

ITEMS	DESCRIPTION	QTY	Checklist
HIKING GEARS	Trekking Poles	Trail stabilizers, save those knees downhill!	1 Pair
	Backpack	With Porter 25-35L, going Solo 40-60L.	1
	Reusable Water Bottles	Hydrate and hug at night when it's filled with hot water!	1
	MicroSpikes	Grip it, handle icy path like a boss.	1 Pair
	Trekking Boots	Boots for support, Trail runners for pros.	1 Pair
	Headlamp	Keeps hands free, early hikes and midnight nature calls!	1
	Dry Bag/Zip Lock Bag	Stay organized and stash the stinky.	1
	Rain Cover for Backpack	Shields your bag from rain and rough rides!	1
	Sunglasses	Lose one, break one, still look cool.	2 Pairs
	Sun Hat / Cap	Shield your face, no one likes a sunburned selfie.	1
	Organizers	Tame your packing chaos like a pro-level trekker.	1

GARMENTS	Base Layer Set (Thermal)	A thermal hug for windy ridges.	2
	Fleece/Microfiber Jacket	Like a wearable hug, light, warm, essential.	1
	Quick Dry Tees (Merino)	Sweat less, smell less, hike more.	3
	Quick Dry Pants	Dries fast—cross rivers, dodge rain.	1
	Trekking Pant (Shaft Shell)	Built for Nepal's trails, tough and comfy.	1
	Trekking Pant (Hard Shell)	Bring the big guns for snow and storm duty.	1
	Windbreaker Jacket	Windproof your journey without packing bulk.	1
	Waterproof Jacket	Because soggy trekkers aren't happy trekkers.	1
	Waterproof Pant	Wet pants? No thanks, bring these just in case.	1
	Down Jacket	Your puffy cloud for chilly dawns and nights.	1
	Cosy Outfit for teahouses	Trade hiking boots for this once you're in the teahouse.	1 Set
	Socks (Liner/Trekking)	Happy feet = happy trek. Bring extras!(3/3)	6 Pairs
	Gloves Liner	Wear under gloves or for chilly tea stops.	1 Pair
	Gloves Windproof	Block those winds sweeping down from the peaks.	1 Pair
	Woolen Hat	Block out wind and keep your brain warm.	1
	Beanie	Extra warmth while sipping tea in the yard.	1
	Neck Gaiter	Neck protector, face warmer, and style icon in one.	1
	Under Garments	Laundry day is rare, pack backups!	3
	Bra	Supportive and breathable for long trail days.	3

SLEEPING	Sleeping Bag	Sleep snug—from stars to teahouse beds.	1
	Sleeping Bag Liner	Add warmth and avoid funky smells.	1
	Earpplugs	Snores in the next room? Problem solved.	2 set
	Travel Pillow	Nap like royalty, even in the Himalayas.	1
	Eye Mask	Sun's up? Not till you are.	1

ITEMS	DESCRIPTION	QTY	Checklist
TOILETRIES / HYGIENE	Microfiber Towel	Dries fast, packs light, towel off in style.	1 Pair
	Tooth brush & Tooth paste	Morning breath? Not on these trails.	1 Set
	Wet Wipes	No shower? No problem, wipes to the rescue.	2 Pack
	First Aid Kit	Leeches, scrapes, bruises, be ready.	1
	Sunscreen	High-altitude sun bites, lather up.	1
	Blister Kit	Blisters sneak up, treat them quick.	1
	Soap/Shampoo	Bucket shower? You'll still feel fresh.	1 Set
	Lip Balm	Wind or sun, protect those lips.	1
	Comb or Brush	Brush off the dust, hair's still happy.	1
	Period Supplies	Periods don't pause for mountains, pack well.	As Needed
	Nail Clippers / Tweezers	Snagged gear or sharp toenail? Clip it clean.	1
	Toilet Paper	Don't get caught short, carry your own roll.	Varies
	Sanitising Gel	Sanitize before snack time, in every stop.	1
ELECTRONICS	Deodorant	Feel fresh, even 3 days from a shower.	1
	Mirror (Optional)	For grooming or checking windburn.	1
	Water Purification Tablets / Filters	Turn glacier melt into safe drinking water.	1

ELECTRONICS	Camera	Snap yaks, peaks, and village smiles.	1
	Phone	Call home, check maps, jam tunes, one device.	1
	GPS Watch / Device	Track your climbs, brag later.	1
	External Hard Drive	No backup, no proof, save it all.	1
	Cables	Juice up your phone, cam, or headlamp.	1
	Power Bank	Dead battery? This keeps you going.	1
	E-Book	Books in your pocket, read and relax.	1
	Travel Adapter(Type D, C & M)	Stay charged from Kathmandu to Jomsom.	1
	Earphones	Tunes or podcasts, your trail soundtrack.	1

MISCELLANEOUS	Lightweight Shoes/Sandels	Post-hike bliss, slip into comfort.	1
	Gaiters	Keep snow and grit out of your boots.	1 Pair
	Playing Cards/Card Games	Perfect for rest days or teahouse hangs.	
	Multitools	Solves (almost) everything in one flip.	1
	Journal/Pen	Write. Reflect. Doodle. Dream.	1 Set
	Repair Kit	Patch up gear before it falls apart.	1
	Insulated Flask	Sip hot tea in icy wind like a local.	1
	USD 15-20 in Nepalese Currency	Tea, snacks or surprise tips, always handy.	As Needed
	Snacks (Energy Bar, Protein, Trail Mix)	Fuel your hike with tasty trail treats.	Varies
	Electrolyte Tablets or Powder	Beat cramps—fuel up with electrolytes.	Varies