

PACKING LIST – NEPAL LOW ALTITUDE

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure to Nepal. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Note: You MUST bring four passport photos with you to Nepal for your visa and your trekking permits.

Dress for the Weather

Temperatures on your trip tend to be quite cool in the morning and evening, and will warm up at midday. You will have lows in the 40s and highs in the low 80s. As always, check the weather before you leave!

Luggage Restrictions

Luggage:

- Suitcase: We suggest packing everything you need in one suitcase or duffel. Your suitcase with extra clean clothing will be stored while you are trekking, rafting, and in Chitwan. Please leave your suitcase at the Yak and Yeti before departing for the trek.
- Personal day pack: Use your day pack as your carry-on bag to Nepal. If you do not bring your own day pack, you can borrow one for the trek.
- Duffel bag #1: You will be provided with a duffel bag for the trek on your first night in Kathmandu. In this bag, you should pack all of your gear for the five-night lodge trek, as well as your clothing for rafting and Chitwan. This duffel is 12"x12"x28".
- Duffel bag #2: When you arrive in Pokhara, you will be supplied a second duffel bag. Transfer your clothing for the rafting and Chitwan portion of the trip into this bag. It will be left in Pokhara while you trek.

Items that are provided/on loan:

- Loan of trek duffel for 5 day trek, and another trek duffel for the raft trip and Chitwan, plus loan of day pack, rain gear, and walking sticks while on trek. Complimentary water bottle and sun hat are supplied
- While on trek and in the lodges, the following is provided and on loan with your room each night, for each participant: down jacket, wool hat, and gloves

PACKING CHECKLIST

Clothing & Gear

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| <input type="checkbox"/> Medium-weight, waterproof hiking boots (make sure they are broken in!) | <input type="checkbox"/> quick dry recommended) |
| <input type="checkbox"/> 4-5 pairs wool/synthetic medium-cushion hiking socks | <input type="checkbox"/> 1-2 long sleeve shirts (at least 1 quick dry recommended) |
| <input type="checkbox"/> 2-3 pairs synthetic wicking liner socks | <input type="checkbox"/> 1 medium weight fleece sweater/jacket for cool evenings |
| <input type="checkbox"/> 3-4 short sleeve shirts (at least 2 | <input type="checkbox"/> 1 pairs of lounge pants (for lodges) |

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- ☐ 2 pairs active, quick dry pants or hiking tights
- ☐ 1-2 pairs of longer shorts for trekking
- ☐ Thermal underwear for layering
- ☐ 1 pair of quick-drying river shorts for rafting
- ☐ 1-2 sets of nicer clothes for dinner
- ☐ Clothing for visiting culture sites (ie. scarf/skirt to cover shoulders/knees)
- ☐ 1 bathing suit
- ☐ Waterproof jacket
- ☐ Hat for sun protection
- ☐ 5-7 pairs underwear (quick dry recommended)
- ☐ Sport sandals (must stay attached to your feet for rafting)
- ☐ Pair of shoes for in/around lodges
- ☐ Sleepwear

AdventureWomen Essentials

- ☐ Travel documents (passport, airline tickets, money)
- ☐ 6 passport photos - 2 for your tourist visa, 2 for your trek permit, and 2 extras in case your passport is lost or stolen
- ☐ Write down/print out travel insurance number
- ☐ Locks for your suitcase/duffel bag
- ☐ Travel alarm clock
- ☐ Digital camera, memory cards, battery charger
- ☐ Headlamp or small flashlight with spare batteries
- ☐ Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- ☐ Power adapters
- ☐ Sunglasses, case, and strap
- ☐ Spare glasses, contact lens- es, cleaner, saline, etc.
- ☐ Money belt or neck pouch
- ☐ Water bottle
- ☐ Sunscreen and lip balm with SPF
- ☐ Mosquito repellent
- ☐ Hand wipes/hand sanitizer
- ☐ Toothbrush/toothpaste
- ☐ Soap, shampoo, and conditioner
- ☐ Small packet of tissues
- ☐ Quick-dry face cloth
- ☐ Tampons and panty liners (avoid

plastic applicators)

- ☐ Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- ☐ Assortment of stuff sacks and Ziploc bags
- ☐ 1-2 bandanas/Buff
- ☐ Reading material/journal and pens

Personal First Aid Kit

- ☐ Prescription medicine you usually take (in original containers)
- ☐ Personal epi pen - if you need one, don't forget to pack it!
- ☐ Anti-nausea medication (if prone motion sickness)
- ☐ Bandages, gauze, ace bandage, blister prevention
- ☐ Antiseptic wipes/spray
- ☐ Antibiotic ointment
- ☐ Cotton-tipped applicators
- ☐ Oral rehydration tablets/packets - helpful to rehydrate at higher altitudes
- ☐ Antidiarrheal medication
- ☐ Mild laxative
- ☐ Antacid (especially if you are sensitive to spicy food)
- ☐ Cold remedies
- ☐ Ibuprofen/acetaminophen
- ☐ Eye drops
- ☐ Tweezers, scissors (travel size), safety pins

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.