

Kit List



This list has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions. **Please do take into account your own personal preferences and common sense!**

We welcome feedback on how this list can be improved upon your return from your Challenge.

It is highly recommended that to travel, you use a 'soft hold-all' type of bag and not hard rigid suitcases.

Item	Needed?	✓
Baggage		
Large hold all – to check in at Airport	Yes	
Day pack – approx. 30/35 litres in size with good waist strap	Yes	
Clothing		
Waterproofs and Wind proofs – top and trousers	Yes	
Warm jumper / fleece	Yes	
T- Shirts (preferably not cotton)	Yes	
Long sleeved shirt/s	Yes	
Trekking socks	Yes	
Lightweight trousers for trekking	Yes	
Trainers – for evenings	Yes	
Shorts	Yes	
Sun Hat – wide brimmed	Yes	
Trekking boots – must be worn in with good ankle support	Yes	
Gaiters – good for really snowy conditions	Optional	
Gloves – thermal	Yes	
Warm hat and Scarf – the hat must cover your head in its entirety	Yes	
Casual clothes for evenings and travelling	Yes	
Thermals / track suit – good to sleep in for extra comfort if it's a cold night	Yes	
Underwear including normal socks	Yes	
Swimming Costume – just in case you fancy a dip at the Hotel!	Optional	
Equipment		
Travel pillow	Optional	
Sun glasses	Yes	
Head torch	Yes	
Light weight towel	Yes	
Water bottle (2 litres minimum OR 2 x 1 litres) – even better if it can hold warm water!	Yes	
Trekking poles – try to get them into your main hold luggage	Yes	
Camera and spare batteries and film	Optional	
Health and Hygiene		
Toothbrush, toothpaste, wet wipes (or equivalent), soap (anti-bacterial), shampoo, conditioner (all bio-degradable), lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, dry wash for keeping hands clean	Yes	
Insect repellent, sun lotion (minimum of factor 25), after sun / moisturiser	Yes	
Other		
Energy foods / drinks	Yes	
Contact lenses (bring spares and also your glasses in case of emergency!)	Optional	
Padlock for baggage – useful, as you leave your main bag in Kathmandu	Optional	
Ear plugs – just in case you have trouble sleeping whilst camping	Optional	
Plastic bags – for dirty washing and keeping items dry	Yes	
Spare boot laces – great for tying things to the outside of your day bag also!	Yes	
Small First Aid Kit		
Adhesive dressing (plasters) and Compeed for treatment of blisters, Antiseptic spray, Diaphorrea tablets, Re-hydration sachets, any other personal medication, Paracetamol	Yes	
Documents		
Passport (valid for 6 months AFTER your return) and photocopy, cash, credit card (for emergencies), Travel Insurance, Tickets or e-ticket receipt	Yes	

You can also hire some kit from TrekHire UK (www.trekhireuk.com) rather than going to the expense of purchasing. **Please note that some Kit is actually provided for you – please see Further Information Document.**