

NEPAL TREK PACKING CHECKLIST (2026)

TRIP & DOCUMENTS

- Passport (valid 6+ months)
- 2–4 Passport photos (permits/visa)
- Nepal visa (or documents for VOA)
- TIMS + National Park/Conservation permits
- Travel insurance (incl. helicopter evacuation)
- Printed itinerary, bookings, emergency contacts
- Cash (NPR) + backup USD/EUR
- Copies of documents (kept separately)
- Credit/debit card (notify bank for travel)

CORE TREKKING GEAR

- Backpack 45–60 L (rain cover, fitted)
- Duffel bag for porter (≤ 15 kg)
- Daypack 20–30 L (rain cover)
- Sleeping bag (-10 °C comfort; liner optional)
- Trekking poles (collapsible)
- Headlamp + spare batteries
- Water bottles/bladder (2 L total capacity)
- Water purification (filter/UV/tablets)

CLOTHING – BASE LAYERS (NEXT TO SKIN)

- 2–3 Moisture-wicking long/short-sleeve tops (synthetic/merino)
- 1 Thermal leggings
- Quick-dry underwear
- Sports bras (if applicable)

CLOTHING – MID LAYERS (INSULATION)

- Lightweight fleece or soft-shell jacket
- Insulated jacket (down or synthetic)
- Trekking pants x 2 (1 light, 1 warmer)

CLOTHING – OUTER LAYERS (PROTECTION)

- Waterproof shell jacket (taped seams)
- Waterproof over-trousers
- Warm beanie/hat
- Sun hat/cap
- Buff/neck gaiter
- Lightweight gloves
- Insulated gloves/mitts

FOOTWEAR & SOCKS

- Waterproof hiking boots (broken-in)
- Camp shoes/sandals
- 3–4 Pairs trekking socks (wool/synthetic)
- Sock liners (optional)
- Gaiters (mud/snow; seasonal)

TOILETRIES & HEALTH

- Toothbrush/toothpaste/floss
- Biodegradable soap/shampoo bar
- Quick-dry travel towel
- Sunscreen SPF 50+
- Lip balm with SPF
- Hand sanitizer + wet wipes

TOILETRIES & HEALTH CONT

- Personal meds + basic first-aid kit
 - Plasters/bandages, blister pads, antiseptic
 - Pain relief, antihistamine, rehydration salts
- Altitude medication (if prescribed; consult doctor)
- Feminine hygiene products (if applicable)
- Tissues/toilet paper (small rolls)

ELECTRONICS & NAVIGATION

- Smartphone with offline maps (Maps.me/Gaia/AllTrails)
- Power bank (10,000 mAh+)
- Charging cables
- Universal adapter (Types C/D/M)
- Camera/GoPro + spare batteries + SD cards
- Optional: lightweight solar charger

COMFORT & EXTRAS

- Earplugs + eye mask
- Reusable mug/thermos
- Notebook/journal + pen
- Book/Kindle/cards (downtime)
- Small dry bags/packing cubes
- Safety whistle
- Lightweight sit pad (optional)

SNACKS & HYDRATION

- Energy bars/nuts/dried fruit/chocolate
- Electrolyte tablets/powders
- Tea/coffee sachets (optional)

ADMIN & ON-TRAIL ACCESS

- Small wallet/pouch for daily cash
- Waterproof folder/zip bag for permits
- Local SIM/eSIM (optional)

ECO-FRIENDLY CHOICES

- Refillable bottle + purification (no single-use)
- Solid toiletries (reduce plastic)
- Reusable zip bags/trash-out system
- Buy/rent locally where practical

OPTIONAL/SEASONAL

- Micro-spikes (winter/shoulder)
- Hand/foot warmers
- Trekking umbrella (monsoon/shoulder)
- Lightweight travel pillow
- Camera rain cover
- Knee/ankle supports



RENT VS BUY (KATHMANDU THAMEL GUIDANCE)

Rent (common, good value): down jacket, sleeping bag, trekking poles

Buy/Bring (fit/hygiene/safety): boots, base layers, water filter/UV, personal meds

PACK WEIGHT & FIT TIPS

Self-carry target: 10–12 kg total

Porter duffel: ≤ 15 kg (label clearly)

Heaviest items centered near your spine/mid-back

Light items at bottom; quick-access items at top

Test: climb two flights with packed bag; repack if needed

DEPARTURE-DAY MINI CHECK

Passport, permits, insurance, cash

Phone, adapter, power bank charged

Boots laced; socks comfortable

Earplugs and snack in top pocket

Weather check complete; layers ready

NOTES