



Nepal Trekking and Peak Climbing Checklist


This document provides two intensive checklists for an expedition in Nepal: one for high-altitude trekking up to 5500 meters and another for climbing small peaks up to 6700 meters. Proper preparation is essential for a safe and enjoyable experience in the Himalayas.

Checklist 1: High-Altitude Trekking (Up to 5500 m)

This list covers the essential gear for standard high-altitude treks like Everest Base Camp or Annapurna Circuit.

Category	Item	Notes
Documentation & Money	Passport (with copies)	Validity of at least 6 months
	Visa and permits	TIMS card, national park/conservation area permits
	Travel Insurance (with coverage for trekking up to 5500m)	
	Flight tickets/Itinerary	
	Cash (Nepali Rupees and major foreign currency)	
	Emergency contact information	

Category	Item	Notes
Bags	Large duffel bag or backpack (for porters)	80-100 liters, durable
	Daypack (for personal use)	20-35 liters, for water, camera, snacks, layers
	Rain/dust cover for bags	
	Small padlock	
Clothing (Layers)	Base Layer (Moisture-wicking, thermal tops/bottoms)	2-3 pairs, synthetic or merino wool
	Mid Layer (Fleece or soft-shell jacket/pants)	1-2 items
	Outer Layer (Insulated jacket/down jacket)	Essential for cold nights
	Outer Layer (Waterproof/windproof shell jacket/pants)	Gore-Tex or similar
	Trekking shirts (long/short sleeve)	3-4, quick-drying
	Trekking trousers/convertible pants	2 pairs
Footwear	Trekking boots (broken in)	Waterproof, ankle support
	Camp shoes/sandals	For relaxing in the evening
	Hiking socks (wool/synthetic)	4-6 pairs
	Liner socks	2 pairs (optional)
Headwear & Handwear	Wool or fleece hat	Ear covering
	Sun hat/cap	Wide brim preferred
	Gloves (lightweight fleece)	1 pair

Category	Item	Notes
	Gloves (warm insulated/waterproof)	1 pair
	Neck gaiter/buff	
Sleeping	Sleeping bag (Rated to -10°C to -20°C)	Down is lighter and warmer
	Sleeping bag liner (optional)	Adds warmth and keeps bag clean
Health & Safety	Basic First Aid Kit	Personal medication, pain relief, blister treatment
	Water purification tablets/filter	Required above  Place
	Sunscreen and lip balm (high SPF)	
	Sunglasses (UV protection, Category 3 or 4)	Essential for high altitude
	Diamox (for Altitude Sickness, consult a doctor)	
	Hand sanitizer	
Electronics & Accessories	Headlamp or flashlight (with extra batteries)	Essential for early starts/lodges
	Camera/phone (with power bank/extra battery)	Cold affects battery life
	Water bottles/hydration pack	2 liters capacity minimum
	Trekking poles	Highly recommended for knee support
	Toiletries	Biodegradable soap/shampoo
	Quick-drying towel	

Checklist 2: Small Peak Climbing (Up to 6700 m)

This checklist includes all items from Checklist 1 and adds specialized technical and mountaineering gear required for snow and ice climbing, typically for peaks like Mera Peak or Island Peak.

Category	Item	Notes
Mountaineering Boots	Plastic or rigid leather mountaineering boots	Double boots essential for high camp
Crampons	General mountaineering crampons (automatic/semi-automatic)	Must fit your boots
Ice Axe	General mountaineering ice axe (50-70 cm)	Depends on height/preference
Harness	Lightweight climbing harness	Adjustable
Helmet	Climbing helmet	Must be worn on climbing days
Ascender/Jumar	For fixed lines	
Descender/Figure 8 or ATC	For rappelling	
Carabiners	Locking and non-locking	3-4 locking, 2-3 non-locking
Slings/Prusik Cords	For self-rescue/safety	
Outer Layer (High-Quality Down Suit or very warm jacket/pants)	Essential for summit push	A very warm summit jacket is often adequate
Goggles	High-quality, polarized ski/snow goggles	For windy/snowy conditions
Gloves	Extreme cold mittens or high-altitude gloves	Additional protection for hands
Gaiters	High-altitude gaiters	To keep snow out of boots

Category	Item	Notes
Sleeping	Warmer sleeping bag (Rated to -20°C to -30°C)	For use at high camp
Tents & Cooking	(Provided by guide/company)	Ensure your guide service includes high-altitude tents and cooking gear for high camp
Rescue	Satellite phone or radio (for team leader)	For emergency communication
	Medical kit for high altitude/trauma	Includes oxygen saturation monitor