



ALPINE JOURNEYS
TREKS & EXPEDITION P.LTD.

www.alpinejourneys.com

TREKKING GEAR LIST FOR NEPAL



Acknowledgement

This gear list has been carefully compiled by the team at Alpine Journeys Treks and Expedition. With years of experience guiding adventurers through the stunning landscapes of Nepal, from gentle treks to challenging high-altitude expeditions, we understand the importance of being properly equipped. Our goal is to provide clear, practical guidance to help you prepare for a safe, comfortable, and unforgettable journey.

We hope this booklet serves as a valuable resource as you plan your adventure with us in the Himalayas.

BAGS & PACKS



Daypack (approx. 30-40L)

This is the pack aka. Rucksacks, you will carry yourself each day while trekking. It should be large enough to hold essentials like water bottles, snacks, your camera, sunscreen, gloves, and extra layers like a fleece and waterproof jacket. Look for a comfortable pack with good back support, adjustable straps, multiple compartments for organization, and ideally an integrated rain cover.



Duffel Bag (approx. 80-100L)

This bag carries the bulk of your gear, including clothing, sleeping bag, and items not needed during the day's walk. It is typically carried by a porter, so choose a durable, water-resistant duffel bag with strong zippers and comfortable carrying straps for easy handling.

A complimentary duffel bag will be provided by the company for your trekking adventure.

Packing Cubes/ Stuff Sacks

These organizational waterproofs pouch are important for keeping your gear tidy within the duffel bag, making items much easier to find when you arrive at the teahouse each evening. This also protects your stuff safe from snow and water damages.



UPPER BODY LAYERS



T-shirts

These form your base layer for walking during warmer parts of the day or at lower altitudes. Choose for moisture-wicking synthetic materials (like polyester or merino wool) rather than cotton, as they stay drier and more comfortable.



Long-Sleeved Shirts

These offer sun protection for your arms and add a bit of warmth without being too heavy. Choose lightweight, breathable synthetic fabrics for comfort during long trekking days.



Thermal Base Layer Top

An essential insulating layer for warmth during cold mornings, evenings, and at higher altitudes where temperatures drop significantly.



Fleece Jacket

This is a versatile insulating layer worn over your base layer for adaptable warmth. Choose a polyester fleece that is breathable, provides good insulation, and dries relatively quickly if it gets damp.



Gore-Tex Jacket

Your crucial outer shell, this jacket protects you against rain, snow, and wind. Look for a jacket made from materials like Gore-Tex or similar waterproof/breathable fabrics.



Down Jacket

This jacket provides vital warmth during cold evenings and mornings at the teahouses, and at higher altitudes, especially during rest stops on the trail. (650-800 fill power).



LOWER BODY LAYERS



Underwear

Comfort and hygiene are important during multi-day treks. Choose breathable, quick-drying materials over cotton for better moisture management.



Trekking Trousers

These will be your primary legwear for most trekking days, offering protection from the sun, scratches, and insects. Choose comfortable, durable, quick-drying trousers made from synthetic materials.



Thermal Base Layer Bottoms

Worn under your trekking trousers, these provide essential extra warmth in cold conditions, especially for sleeping or during frigid mornings and evenings at higher altitudes. Merino wool or synthetic options provide good insulation without bulk.



Fleece Trousers

These offer comfort and warmth for relaxing around the teahouse in the evenings or for adding an extra layer for sleeping in colder conditions. Choose soft, warm fleece material.



Gore-Tex Pant

An essential outer layer to keep your legs dry and protected from biting wind during rain, snow, or stormy conditions. Look for breathable, waterproof materials with side zippers if possible, allowing you to put them on easily over your boots.

FOOTWEAR



Trekking Boot

Arguably the most critical piece of gear, your boots provide ankle support, traction, and protection on varied and often rough terrain. Choose sturdy, waterproof boots with a good grip and ensure they are well broken-in before your trek to prevent painful blisters.



Slipper

These allow your feet to rest, breathe, and recover in the evenings after a long day in hiking boots.

