



MALAIIKA TRAVEL | NEPAL TREKKING GEAR LIST

Comprehensive Universal Trekking Gear List for Nepal

Everest Base Camp, Annapurna Circuit & Base Camp, Manaslu Circuit, Langtang Valley, & Upper Mustang

1. COMPLETE CLOTHING LAYERING SYSTEM

High-altitude trekking requires a strict three-layer system: Base Layer (moisture management), Mid Layer (insulation), and Outer Shell (weather protection). Avoid cotton completely; stick to merino wool or high-performance synthetics.

Base Layer (Next-to-Skin)

- **Long-Sleeve Thermal Tops (2–3 pairs):** Merino wool (200g/m² or heavier) or synthetic thermal tops.
- **Thermal Bottoms / Leggings (2 pairs):** 1 pair for cold trekking days, 1 clean dry pair strictly for sleeping in teahouses.
- **Trekking Shirts (3–4 pairs):** Quick-dry short-sleeve or long-sleeve shirts. Long-sleeve shirts are highly recommended to prevent severe high-altitude sun exposure and insect bites.
- **Underwear (5–6 pairs):** Moisture-wicking athletic underwear (merino wool or nylon-spandex blend). Avoid cotton to prevent chafing and moisture retention.

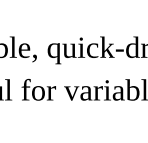
Mid & Insulation Layers

- **Fleece Jacket / Grid-Fleece (1–2 pcs):** Light-to-midweight breathable fleece jacket or technical mid-layer for active trekking in cool weather.
- **Heavy Down Jacket with Hood (1 pc):** High-loft down parka (800+ fill power recommended). Comfort rated to -15 °C to -20 °C (5 °F to -4 °F). Essential for cold evenings in unheated teahouses and high pass crossings.
- **Lightweight Down/Synthetic Jacket (1 pc, optional):** Mid-layer puffer jacket for milder days or layering under a hardshell.

Outer Weather Protection (Hardshell)

- **Waterproof & Windproof Jacket (1 pc):** Seam-sealed, breathable rain jacket (Gore-Tex or equivalent). Excellent wind resistance is critical for high passes and arid valleys like Mustang.
- **Waterproof & Windproof Pants (1 pc):** Packable, lightweight hardshell trousers with side zippers for easy layering over trekking pants.

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- **Trekking Pants (2–3 pairs):** Durable, quick-dry, stretch-woven hiking trousers. Convertible zip-off pants are helpful for variable temperatures in lower valleys.

2. FOOTWEAR, HEADWEAR, & HANDWEAR

Footwear & Foot Care

- **Trekking Boots:** Mid-to-high ankle supportive boots, waterproof (Gore-Tex or similar), with deep traction lugs. Must be thoroughly broken in prior to the trip.
- **Camp Shoes / Teahouse Footwear:** Comfortable sandals, Crocs, or lightweight trail runners to wear in teahouses after hiking, allowing boots to dry out.
- **Trekking Socks (4–5 pairs):** Heavyweight merino wool padded socks.
- **Sock Liners (2 pairs):** Thin synthetic liner socks to reduce friction and prevent blisters (optional).
- **Gaiters (1 pair):** Breathable gaiters to keep mud, dust, sand (Mustang), and snow (high passes) out of your boots.
- **Microspikes / Ice Cleats (1 pair):** Lightweight slip-on traction cleats. Mandatory for crossing Thorong La (Annapurna), Larkya La (Manaslu), Cho La (Everest), or early-season snow patches.

Headwear & Sun Protection

- **Warm Fleece/Wool Beanie (1–2 pcs):** Thermal hat covering ears fully for cold mornings and nights.
- **Wide-Brim Sun Hat / Cap (1 pc):** Crucial for UV protection at high altitudes.
- **Buff / Neck Gaiter (2–3 pcs):** Essential for protecting your throat and lungs from dry, dust-laden mountain air and cold winds.
- **Balaclava / Thermal Face Mask (1 pc):** For extreme cold wind protection on high pass days.

Handwear

- **Lightweight Liner Gloves (1 pair):** Quick-dry, touchscreen-compatible gloves for mild days and handling gear.
- **Heavyweight Insulated Gloves / Mittens (1 pair):** Windproof, waterproof mountaineering gloves or mittens rated for freezing weather.

