

ALPINIST CLUB

TREKKING EQUIPMENT 3000M TO 5500M

Upper Body - Head / Ears / Eyes

- Sun hat (We will provide you a complimentary Ace the Himalaya hat.)
- Wool or synthetic hat that cover the ears
- Sunglasses with UV protection
- Headlamp
- Neck warmer

Lower Body – Legs

- Lightweight expedition thermal bottoms
- Nylon hiking shorts
- Soft shell and hard shell trekking pants
- Water/windproof trousers
- Casual pants

Miscellaneous, but Important

- Passport and extra passport photos (3 copies)
- Airline ticket (Please make a copy and leave one at our office in Kathmandu just in case if you need to change the date of your flight.)
- Durable wallet/pouch for travel documents, money & passport
- Water bottle/bladder
- Water purification Iodine tablets
- Toiletry kit (Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.)

Optional

- Favorite snack foods (No more than 2 pounds)
- Paperback books, cards, mp3 player
- Binoculars
- Cameras (Memory cards, chargers and also batteries)
- Pee bottle for men and pee funnel for woman

General

- sleeping bag
- Duffel bag
- Daypack
- Down jacket
- Trekking pole

Medicines and First Aid Kits

(Please note our guide will carry the first-aid kit bag during the trek. However we still recommend you to bring your personalized first-aid kit as well.)

- Extra Strength Excedrin for altitude related headaches
- Ibuprofen for general aches and pains
- Imodium or Pepto Bismol capsules for upset stomach or diarrhea
- Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness
- Anti-infection ointments
- Band-aids
- Lip balm (At least SPF 20)
- Sunscreen (SPF 40)

Hand

- Liner gloves
- Heavier shell gloves

Core Body

- T-shirts
- Lightweight expedition thermal tops
- Fleece jacket or pullover
- Water/windproof shell jacket (Preferably breathable fabric)
- Synthetic sports bras (For women)

Feet

- Liner socks
- Heavyweight socks
- Waterproof hiking/trekking boots
- Light shoes/sneakers/sandals
- Gaiters (For monsoon and

While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment. Use your experience and the listed features to find the best gear for you. Some of the above equipment can be easily found in stores in Kathmandu for cheaper prices.