

Packing Tips for Trekking in Nepal

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Trekking and hiking in Nepal means preparing for high altitudes, unpredictable weather, and rugged terrain.

This detailed packing list for trekking in Nepal is your go-to guide for everything from trail essentials to weather-ready gear - a survival checklist for high altitudes, unexpected rain, and breathtaking views.

Clothing

- Thermal innerwear (2 sets)
- Fleece jacket or down jacket (wind & waterproof)
- Waterproof poncho
- Undergarments for cold weather
- Woolen sweaters and sweatshirts
- Track pants and trekking trousers
- Quick-dry t-shirts and long-sleeve shirts
- Woolen socks (4–5 pairs) + cotton socks
- Warm gloves (waterproof) and inner liners
- Woolen cap, sun hat, balaclava, or neck gaiter
- Neofleece hood, face mask & neck warmer (for high altitudes)

Footwear

- Well-broken-in hiking boots with ankle support
- Lightweight slippers/sandals for camps
- Extra shoe laces & foot powder

Toiletries & Personal Hygiene

- Biodegradable soap/shampoo
- Biodegradable toothbrush, toothpaste
- Toilet paper rolls (2–3), wet wipes, & hand sanitizer

- Lip balm with SPF and sunscreen (SPF 50+)
- Moisturizer and cold cream
- Sanitary pads or menstrual cups

Gear & Accessories

- Trekking poles
- Swiss army knife
- LifeStraw filter water bottle
- UV-protected sunglasses
- Flint fire starter survival tool
- Sleeping bag (good for -10°C or lower)
- Headlamp or flashlight (with extra batteries)
- Himalayan hiking backpack
- Small backpack/daypack (20–30L)
- Duffel bag or soft luggage
- Rain cover for bags
- Emergency Mylar thermal blanket
- Hot water bag (optional, for warmth at night)

Medical Kit

- Travel first aid kit
- ORS (oral rehydration salts)
- Diamox for altitude sickness (consult your doctor)
- Motion sickness tablets
- Paracetamol, ibuprofen, pain balm
- Antacids and anti-diarrhea formulations
- Personal prescriptions

Electronics & Documents

- Solar power bank
- Universal charger adapter
- Waterproof pouch for documents
- Passport, visa, permits, ID copies
- Medical fitness certificate
- Passport-size photos (4–6)

Extras

- Energy bars, dry fruits, glucose powder
- Prayer beads or holy items (if desired)
- Journal or notebook
- Small towel & quick-dry cloth

Packing Tip: Pack light but wisely. Keep weight under 15–20 kg. Layering is key in the Himalayas, where temperatures can vary drastically.

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