You bring all of your own personal equipment. Your choice of boots, sleeping bag and outer clothing must be agreed with your guide. Crampons, an ice axe, a climbing harness and rope equipment are not part of the basic kit for this trek; if conditions on a particular departure call for anything more, the team will tell you before the trip.

Documents

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

Baggage and personal equipment

- A soft holdall for your luggage – provided by the team
- A 35-45 litre summit pack
- Waterproof rucksack cover
- Dry bags for clothing and electronics
- Sleeping bag with a comfort rating no higher than -10 °C
- Folding trekking poles with baskets
- Water containers holding at least 2 litres in total
- Light footwear for the lodge and village
- Your own snacks for the longer days

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

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

How to distribute the weight and choose the right size is explained in our piece on rucksacks for trekking in Nepal. On a route with long descents it is also worth choosing your trekking poles in advance.