Hiking Socks

Proper socks are vital for preventing blisters and keeping your feet comfortable and dry. Choose moisture-wicking wool or synthetic blends in various thicknesses (consider liner socks, mid-weight hiking socks, and perhaps a heavier pair for colder nights).



HEADWEAR & HANDWEAR



Sun Cap

Essential for protecting your face, and head from the intense high-altitude sun. Choose a hat with a wide brim for maximum coverage.

A complimentary Sun Cap will be provided by the company for your trekking adventure.



Warm Hat/ Beanie

Crucial for keeping your head warm during cold mornings, evenings, and whenever temperatures drop at higher altitudes. Ensure it provides good coverage, especially over the ears.



Buff/Neck Gaiter

It can be used as a neck warmer, headband, face mask (for dust or cold air), or sun protection for the neck. Choose lightweight, breathable fabric like merino wool or synthetic.



Sunglasses

It helps to protect your eyes from intense UV radiation, which is much stronger at altitude and can be reflected by snow or haze. Choose high-quality wraparound sunglasses with Category 3 or 4 lenses for adequate protection.



Lightweight Gloves

Provide necessary warmth for your hands during cooler conditions, such as early morning starts or evenings, without being overly bulky. Useful for maintaining hands flexible while keeping them warm.



Waterproof Gloves or Mittens

Essential for colder temperatures encountered at higher altitudes or during inclement weather, protecting hands from cold and moisture. We recommend touch sensitivity for mobile use at a higher altitude.

SLEEPING GEAR



Sleeping Bag

It guarantees a warm and comfortable sleep, as teahouse blanket might be basic or insufficient, especially at higher altitudes. Choose a good quality down or synthetic sleeping bag with a temperature rating appropriate for the season and altitude of your trek.



Sleeping Bag Liner

It adds a few degrees of extra warmth to your sleeping bag and, importantly, helps keep the inside of your sleeping bag clean over a long trek. Silk or synthetic liners are lightweight and packable options.

TREKKING ACCESSORIES



Trekking Pole

It helps to reduce strain on your knees, particularly during descents, aid balance on uneven terrain, and provide stability when crossing streams or slippery sections.



Headlamp/ Head Torch

It is essential for navigating in the dark, whether inside teahouses with limited electricity, visiting outhouses at night, or during pre-dawn starts on some treks. **Always carry spare batteries.**



Water Bottles

We recommend carrying at least two liters of water capacity bottles or hydration bladders to maintain proper hydration essential for high-altitude acclimatization.



Water Purifier

A water purifier whether purification tablets, filter bottles, or UV sterilizers—ensures you can safely drink from natural water sources along the trail, keeping you fit and hydrated.



Trekking Towel

A microfiber towel is essential for drying yourself or unexpected rain. Choose a lightweight, highly absorbent, quick-drying microfiber towel designed for travel.

HEALTH & HYGIENE



Sunscreen (SPF 50+)

It protects your skin from the very strong UV radiation experienced at high altitudes, even on cloudy days. Apply it generously and regularly to all exposed skin.



Lip Balm

It prevents painfully chapped and sunburnt lips, a common issue caused by sun, wind, and dry air. Choose a lip balm that includes SPF protection and apply it frequently



Hand Sanitizer

A hand sanitizer keeps your hands clean before meals and after restroom breaks when soap and water aren't available on the trail.



Personal First-Aid Kit

A compact first aid kit with essentials like band-aids, antiseptic wipes, pain relievers, and blister treatment keeps you prepared for common trail injuries without the bulk.



Toiletries (travel size)

Includes personal items like a toothbrush, toothpaste, biodegradable soap/shampoo, and deodorant. Keep items minimal and use travel-sized containers to save weight and space.

ELECTRONICS & MISCELLANEOUS

While trekking offers a chance to disconnect, certain electronics and small extras can enhance your experience and provide essential backup support on the trail.

Electronics: Camera with spare batteries, power bank (10,000–20,000 mAh), phone charger, and universal travel adapter.

Miscellaneous Items: Book or e-reader, playing cards, small padlock for security, and various plastic bags or dry bags to protect gear from moisture and organize your pack efficiently.





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