

You bring all of your own personal equipment. Before the trip, agree your footwear, sleeping bag and personal kit with the guide, taking the season and the conditions on the route into account. The route calls for no helmet, climbing harness, ice axe or other technical mountaineering equipment. A sleeping bag and a down jacket are listed as available on loan, but their size, condition and temperature rating must be confirmed before the trip. You are welcome to bring your own.

Documents

- Passport
- A visa, or the documents needed to obtain one
- International air tickets
- Medical insurance covering evacuation
- Digital copies of your documents
- Waterproof document wallet

Baggage and personal equipment

- A soft holdall for the baggage carried by the porter
- Summit pack of 30-40 litres
- Waterproof rucksack cover
- Dry bags for clothing and electronics
- A sleeping bag with a comfort rating agreed with your guide
- Folding trekking poles
- Water containers holding at least 2 litres in total
- Light footwear for the lodge
- Your own snacks

Clothing and footwear

- Broken-in waterproof trekking boots
- Light spare footwear for Kathmandu
- Quick-drying base layer, top and bottoms
- Quick-drying T-shirts and a long-sleeved top
- Fleece jacket
- Warm down or synthetic jacket with a hood
- waterproof shell jacket with a hood
- waterproof shell trousers
- Quick-drying trekking trousers
- Thin gloves
- Warm waterproof gloves
- Warm hat
- Buff or warm scarf
- Sun cap or brimmed hat
- Synthetic or wool trekking socks
- A supply of dry underwear and socks
- Gaiters, for snowy or wet weather

Useful extras

- Head torch with at least 12 hours of battery life
- Spare batteries or a rechargeable cell for your torch
- Sunglasses with UV protection

- Sun cream
- Lip balm with sun protection
- Power bank and charging cables
- Adapter for Nepali sockets
- Quick-drying towel
- Toiletries
- Toilet paper in a waterproof bag
- Wet wipes and hand sanitiser
- A personal first-aid kit suited to your own medical needs
- Elastic bandage or a personal support brace
- Blister prevention and treatment

Before you pack, read our piece on choosing a rucksack for Nepal and our advice on trekking poles.