

## NEPAL KIT LIST 2018

### Personal Items

Passport and visa (which you can get on arrival) - Your passport and visa will allow you to get in to and out of the UK and your destination. It must be valid for at least 6 months after your return date and should be stored in a re-sealable plastic bag in your money belt.

Personal medication - Your personal medication will allow you to stay healthy whilst you are away. Take enough for the duration of the expedition and a second set just in case you lose them.

Personal money

Passport picture/colour photocopy of passport laminated - For use in the unlikely event of a lost passport.

### Carrying and Organising

Expedition rucksack/holdall - Will allow you to carry all your gear. 60-65 litres will be sufficient — any smaller and you won't get everything in, any bigger and you'll take too much stuff.

Daysack - A daysack will allow you to carry just enough stuff for days out exploring without having to carry everything. 30-35 litres will be sufficient.

Waterproof liners - Waterproof liners protect the items in your bag(s). Uses a liner specifically designed for the job, or take a large, durable plastic sack (such as a rubble sack).

Waterproof stuff sacks - Waterproof stuff sacks are useful for grouping and packing similar items together. A company called 'Exped' has a range of different sized and coloured bags which makes it easier to identify and access items quickly, without emptying your whole bag.

### Sleeping

2 season Sleeping bag - A lightweight sleeping bag is like having your own bedding with you! It can be used on its own in hostels and teahouses, as they will provide bedding. Or take a sleeping bag liner (Fleece is warmer and snuggler).

### Footwear

Trekking boots - Trekking boots provide essential protection for your feet and ankles when trekking over rough ground. Find a pair that feels comfortable with the socks you're going to wear, and make sure they are 'worn in' before your expedition.

Socks - Thick socks provide padding and help prevent blisters when wearing boots for extended periods. Some people prefer one thick pair whilst others prefer one thin and one medium weight — work out which is best for you before you go! The overall thickness of your socks will change the fit of your boots.



Approach shoes/trainers - provide essential protection for your feet. Find a pair that feels comfortable. (Optional)

Sandals - Not flip flops! Sandals provide essential protection for your feet when you are in water and keep your feet cool when you don't need the additional protection of shoes or boots. They should have straps that hold them firmly on your feet.

## Clothing

Synthetic materials are best as they 'wick' away moisture when you are hot. Cotton clothing tends to trap moisture creating rashes and discomfort.

Underwear (3 sets) you will only need 3 or 4 sets at most.

Base layer top (2) a base layer will keep you comfortable by creating warmth in the cold and keeping you dry when you are hot. You will wear a base layer for most of the expedition, so you should take a couple. Synthetic tops wick well and will work best for physical activities, particularly in hot climates. A cotton t-shirt or a travel shirt is fine for travelling.

Mid layer – A mid layer adds warmth when you need it, particularly at night or when you are inactive. Sometimes referred to as 'micro' or '100 weight' fleece with long arms and likely to have a zip neck or round neck.

Warm layer - A warm layer will add extra warmth when you need it. Sometimes referred to as '200 weight' fleece and likely to have a full length zip.

Walking trousers - protect your legs - you'll be living in these so get some that you like. Zip-off lower legs make them more versatile and some have vertical zips at the bottom to allow easy removal over your boots.

Walking shorts - will keep you cool while trekking in hot environments. Don't forget our sun cream!

Waterproof jacket and trousers. Lightweight/robust waterproof jacket and trousers are essential for keeping you dry in the rain and reducing the effects of wind-chill.

Sun hat - with a wide brim will help protect your neck and ears. Dark colours will absorb heat and are best avoided.

Warm hat - will keep you warm when you need it.

Warm gloves, an inner and outer pair OR 1 pair that will keep your hands warm and dry.

Scarf or 'Buff' - A scarf or buff provides protection from dust, drafts, sun and the cold. In certain cultures, /religions its customary for travellers to cover the shoulders and/or head.



## Drinking

Water bottles (2) or water bottle and hydration bladder - Bottles should be strong and not leak when sat on, dropped or squashed. Sports bottles are NOT suitable. Hydration bladders are convenient and allow you to drink 'little and often' but are vulnerable to puncture and contamination are the valve if a protective cover is not used. Water carries should ideally be clear so that you can inspect the contents.

