then you can take a rucksack. Your porter can also carry this if required. We recommend a mountaineers style backpack with top opening. Osprey Vallo mountain backpack is an ideal choice, however Berghaus also have a variety of rucksacks to offer with the Lowe Alpine range being the slightly cheaper option.

DAYPACK

A daypack is an essential item. With porters carrying most of your gear, you'll still want to take a light-weight daypack to carry personal items such as sunscreen, camera, hat, wallet, passport, snacks etc. An ideal daypack will have compression straps to reduce the weight and stress on your back. Make sure your pack has side pockets to allow for your water bottles. The Osprey Talon 33L is our recommended daypack.

RAINCOVER

To save your personal items getting wet, please bring a raincover for your daypack. Remember to get one that fits your particular daypack of choice.

NEPAL PACKING LIST – SLEEPING ACCESSORIES

SLEEPING BAG

A warm sleeping bag is critical. As we have already noted, nights in Nepal, particularly the mountain regions, can get extremely cold! We strongly suggest a duck or goose down sleeping bag, however, they are quite pricey and if you would like to save money there is the option of a synthetic. If you do go for synthetic then please make sure that it warmth rating of at least -10 degree C. If you decide to rent a sleeping bag, EverTrek can organise this for you before your trek.

OTHER SLEEPING ACCESSORIES

Ear plugs – After a long days hiking you really don't want to be kept awake all night by loud snoring or unfamiliar sounds. Ear plugs are therefore essential for any light sleeper. If you want extra comfort at night you could also consider bringing your own inflatable pillow.



NEPAL PACKING LIST – OTHER ACCESSORIES

WATER BOTTLE OR HYDRATION BLADDER

Dehydration can be very dangerous at high altitude and altitude sickness can often be prevented by keeping well hydrated. Make sure to drink between 2 and 3 litres of water every day. Depending on your backpack, you have the option of taking two standard 1 litre water bottles or one 2L hydration bladder like the Platypus Hydration Bladder. However be mindful that the bladder will freeze at high altitude!

TREKKING TOWEL

A small to medium sized trekking towel is useful for drying off after a quick clean. Discovery or LifeVetures provide good, quick-drying trekking towels.

SMALL LOCKS

For the security of your backpack or duffel bag.

PEE BOTTLE OR FUNNEL

Any lady who has needed to pee at night in sub-zero temperatures will be well aware of the benefits of a pee bottle! See Freshette Pee Funnels

BOOK / KINDLE

If you really want to get into the mood of high altitude trekking in Nepal then bring some reading on it! Our favourite is Into Thin Air by Jon Krakauer. Warning – the book is addictive and somewhat unnerving!

WATERPROOF ZIPLOCK BAGS

To keep essentials like wallet, passport and electrical items dry and secure.

CAMERA / VIDEO CAMERA

The scenery and vistas you see on your trek in Nepal will be simply breath-taking and you won't want to forget a minute of it! We advise all our customers to purchase a camera before trekking in Nepal as there is literally nowhere else like it. Please note that your camera needs to be light but still good enough to capture super high-quality images. If you want to video your trek then we seriously suggest getting a GoPro Hero as they're super light, super high quality and super cool!

NEPAL PACKING LIST – OTHER ACCESSORIES

PLAYING CARDS

There are no T.Vs in the lodges you'll be staying in in Nepal, luckily playing cards are a great and very social way to keep you and your fellow hikers entertained.

DUCKTAPE

Although we try to avoid them, sometimes blisters still find us, in which case some double sided duct tape is ideal.

NOTEBOOK / JOURNAL AND PEN

Why not write about your incredible experience.



NEPAL PACKING LIST- MEDICATIONS AND PERSONAL GEAR

WATER PURIFICATION TABLETS

Like many countries, the water in Nepal needs to be treated before drinking. Please use water purification tablets as buying your own bottled water only adds to the problem famously associated with the Himalaya trekking industry. Please remember to carefully check how many tablets are needed for certain volumes of water before drinking. We recommend taking 100 tablets as this should easily be enough. The other alternative is to use a UV water purifier. We would suggest the SteriPEN Adventure Opti Mini Pack UV Water Purifier.

ISOTONIC POWDER

Trekking up mountains is tough and your body will need to replace your electrolytes. Isotonic powder is perfect for this and will increase your energy levels rapidly. Here are some Isotonic powdered drinks we recommend.

BASIC FIRST AID KIT

Our guides always carry a first aid kit, however, there is no harm in taking one yourself. It's better to be safe than sorry. If you are trekking solo then taking a first aid kit is essential.

DIAMOX

Altitude sickness is a serious problem and whilst it can only be fixed by descending, certain medications like Diamox may help. Please note that Diamox does not cure altitude sickness, it can simply help prevent the onset of Acute Mountain Sickness (AMS). Always seek professional medical advice before ingesting Diamox. UK residents will need a prescription for Diamox. [can read more on Diamox here.](#)

GENERAL MEDICATIONS

Paracetamol is always handy, especially when trekking at altitude as headaches are one the most common symptom of AMS. We also recommend taking Imodium for diarrhoea in case of any stomach bug.

TOILETRIES

Please remember to bring all your standard necessary toiletries. Make sure you use purified water when brushing your teeth as bacteria can enter through your gums. You will need at least 2 rolls of toilet paper – this can be bought locally but will often be very poor quality.

SUNCREAM / LIP BALM

Suncream and lip balm for obvious reasons – please make sure your sunscreen is at least 30 SPF.

BLISTER PLASTERS

Compeed blister plasters.

BABY WIPES

Water can be hard to find sometimes, wet wipes provide a quick and easy way to clean.

HAND SANITIZER

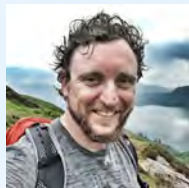
The trail can get dirty and these are an easy and effective way of cleansing your hands.

We hope the advice will help you when preparing for the trek in the himalayas.
Check out our available trips to get out and use this equipment.

ARE YOU READY

FOR A TRIP OF A LIFETIME?

Andy and the rest of our team at EverTrek are trekkers, climbers and travellers just like you. We use our personal experience and specialist knowledge that comes from this to help plan your next adventure.



Call or email Andy & the team today to discuss your next trip:

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EVERTREK |

Your go to trekking experts for Nepal, Everest and all the adventures inbetween.