3. SLEEP GEAR, BACKPACKS, & TRAIL HARDWARE

Sleeping Gear

- **4-Season Down Sleeping Bag:** Comfort rated to -15 °C to -20 °C (5 °F to -4 °F). Teahouses provide blankets, but they are insufficient for sub-zero temperatures.

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- **Sleeping Bag Liner (1 pc):** Silk or microfleece liner. Adds 3 °C to 5 °C of warmth and keeps your sleeping bag clean.
- **Earplugs & Eye Mask:** Teahouse walls are paper-thin; earplugs ensure undisturbed sleep.

Bags & Packs

- **Duffel Bag (80L–120L):** Heavy-duty, water-resistant duffel bag for your main luggage carried by porters. (Often provided by local trekking agencies).
- **Daypack (30L–45L):** Ergonomic daypack with a rain cover. You carry this yourself containing daily water, snacks, extra clothing layers, camera, first aid, and valuables.
- **Dry Bags / Stuff Sacks (3–4 pcs):** Waterproof bags to organize clothes and electronics inside your duffel and daypack.

Trail Hardware

- **Trekking Poles (1 pair):** Adjustable aluminum or carbon fiber poles with rubber tips and snow baskets. Significantly reduces stress on knees during steep descents.
- **Headlamp (1 pc):** 200+ lumens, adjustable beam, with spare batteries or USB charging cord. Essential for early morning summit pushes and nighttime teahouse trips.
- **Sunglasses (Category 3 or 4):** Polarized UV-400 sunglasses with lateral side shields to prevent snow blindness and dust glare.

4. ELECTRONICS, POWER, & OPTICS

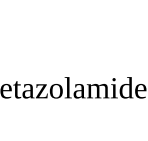
- **High-Capacity Power Bank (20,000 mAh):** Teahouse charging costs money and electricity is scarce at high altitudes. Cold drains lithium batteries fast—keep power banks wrapped inside your sleeping bag at night.
- **Universal Adapter:** Type C, D, and M plug adapters for Nepal outlets.
- **Camera / Action Cam:** Spare memory cards and extra batteries (keep batteries warm in inner pockets).
- **Charging Cables:** Durable braided cables for phone, camera, and headlamp.
- **Solar Charger (Optional):** Portable lightweight solar panel for remote treks (Manaslu/ Mustang), though power banks are generally more reliable.

5. HEALTH, FIRST AID, & HYGIENE

Water Treatment System

- **Purification Tablets:** Aquatabs, Katadyn Chlorine Dioxide, or Iodine tablets.
- **Water Filter / Purifier:** Squeeze filter (Sawyer Squeeze, Grayl) or UV Purifier (SteriPEN).
- **Water Bottles (2x 1-Liter):** Wide-mouth Nalgene bottles. Metal or plastic bottles can be filled with boiling water at night to serve as bed warmers inside sleeping bags. Insulated sleeves recommended.

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First Aid Kit

- **Altitude Sickness Medication:** Acetazolamide (Diamox) – consult a doctor for prescription before travel.
- **Gastrointestinal Medications:** Broad-spectrum antibiotics (Azithromycin/Ciprofloxacin), Imodium (Loperamide), Buscopan, activated charcoal, and oral rehydration salts (ORS).
- **Painkillers:** Ibuprofen, Paracetamol, or Aspirin.
- **Blister Prevention & Care:** Compeed blister patches, zinc-oxide tape, moleskin, sterile gauze pads, and antiseptic wipes.
- **General Supplies:** Antihistamines, motion sickness pills, adhesive bandages (band-aids), tweezers, small scissors, and elastic support bandages.

Hygiene & Personal Care

- **Sunscreen:** SPF 50+ broad-spectrum sunscreen (high altitude UV intensity is severe).
- **Lip Balm:** SPF 30+ moisturizing lip balm (apply frequently to prevent painful cracking).
- **Wet Wipes:** 2–3 packs of biodegradable wet wipes (unheated teahouse showers are often unavailable at high altitudes).
- **Hand Sanitizer:** 2–3 small pocket bottles of alcohol-based hand sanitizer.
- **Microfiber Towel:** Quick-dry travel towel.
- **Toiletries:** Travel-sized biodegradable body soap, shampoo, toothbrush, toothpaste, nail clippers, and moisturizing skin cream (for harsh, dry mountain air).
- **Toilet Paper:** 2–3 rolls (remove inner cardboard core to save space). Keep stored in a sealed ziplock bag.

