



## Ghorepani PoonHill Packing List

	DESCRIPTION	BRAND / MODEL	QTY	CheckList
<b>HIKING</b>	Trekking poles	BYO or purchase cheaply in Ktm	2	
	Micro Spike (Winter only)	Micro Spike - Hire from Ktm	2	
	Backpack	Zpack, Osprey, HMG, 30-40 litre w Porter 60-80 w/o	1	
	Water reservoir	BYO or use 1.25 litre water bottle	1	
	Water filter	Katadyn BeFree	1	
	Pack liner	Ultrasil or a garbage bag (unless waterproof)	1	
	Stuff sacks	Ultrasil BYO or buy in Ktm	1	
	Pack cover	Ultrasil BYO or buy in Ktm (unless waterproof)	1	
<b>SLEEPING</b>	Sleeping bag -USD 1/day to rent	<b>BYO or Rent</b> in Ktm -10 to -20 degrees	1	
	Sleeping bag liner	Silk BYO and purchase cheaply on Ebay	1	
			1	
			1	
<b>GARMENT</b>	Underwear	Breathable synthetic BYO	3	
	Socks	Wool BYO	3	
	Bra	Sports BYO	3	
	Base layers - Pants	Merino wool BYO	1	
	Trekking shirt	Synthetic lightweight BYO or purchase in Ktm	2	
	Rain pants	Sythetic lightweight Frogg Toggs are excellent	1	
	Trekking pants	Synthetic lightweight BYO or purchase in Ktm	2	
	Hiking shoes / boots	BYO Salomon Quest 4D or Xultra 3 or 4	1	
	Camp shoes	Down booties BYO or purchase in Ktm	1	
	Gloves	One pair thin merino wool. 2nd pair thick insulated	2	
	Hat	Sun hat or peak cap with neck protection. BYO	1	
Down Jacket	BYO	1		
Wind Breaker	BYO	1		
<b>MISCELLANEOUS</b>	Sunglasses	Non- polarised Glacier Glasses Julbo recommend	1	
	Book or E-reader	BYO Kindle or book	1	
	Solar Charger	BYO great for keeping batteries charged	1	

	DESCRIPTION	BRAND / MODEL	CheckList
<b>HYGIENE / SAFETY</b>	Microfiber towel	Lighthouse BYO	
	Tooth brush	BYO	
	Tooth paste	BYO	
	First aid kit	BYO	
	Medicine kit	BYO Prescribed medications	
	Sunscreen	BYO	
	Sewing kit	BYO	
	Insect repellent	BYO	
	Blister kit	BYO	
	Soap/Sampoo	Castille soap recommended	
Comb or brush	BYO		
Period supplies	BYO		
Small swiss army Knife (Optional)	Victorinox Swiss Army classic SD recommended		
Toilet paper	Rolls in a waterproof zip lock bag		
Sanitising gel	A small squeeze bottle		
<b>ELECTRONICS</b>	Camera (Optional)	BYO	
	Phone	BYO (purchase Nepal sim card)	
	GPS (Optional)	BYO or use your phone	
	External hard drive (Optional)	BYO to back up photos not mandatory	
	Head torch	BYO Nitecore NU25 recommended	
Power Bank for charging phone	BYO		

P.S Winter in Nepal: December to February