

TREKKING GEAR CHECKLIST

FOOTWEAR

- RUNNING SHOES: 1
- SPORT SANDALS: 1
- LIGHTWEIGHT HIKING BOOTS: 1
- LIGHTWEIGHT SOCKS: 3/4
- MID-WEIGHT SOCKS: 3/4

UPPER BODY

- LIGHTWEIGHT THERMAL TOP: 2/3
- MIDWEIGHT THERMAL TOP: 2/3
- SHORT-SLEEVED SHIRT: 2
- FLEECE JACKET: 1
- DOWN JACKET: 1/2
- WATERPROOF JACKET: 1

LOWER BODY

- LIGHTWEIGHT THERMAL BOTTOM: 2/3
- MIDWEIGHT THERMAL BOTTOM: 2/3
- FLEECE TROUSER: 1/2
- TREKKING PANTS: 2/3
- BRIEFS: 4/6
- WATERPROOF PANTS: 1/2

HEAD & HAND GEAR

- LINER GLOVES: 1
- WINDSTOPPER FLEECE GLOVES: 1
- WOOL/FLEECE HAT: 1
- SUN HAT/CAP: 1
- BALCLAVA: 1
- NECK GAITER: 2

ACCESSORIES

- HIGH ALTITUDE/REGULAR USE SUNGLASS: 1 EACH
- SKI GOGGLES: 1
- GAITERS W/REINFORCED LOWERS: 1
- HEADLAMP W/SPARE BULB: 1
- SPARE BATTERIES

PERSONAL EQUIPMENT

- 35-50L BACKPACK
- BACKPACK COVER
- SLEEPING BAG
- WATER BOTTLE
- THERMOS
- PACK TOWEL
- TREKKING POLES
- SWISS KNIFE
- SUNSCREEN SPF 30 OR HIGHER
- LIP SCREEN SPF 30 OR HIGHER
- FIRST AID KIT
- TOILETRY BAG
- WATER PURIFICATION
- EXPEDITION DUFFEL BAG
- NYLON STUFF SACK/DRY BAG
- NORMAL ICE SPIKES

TRAVEL ITEMS

- SMALL PADLOCKS
- BOOKS/JOURNAL
- CAMERA/VIDEO CAMERA W/EXTRA BATTERIES
- FILM/SD CARDS

CAMPING*

- SLEEPING PAD
- FOAM PAD
- LARGE MUG, PLASTIC BOWL, LEXAN FORK, AND SPOON

MISCALLENIOUS

- POWER BANK
- SATELITE PHONE (OPTIONAL)
- GPS TRACKER
- ALTI METER WATCH

IMPORTANT

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER & CONTACT ADDRESS
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

XTREME CLIMBERS TREKS & EXPEDITION PVT. LTD.

Budanilkantha - 08, Omnagar, Kathmandu, Nepal | info@xtremeclimbers.com  +977 15920168



+977 9851027078



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www.xtremeclimbers.com