



Comprehensive Nepal Trekking Packing List

Trekking in Nepal is an unforgettable adventure, offering breathtaking landscapes, rich cultural experiences, and challenging trails. To ensure a safe and enjoyable journey, having the right gear is essential. This packing list covers all the necessities, from clothing and footwear to personal hygiene and electronics.

Essential Trekking Gear

- **Backpack (45-60L)** – Comfortable with good back support and a rain cover
- **Daypack (20-30L)** – For carrying daily essentials
- **Packing cubes & toiletry bag** – For organization
- **Trekking poles** – Helpful for stability and reducing joint strain
- **Sleeping bag** – Rated at least -10°C to -20°C
- **Sleeping bag liner** – Adds warmth and maintains hygiene
- **Headlamp & extra batteries** – Essential for night treks and teahouse stay
- **Water bottles (2 x 1L)** – Durable and reusable
- **Hydration bladder (2L)** – Convenient for continuous hydration
- **Water purification tablets/drops** – To treat water in remote areas

Clothing

Layering is key to adapting to Nepal's varying altitudes and weather conditions.

Base Layers

- **Thermal base layers (2 sets)** – Moisture-wicking and warm
- **Quick-dry shirts (2-3)** – Lightweight and breathable
- **Trekking pants (2 pairs)** – Lightweight and quick-drying
- **Leggings or fleece pants** – For warmth at higher altitudes

Insulation Layer

- **Fleece or down jacket** – Provides warmth in cold conditions
- **Softshell or windproof jacket** – Ideal for chilly mornings and evenings

Outer Shell

- **Waterproof jacket & pants** – Essential for rain and snow protection

Other Clothing

- **Underwear (6-10 pairs)** – Quick-dry and breathable
- **Sports bra (for women, 2-3)** – Comfortable for long hikes
- **Trekking socks (4-6 pairs)** – Wool or synthetic for warmth
- **Thick socks (1-2 pairs)** – For nighttime in teahouses
- **Gloves (thin & thick pair)** – Lightweight gloves for trekking; insulated gloves for warmth
- **Hat & neck gaiter/buff** – Protection from cold and sun
- **Sun hat** – Protects against strong sun at lower altitudes



Footwear

- **Hiking boots** – Waterproof, ankle-supporting, and well broken-in
- **Camp shoes (sandals or lightweight shoes)** – For comfort in teahouses
- **Gaiters (optional)** – Protect against snow, mud, or debris

Personal Hygiene & Toiletries

- **Toothbrush & toothpaste**
- **Floss**
- **Biodegradable soap & shampoo**
- **Face wipes & body wipes** – Showers can be expensive and limited
- **Toilet paper & travel tissues**
- **Hand sanitizer**
- **Moisturizer & lip balm (SPF protection)**
- **Sunscreen (SPF 30+ recommended)**
- **Nail clippers & small hairbrush**
- **Sanitary products (for women)**

First Aid & Medications

- **Personal medications** – Bring enough for the entire trek
- **Diamox (for altitude sickness, consult a doctor)**
- **Pain relievers (Ibuprofen, Paracetamol, etc.)**
- **Cough medicine & throat lozenges** – Cold air can be harsh on the throat
- **Antibiotics (for infections, consult a doctor)**
- **Band-aids & blister plasters**
- **Alcohol wipes & antiseptic cream**
- **Tweezers & small scissors**

Electronics & Accessories

- **Smartphone & charger**
- **Power bank** – Charging costs extra in teahouses
- **Travel adapter (Type C, D, or M for Nepal)**
- **E-reader or book** – Great for downtime in teahouses
- **Camera & memory cards** – Capture stunning landscapes
- **GPS watch (optional)** – Useful for tracking altitude and distance

Food & Snacks

- **Granola/protein bars**
- **Trail mix & nuts**
- **Dried fruits & chocolate**



- **Instant coffee/tea/hot chocolate** – Drinks at teahouses can be pricey

Additional Accessories

- **Sunglasses (UV protection)** – Prevent snow blindness
- **Reusable trash bags** – For packing out waste
- **Cash (Nepali rupees)** – ATMs are scarce in trekking regions
- **Local SIM card** – For better connectivity
- **Map & compass/GPS** – Helpful for navigation
- **Notebook & pen** – For journaling your adventure
- **Playing cards/games** – For entertainment in teahouses

Documents

- **Passport & visa** – Ensure at least six months of validity
- **Trekking permits (TIMS & national park entry permits)** – Required for most trekking routes
- **Travel insurance** – Must cover high-altitude trekking

Packing Tips

- Pack light; only bring essentials.
- Avoid cotton clothing as it absorbs moisture and dries slowly.
- Rent gear in Kathmandu if needed (sleeping bags, down jackets, etc.).
- Layer efficiently for changing weather conditions.
- Respect local customs by dressing modestly.

By following this comprehensive packing guide, you'll be well-prepared for a safe and enjoyable trekking experience in Nepal. If you have any questions or need assistance in planning your trek, feel free to contact Clou Travel at info@cloutravel.com or travelclou@gmail.com.