

Trekking Kit List

People often tell us it was colder on trek than they had anticipated – please make sure you bring plenty of warm clothes particularly for night time – it can be below freezing in camp.

General

- Rucksack or kit bag to put overnight trekking kit in for horses to carry (may get a bit beaten up)
- Waterproof sac to put over your day pack and plastic bags to help segregate and organise things in kit bag
- Day pack (30 litres or so) to carry things you want access to during the day
- Sleeping bag – 3 season up to about 3000 metres, 4 season above that
- Silk liner for extra warmth
- Thermarest inflating mattress (if you feel you need extra padding – thin mattresses are provided)
- Inflatable pillow (if you find it more comfortable to have a head support when sleeping on flat ground)

Clothing (generally, layers of clothing make sense as temperature changes regularly)

- Trekking trousers
- Fleece pants or tracksuit to wear in camp
- T-shirts, long sleeve shirts, sweatshirt
- Thermal underwear (top and bottom) for night use

Outerwear

- Down jacket if above 3500 metres
- Fleece
- Windproof jacket
- Waterproofs
- Scarf and gloves

Footwear

- Hiking boots (should be water repellent)
- Sandals or trainers for use in camp
- Thick hiking socks and silk sock liners to guard against blisters
- Gaiters if trekking close to the monsoon season or in snow

Headwear

- Broad brimmed hat or baseball cap for sun during the day with bandana for shading the neck
- Woollen hat or balaclava for evenings
- Polarising sunglasses – best to have the ones with side covers

Other

- Walking poles
- Head torch with spare batteries and bulbs
- Washing line
- Small knife
- Water bottles (preferably metal)
- Dextrose tablets, snack bars and energy drinks

Medicines

- Medicine for diarrhoea eg Immodium
- Rehydration sachets eg Dioralyte
- Paracetamol or Nurofen
- Plasters and Compeed for blisters
- Antiseptic cream
- Strepsils, Lemsip, cold and flu medicine
- Sting relief and Insect repellent

Toiletries etc

- Travel towel and sponge
- Soap and biodegradable liquid for laundry
- Toothbrush and toothpaste
- Toilet paper, tissues, wet wipes
- Sun cream (including total sun block)
- Lip salve
- Iodine tablets – or you can just use boiled water and on shorter treks mineral water
- Tweezers
- Camera, film and polarising filter
- Books, iPod, playing cards and other diversions for evenings eg Yahtzee dice