

# wetraveloutdoor

# PACKING LIST

## trekking Nepal



### CLOTHING

underwear + socks  
1-2x hiking pants (zip-off)  
1-2x thick sweater/jacket  
3x hiking T-shirt  
hat/ca  
lightweight (windproof) jacket  
warm jacket (down jacket)  
beanie/scarf/gloves  
comfortable evening clothing



### SHOES

slippers  
hiking boots  
sneakers/sports shoes



### TOILETRIES

toothbrush + toothpaste  
hairbrush  
hair ties/clips  
nail clippers  
earplugs  
sunscreen + lip balm  
razors  
shampoo  
deodorant  
travel towel  
toilet paper  
empty bottle (for washing)



### EQUIPMENT

phone + travel apps  
e-reader  
earphones  
phone charger + power bank  
universal adapter  
1x spare USB-C cable  
headlamp  
solar charger



### FIRST AID KIT

paracetamol  
anti-diarrhea medication  
personal medication + prescription  
bandages  
plasters (band-aids)  
emergency blanket  
plastic gloves  
altitude sickness medication



### OTHER

pillow  
sleeping bag + sleeping liner  
passport  
other cards/wallet  
credit card  
games  
sunglasses + case  
trekking poles  
water bottle with filter

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