**Trekking Equipment List**

1. Duffel* Big enough to put everything in 60-80 litres
2. 1pr Hiking boots – high top, waterproof boots, like our Oboz boots*
3. 4pr Wool Socks*
4. 1 Puffy Jacket*
5. 1 or 2 medium or thick fleece tops*
6. 1 Pair fleece or puffy pants* (optional, though nice if you get cold easily)
7. 1 Sleeping bag* (Rated to 20 degrees F)
8. 2 Long Sleeve top thermal-weight top* (Much better for you to get ones with a zip in the front)
9. 1pr Sunglasses (incredibly important around ice and snow. Wrap-around style or ‘glacier goggles’, or we can put tape on your flat-fronted ones)
10. 1 Sun hat – baseball hat or bucket hat
11. 1 Fleece/wool hat*
12. 1 Rain jacket*
13. 1-2 litre/1quart Water bottle or drinking bladder* (Nalgene or equivalent, but be careful, many are 700ml, not the full litre)
14. 1 Pr Shorts
15. 1-2 Pr Trekking Pants (trekking pants strongly encouraged. Cotton will not be comfortable and won’t dry – potentially dangerous. Rain pants and thermal long underwear would work well too.)
16. 1 Pr Rain pants*
17. 1 Pr thermal long underwear pants*
18. 3 T-shirts. Cotton is ok, synthetic is much better. At least one shirt should be synthetic* or wool
19. 4-5 Underwear
20. 1pr Trekking poles (optional)*
21. 1 Sunscreen (SPF 30 or higher. Anything over 30 offers no more protection)
22. 1 Daypack with waistbelt* Around 20 litres, bookbag size but not a bookbag)
23. 1 Pair medium or heavyweight gloves* (thick fleece or ski gloves work fine)
24. 1 Headlamp* and extra batteries
25. 1 Bandana (cotton, for use as a wash cloth or extra sun protection)
26. 1 stretchy neck gaiter aka Buff*
27. 1 Travel towel*
28. 1 Set comfortable travel clothes for Kathmandu and the plane
29. 1 Pair sneakers for trekking lodge and exploring villages
30. 1 Pair lightweight flip flops for showering
31. 1 Half roll toilet paper for just in case
32. 1 PrMicro-spikes*
33. 1 Pr Gaiters*

Toiletries (The outlets are different, so skip the hairdryer.)
Prescriptions (Carry in a ziplock, with the paper prescription that came with it.)
Passport – valid for at least six months
Camera with extra batteries/charger (optional)
Cash for personal purchases, ($75-$250)
Small book to read, share, and leave behind (max 2)