6. DOCUMENTS, CASH, & LOGISTICS

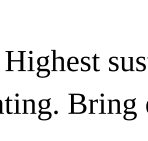
- **Valid Passport:** Valid for at least 6 months beyond intended stay, plus 3–4 color photocopies.
- **Passport Photos:** 4–6 printed passport-sized photographs for visas and local permits.
- **Travel Insurance Policy:** Paper copies of travel insurance explicitly covering high-altitude trekking up to 6,000 meters and emergency helicopter evacuation.
- **Permits:** TIMS (Trekking Information Management System) card, National Park / Conservation Area entry permits, and Restricted Area Permits (where applicable).
- **Local Cash (Nepali Rupees - NPR):** Sufficient cash withdrawn in Kathmandu or Pokhara. ATMs do not exist on most Nepal trails. Required for paying for Wi-Fi, hot showers, device charging, snacks, bottled water, and porter/guide tips.

REGIONAL CUSTOMIZATION MATRIX

Everest Base Camp (EBC) & Gokyo

- **Max Elevation:** 5,364 m – 5,550 m

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- **Gear Additions & Modifications:** Highest sustained cold and altitude. Upgrade down jacket and sleeping bag to -20 °C rating. Bring extra face buffs to combat the dry "Khumbu cough" dust.

Annapurna Circuit

- **Max Elevation:** 5,416 m (Thorong La)
- **Gear Additions & Modifications:** Microspikes/crampons are mandatory for Thorong La pass. Pack lightweight warm-weather clothing for low starting elevations (800 m).

Annapurna Base Camp (ABC)

- **Max Elevation:** 4,130 m
- **Gear Additions & Modifications:** Moderately lower altitude. A lighter down jacket (-10 °C) suffices. Bring heavy rain protection (poncho, rain pants) for humid forest trails.

Manaslu Circuit

- **Max Elevation:** 5,160 m (Larkya La)
- **Gear Additions & Modifications:** Remote teahouses with limited electricity. Microspikes are mandatory for Larkya La pass. Carry extra power bank capacity and satellite communicator (Garmin inReach recommended).

Upper Mustang

- **Max Elevation:** 3,800 m – 4,200 m
- **Gear Additions & Modifications:** High-altitude desert climate. Severe winds and fine dust daily from late morning. Heavy-duty windproof shell layers, dust masks, wrap-around glasses, and heavy skin moisturizer are required.

Langtang Valley

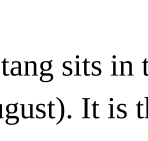
- **Max Elevation:** 3,870 m – 4,773 m
- **Gear Additions & Modifications:** Standard altitude trek. Moderate gear setup (-10 °C sleeping bag, standard trekking layers) is sufficient.

REGIONAL SPECIFICS FOR UPPER MUSTANG

Upper Mustang lies in the rain shadow of the Himalayas and has a unique microclimate compared to all other Nepalese trekking regions:

- **Extreme Afternoon Winds:** The Kali Gandaki gorge creates intense, continuous wind from 11:00 AM onward. A top-tier windproof shell jacket (Gore-Tex / Windstopper) and wrap-around sunglasses are non-negotiable.
- **Arid Climate & Fine Sand Dust:** Fine desert dust blows constantly along trail corridors. Carry 2–3 neck gaiters/buffs to cover nose and mouth, plus lip balm, skin moisturizer, and saline eye drops.

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- **Monsoon Season Suitability:** Mustang sits in the rain shadow, meaning it stays dry during Nepal's monsoon season (July – August). It is the premier summer trekking destination in Nepal.
- **Restricted Area Permits (RAP):** Requires a special permit costing approximately \$500 USD for the first 10 days, alongside a mandatory licensed guide.

SEASONAL ADJUSTMENTS

- **Spring (March – May):** Warm daytime temperatures at lower altitudes with rhododendrons blooming. Clear mornings with cool evenings. Standard layering as outlined above.
- **Summer / Monsoon (July – August):** Recommended only for Mustang and Dolpo (rain shadow regions). High-altitude rain, leeches, and landslides affect all other Nepal regions.
- **Autumn (September – November):** Peak trekking season. Crystal clear blue skies, stable weather, dry trails, cold nights. Follow standard list recommendations.
- **Winter (December – February):** Deep freezing conditions. Temperatures drop by an additional 10 °C to 15 °C. Require -20 °C down sleeping bags, extra power banks, microspikes, heavy thermals, and gaiters.

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