



Marvel Treks & Expedition Pvt. Ltd.

G.P.O. Box: 8717 | Lekhnath Marg, Thamel, Kathmandu, Nepal

+9779851036079 / +9779851188551

Email : info@Marveltreks.com | Website : www.Marveltreks.com

GEAR LIST FOR TREKKING IN NEPAL

1. Travel Documents

Valid Passport
Credit Cards
PP Size Photos (4 pieces)
Insurance Papers &
Emergency Contact Address
Family Members / Company
Contact Address

2. Footwear

Normal Socks (2–3 pairs)
Trekking Shoes (Gore-Tex
recommended)
Slippers (1 pair)

3. Upper Body Clothing

Thermal Top Base Layer (2
pcs)
Fleece Jacket (1 pc)
Gore-Tex Jacket (1 pc)
Down Jacket (1 pc)
Cotton T-Shirts (2 pcs)

4. Lower Body Clothing

Thermal Bottom Base Layer
(2 pcs)
Fleece Trouser (1 pc)
Gore-Tex Pant (1 pc)
Mid-weight Pants (1 pc)
Lightweight Quick-dry
Trekking Pants (2–3 pairs)
Gaiters (for trekking boots)

5. Headgear

Sun Cap
Fleece / Warm Hat (1–2 pcs)
Neck Gaiter (2 pcs)

6. Handwear

Thin Fleece Gloves (2 pairs)
Windstopper / Screen-tap
Gloves
Trekking Poles

7. Sleeping Gear

Sleeping Bag (–20°C to
–30°C) (returnable if rented)
Thermarest Mattress (cell
foam)
Pillow

8. Medical / First Aid

Brufen / Ibuprofen
Antibiotics
Diamox
Paracetamol
Handy Plaster
Crack Bandage
Tincture Iodine
Ondem
Cetirizine
Electrolytes
Minil 10 mg (palpitation,
anxiety)
Codopar (headache & chest
pain)
Salbetol 4 mg
(breathlessness)
Azithromycin 500 mg (for
throat, nose, fever – 5-day
dose)
Flupen 250 mg (wound
infection prevention)
Allegra 120/180 mg (allergies
/ allergic tonsils)

9. Sun Protection

Banana Boat / Nivea Sun
Cream (SPF 20+)
Lip Guard (SPF 20+)
UV-Protection Sunglasses

10. Toiletries

Toilet Paper / Wet Tissues
Toothpaste
Toothbrush
Soap
Towel
Garbage Bag

11. Eating & Drinking

1 L Water Bottle
1–1.5 L Thermos
Mug
Spoon / Fork
Bowl

12. Bags & Backpacks

Rucksack 35–45L

13. Miscellaneous

Nail Cutter
Umbrella / Raincoat
Hot Water Bag
Pee Bottle
Trail Maps
Headlamp