## Personal hygiene

Washing - Hair and body wash will allow you to get clean when you have the opportunity! All-purpose bio-degradable travel wash is environmentally friendly if you are washing outdoors and can also be used for cleaning dishes or washing clothes. It is highly concentrated so 200ml should be sufficient. Other hair and body wash should be decanted in to smaller travel bottles wherever possible.

Toothbrush and toothpaste - Think about the amount of toothpaste you are taking — a small tube is probably sufficient.

Travel towel - Lightweight, low bulk and dry far more quickly than traditional cotton towels.

Toilet bag/hygiene pack - may be essential whether you are in a hostel or the middle of nowhere. It should consist of some toilet paper (wind it off the cardboard tube to reduce bulk) and a small bottle of anti-bacterial hand gel. Some nappy sacks are useful for bagging used toilet paper until you can get to a bin.

## Health, Safety and Wellbeing

Anti-bacterial hand gel - should be used before you touch anything that is going to go anywhere near your mouth. Hand to mouth transmission of germs is the most common cause of 'traveller's diarrhoea'. A little bit goes a long way, so a 100ml bottle should be sufficient in addition to the one in your toilet bag.

Sunglasses are essential for protecting your eyes from UV light in sunshine, particularly when reflected off water or snow. Models with 100% UV protection and a solid case are advisable.

Sunscreen will keep your skin safe from UV light in the sunshine and help it to stay moisturised no matter what the weather! Take a small bottle or 'sports pack' of at least factor 30 and keep it in a plastic bag in case it leaks.

Lip balm will keep your lips safe from UV light in the sunshine and help them to stay moisturised whatever you're doing.

Insect repellent - will stop the insects from biting and spreading any disease that they may be carrying. Brands containing DEET are the best proven and most popular, but avoid concentrations above 50%. Natural alternatives are available.

Money belt - worn around the waist will help you to keep your money and passport safe. A re-sealable plastic bag will keep your passport dry as well as safe.



Head torch - is invaluable for finding your way at night — whether looking for the toilet or getting off a mountain later than planned. LED models are Lightweight and power efficient. Use new batteries and take a spare set.

## Personal first aid kit

Your personal first aid kit should consist of:

A few plasters of different size and shape for minor cuts and grazes. A pack of blister plasters for when your boots rub.

5 rehydration sachets for when you need to replace electrolytes after excessive sweating. Try the flavour before you go to make sure you like it!

The Leader Team will carry a comprehensive first aid and medical kit containing anything else you may require. Do not bring any drugs except for prescribed medication.

## Additional Equipment - Optional

Keeping a diary will allow you to record your experiences and no doubt will make interesting reading in the future.

A book will help you to relax and pass the time on journeys or in camp. Check you're not taking the same as anyone else — you can swap once you've finished them. Global footprints will supply in country guide book.

Taking a camera is a no-brainer. Make sure you've got a good size memory card, a case and spare batteries or a means of charging it.

A travel adaptor will allow you to charge your electrical devices if/when you find electricity. Check which type you will need for your destination. One between two is normally sufficient.

Ear plugs are useful for sleeping when travelling overnight or when you're sharing a room with someone that snores!

Neutralising tablets mask the taste of the Aquaprove/chlorine tablets that are used to sterilise drinking water. Some people don't mind the taste (you get used to it quite quickly and don't notice after a while) whilst others are more particular. An alternative to neutralising tablets are flavoured powders or tablets (such as vitamin C tablets) which are added after treatment. Take sufficient for the duration of the expedition. Please note that Global-footprints provide the Aquaprove/chlorine tablets.

Wet wipes - are great to keep clean in between washes and take up very little room if you take a small pack.

Walking poles - Telescopic walking poles give extra support when walking over difficult or steep terrain. Particularly useful for people with ankle, knee, hip or back problems. (Optional)

*Note: We will have porters to help carry our bags on the trek. We will have 6 porters for the team. Each porter can carry 20kg which means we all have a 10kg weight allowance to be carried by porters on the trek.*

