

Packing List

Important Note: You will be carrying all your belongings on your back, so please pack light.

Gear

- Hiking Backpack
- Sleeping bags
- Life straw water bottle
- Flashlight (headlamp is best)
- Power bank, hiking boots
- High energy food and snacks
- Rain jacket/rain cover for backpack

Clothes

**WE WILL BE AT A VARIETY OF
ALTITUDES AND MAY
EXPERIENCE TEMPERATURES
RANGING FROM -5C TO +25C**

- Warm clothes
- Socks
- Mittens
- Toque
- Warm Jacket
- Rain Jacket/Rain cover for backpack
- Shower Flip Flops or water shoes
- Sunglasses/Hat

Other

- Extra garbage bags and ziplocks
- Biodegradable and environmentally friendly toiletries/bathing supplies
- Band-aids
- Over the Counter and prescription medications
- Ear plugs
- Sunscreen
- Hand Sanitizer
- Hand towelettes
- Pens
- Notebook
- Small Bible
- Passport, Nepal travel visa, travel insurance information