



WILDERNESS OUTDOORS  
PVT. LTD

## GEAR LIST FOR TREKKING IN NEPAL

### Travel Documents

- ⊖ Valid Passport
- ⊖ Credit Card
- ⊖ PP Size Photo (4 Pieces)
- ⊖ Insurance Paper And Contact Address.
- ⊖ Family Members / Company's Contact Address

### Upper Body

- ⊖ Thermal Top Base Layer (2pcs)
- ⊖ Fleece Jacket (1pcs)
- ⊖ Gore Tex Jacket (1 Pcs)
- ⊖ Down Jacket (1pcs)
- ⊖ Cotton T-shirt (2 Pcs)

### Lower Body

- ⊖ Thermal Bottom Base Layer (2Pcs)
- ⊖ Fleece Trouser (1pcs)
- ⊖ Gore Tex Pant (1 pvs)
- ⊖ Mid Weight Pants (1 Pcs)
- ⊖ Light Weight Quick Dry Trekking Pants (2-3 Pairs)
- ⊖ Gaiters for trekking boots

### Medical/First Aid

- ⊖ Brufen / Ibuprofens
- ⊖ Antibiotic
- ⊖ Diamox
- ⊖ Paracetamol
- ⊖ Handy Plaster
- ⊖ Crack Bandage
- ⊖ Tincture Iodine
- ⊖ Ondem
- ⊖ Cetirizine
- ⊖ Electrolyte
- ⊖ Minil 10mg (Palpitation, anxiety)
- ⊖ Codopar (Headache & Chest Pain)
- ⊖ Salbetol 4mg (Breathless)
- ⊖ Azithromycin 500mg (chronic tonsillitis, fever, nose, throat infection - must take 5 days)
- ⊖ Flupen 250mg (prevent wound infection)
- ⊖ Allegra 120/180mg (Allergic tonsil)

### Miscellaneous

- ⊖ Nail Cutter
- ⊖ Umbrella / Rain Coat
- ⊖ Hot Water Bag
- ⊖ Pee Bottle
- ⊖ Trails Maps
- ⊖ Head Lamp

### Sleeping Stuffs

- ⊖ Sleeping Bag- 20°C to -30°C (Returnable)
- ⊖ Thermarest Mattress (Cell Foam)
- ⊖ Pillow

### Eating & Drinking

- ⊖ 1 Ltr. Water Bottle
- ⊖ 1/1.5 Ltr. Thermos
- ⊖ Mug
- ⊖ Spoon/ Fork
- ⊖ Bowl

### Hands

- ⊖ Thin Fleece Gloves (2 Pairs)
- ⊖ Wind Stopper / Screen Tap Gloves
- ⊖ Trekking Poles

### Bag Packs

- ⊖ Bucksacks 35l - 45l

### Head

- ⊖ Sun Cap
- ⊖ Fleece Hat/Warm Hat (1-2 Pcs)
- ⊖ Neck Gaiter (2Pcs)

### Toiletries

- ⊖ Toilet Paper / Wet Tissue
- ⊖ Toothpaste
- ⊖ Toothbrush
- ⊖ Soap
- ⊖ Towel
- ⊖ Garbage Bag

### Sun Stuffs

- ⊖ Banana Boat/Nivea Sun Cream (-20 Spf)
- ⊖ Lip Guard -20 (Spf)
- ⊖ Sun Glasses (Uv Protection)

### Foot Wear

- ⊖ Normal Socks (2-3 Pairs)
- ⊖ Trekking Shoes (Gore Tex)
- ⊖ Slipper (1 Pair)

Wilderness Outdoors Pvt. Ltd.

Kapan, Budhanilkantha-11, Nepal, 44600

