

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. We have tried to pare down this kit list to the absolute must-haves for your trip, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- Day sack 25-30L
- Rucksack/Duffle bag 60-70L
- Waterproof liner\*

## CLOTHING

- Waterproof and breathable jacket (GORETEX recommended)
- Down jacket
- Trekking trousers (not jeans)
- Lightweight fleece
- Wicking t-shirts (some long sleeved)
- Warm jumper/fleece for evenings
- Sun hat, sunglasses
- Casual and warm clothes for around camp
- Bandana/buff for the cold
- Balaclava/hat
- Insulated gloves/mittens
- Waterproof trousers\*
- Smart clothing for celebration meal\*

## GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3L
- Personal high energy snacks (cereal bars, dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Camera\*
- Gaffa tape for emergency repairs\*
- Alarm clock/watch\*
- Ear plugs\*
- Walking poles\*
- Travel towel\*

## SLEEPING

- 3-4 seasons sleeping bag comfort rating of -10
- Sleeping bag liner\*

## FOOTWEAR

- Walking boots with ankle support
- Hiking socks (at least 4 pairs with 1 thermal pair)
- Trainers/comfy shoes for evenings\*
- Spare laces\*

## SMALL FIRST AID KIT

- Your own medication (clearly labelled)
- Pain killers
- Plasters and blister plasters (eg Compeed)
- Zinc oxide tape
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Deep heat/freeze\*
- Knee support\*

## TOILETRIES

- Personal toiletries
- Anti-bacterial hand gel
- Tissues/toilet paper
- Insect repellent containing DEET
- Sun protection (min factor 30)
- Aftersun/moisturiser
- Dry wash\*
- Contact lenses (plus spare glasses)\*
- Baby wipes\*

## DOCUMENTS

- Passport
- Visa
- Tickets
- Photocopy of passport
- Money – see Challenge trip notes
- Copy of travel insurance

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). You can hire good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

**KEY** \* Indicates Optional

# MAKING THE MOST OF YOUR KIT

## LUGGAGE AND PACKING

Your main luggage bag should be a holdall/duffle bag rather than a suitcase, this makes it easier to transport in the buses as they are more malleable. We recommend to keep your luggage to a maximum of 15kg, so don't overpack!

A useful tip for packing is to compartmentalise your clothing and you can use dry bags or zip lock bags to do this. For example, you could have a bag for underwear and socks; and another for t-shirts and pyjamas. The important thing is to not over pack and lay things out so you can see everything in one go. Make sure you have everything you need, then if you have space, add some additional things.

You will also need a day sack which you can take as your hand luggage on the plane and use for the items you'll need each day on the trek. Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

## CLOTHES

Temperatures can fluctuate from day-night between the campsites and the mountain. Lots of light layers are key, as well as a synthetic or down jacket for the evenings. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For the Dalai Lama Himalayan trek, this should be between 10° and -10° C. If you particularly feel the cold, then upgrade your sleeping bag to the next level eg. from 4 Season to 4+ Season. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

## HYDRATION

At high altitude and during exercise your fluid needs increase dramatically and hydration is vital, not least to help prevent Altitude Sickness. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a wide-mouth bottle with a drinking tube adaptor.

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.