

Checklist provides to you by



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"A
Journey
into the
Himalayas
A Journey
into
YOURSELF



Absolutely Necessary

- **Trekking Boots:** Make sure you break them in, if you are buying one right now.
- **Sunglasses (Polarised):** Heard of Snow Blindness? Even wear on overcast days and invest in good straps. Also ensure it is rated Spectron 3 or 3+.
- **Sunscreen:** SPF 30-50 will be good enough. Apply twice a day.
- **Sense of Humour:** your trip will be that much better for it.

Must Have

- **Rucksack:** If you are hiring porters, a 30 litre bag will do. Else get at least a 60 litre one.
- **Trekking Trousers:** 2 pairs. Lightweight and Loose.
- **Trekking Shirts:** 2 pairs, Collared one is better. Avoid cotton like the plague.
- **Fleece:** Great in oh-so many ways.
- Inner Peace: Nepal has too many uncertainties. Keep calm and breathe.
- **Hardshell jacket:** Make sure it is breathable and waterproof.
- **Down Jacket:** you know it is the Himalayas after all.
- **Bufs (Merino wool):** 1 pair. Prevent Khumbu cough by using this as a mask to breathe in humidified air.
- **Socks (merino wool):** 3 pairs of medium and 1 pair of Heavy weight socks.
- **Inner Thermals:** Having 2 pairs of thermals for both upper and lower body is kind of awesome.
- **Woolen cap:** Or get a headache.
- **Water Bottle/camelBak:** Get 2 that can take in hot water. Insulated covers are kind of great.
- **Flashlight:** Look for LED head torches.

Good to Have

- **Neck gaiter:** Much warmer than a buff.
- **Trekking Poles:** Your back and legs will love you for these, especially in downhill stretches.
- **Fleece Pants:** So you can remain warm and feel clean during the evening.
- **Nepali Language:** Learn to say more than Namaste. You will be adored.
- **Gaiters:** Avoid frostbite when the weather takes a turn for the worse.
- **Gloves:** Make sure it is at least windproof.
- **Sun Hat:** The amount of UV up there is just ridiculous.

Might as Well

- **Kit bag and Lock:** If you plan to hire a porter.
- **Swiss Army Knife:** Remember to pack it in your luggage during Flight.
- **Sleeping Bag Liner:** Silk liners are preferable than fleece ones.
- Running Shoes
- **Sandals:** Great for giving your feet a breather during the evenings.

We are

We are Swotah Travel and Adventure Pvt. Ltd, a dynamic and spirited adventure-orientated travel and trekking company based in Kathmandu, Nepal. Authentic and intimate in our aims, we have profuse knowledge experience and expertise of all aspects of the Himalayas.