

ECOTRIP GEAR CHECKLIST

The items listed below will help ensure a comfortable trip experience. We encourage all trip participants to bring as many of these items as they can.

Official Papers Needed for Your Trip (* Required)

- * Valid passport & 3 extra passport photos
- * 2 copies of first page of passport
- * Airline tickets / Insurance details
- * Visa fee \$40USD – payable at Kathmandu Airport Immigration Visa Desk
- Vaccination booklet

Gear (* Required)

- * Backpack (80-100Lt) with rain cover
- * Daypack (30 Lt) with rain cover (for carrying camera, binoculars, water bottle & extra clothing)
- * Sleeping bag rated to 15°F (-10°Celsius) or below
- Luggage tags and a luggage lock
- Passport pouch or money pouch

Outerwear (* Required)

- * Rain jacket, lightweight, waterproof and breathable
- * Rain pants, lightweight, waterproof and breathable
- * Insulated down jacket or vest
- * Lined fleece jacket or vest

Clothing (Required *)

- * Thermal long sleeve top x2 (recommend one with a hood)
- * Thermal underwear top and bottom
- Thermal leggings x2
- Fleece or down pants (recommended for November/December trips)
- Hiking pants x1 (with zip-off legs are good)
- Long-sleeve sweatshirt, jumper or hoody
- T-shirts (2)
- Underwear

- ___ Hiking socks (2 pairs)
- ___ Day socks (2 pairs) Clothing Accessories
- ___ Sun hat with brim (baseball cap is fine)
- ___ Bandana
- ___ Wool or fleece gloves

Footwear

- ___ Sturdy low or high-top hiking boots or trainers, (waterproof, broken-in, good tread)
- ___ Camp shoes: Crocs, Flip-flops or sandals (to wear also when sightseeing and showering)

Travel Accessories - *all of these items can be purchased in Kathmandu if needed*

- ___ Water bottle 1.5Lt or hydration system (CamelBak)
- ___ Trekking pole(s) optional
- ___ Headlamp with spare batteries and bulb
- ___ Camera with spare batteries
- ___ Binoculars
- ___ Favorite energy snacks
- ___ Sunglasses
- ___ Sunblock and lip balm with high SPF
- ___ Toiletry kit: include eye drops, ear plugs, multivitamin
- ___ Small quick-dry towel
- ___ Baby Wipes
- ___ Reading material: Book, guide book
- ___ Personal first-aid kit: include Paracetamol (also known as acetaminophen)
- ___ Anti-diarrhea/vomiting tablets etc.
- ___ Hand sanitizer gel
- ___ Soap
- ___ Plastic bags for wet or dirty clothes
- ___ Plug adaptor for cellphone and camera charging