

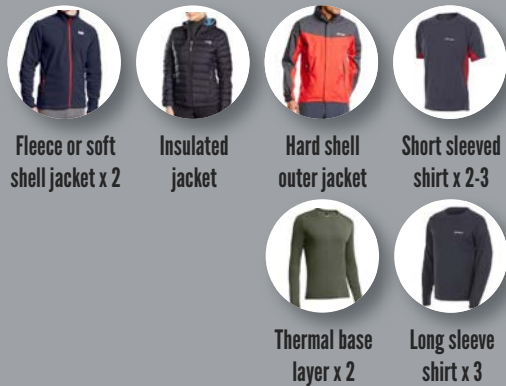
KIT CHECK LIST | NEPAL TREKS

BASIC EQUIPMENT



Insulated sleeping mat Daysack Waterproof duffle bag Sleeping bag Trekking poles

UPPER BODY



Fleece or soft shell jacket x 2 Insulated jacket Hard shell outer jacket Short sleeved shirt x 2-3
Thermal base layer x 2 Long sleeve shirt x 3

ODDS & SODS



Sunscreen Water bottles Dry bags Toothpaste & toothbrush Camera and spare batteries
Plug Adapter Ear plugs Wet wipes and hand sanitizer Pee bottle (optional) Personal medicines and medical kit Personal snacks

HEAD



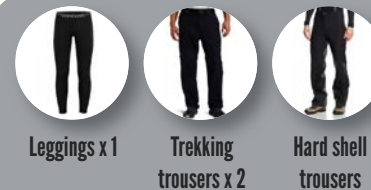
Warm beanie hat Head lamp Sunglasses Neck gaiter or scarf Sun hat

HANDS



Lightweight Gloves Warm gloves or mittens

LEGS



Leggings x 1 Trekking trousers x 2 Hard shell trousers

FEET



Trekking boots Training shoes Micro spikes Gaiters Socks