



Trekking in Nepal and Bhutan

Suggested Packing List

To get to Nepal, take your normal suitcase or large travel pack with a couple of padlocks, and bring your smaller trekking day pack inside or as hand luggage. In Kathmandu, you will just need casual clothes such as jeans or a skirt, plus a light jacket if the evenings get cool. While you are away on your trek, you can leave your city clothes (and anything else you don't want to take) locked away in your suitcase and placed in safe storage at your arrival hotel. It will be ready for your collection when you return. ***In addition, you will also be able to leave all your valuables (including passport, documentation, airline tickets, credit card, and jewellery) in a safety deposit box at the hotel for the duration of your trek.*** We suggest you use the items below as a check list when you pack. Toiletries such as tissues, toilet paper, wet wipes, sunscreen, toothpaste etc are all readily available in Kathmandu. All trekking clothes and equipment are also available, but of variable quality. Remember that normal trips a down jacket will be provided in your trek pack if the season/trek warrants it. Also a map relevant to your trek will be provided.

CHECKLIST

ESSENTIAL ON ALL TREKS

Clothing

- Trekking Boots/Footwear
- Camp/Lodge footwear (eg runners, sandals)
- Socks
- Underwear
- Thermal Underwear (long sleeve tops and pants)
- Walking trousers and/or long shorts (jeans are not suitable)
- Weatherproof jacket
- Weatherproof trousers
- T-shirts - preferably quick dry & with good moisture wicking properties
- Fleece pullover(s) and/or jacket
- Warm toque/beanie or balaclava
- Sun hat
- Gloves
- Neck scarf
- Sunglasses
- Down booties (Optional but rather luxurious!: available in Kathmandu approx. US\$10)

Equipment

Day Pack

Torch -small flashlight or head torch. Spare batteries

Personal first aid supplies and medicine

Small towel and toiletries *Please try to bring biodegradable varieties where possible*

Lip balm

Sunscreen

Water carrying capacity of at least 2 litres. *Water bottles are easy to purchase in Kathmandu. If using a hose hydration system, we suggest you also bring a single litre bottle as backup - it also makes a good hot water bottle at night!*

Camera, film, spare batteries, battery recharger *Electricity is 220V/50 cycles and generally only found in major towns. Sockets are 2 or 3 round pins socket adapters can be bought in Kathmandu. Some lodges in the mountains allow battery recharging for a fee.*

Please carry used batteries home with you. There are no disposal facilities for batteries in Nepal

General

Money Belt + Padlocks

Passport + Visa

Airline Ticket

Itinerary

Cash / Travellers Cheques

Passport photos *Bring several. You will need at least two if obtaining your visa on arrival*

Insurance Policy

Pens

Prescription glasses if needed

ALSO ESSENTIAL ON ALL CLIMBING / MOUNTAINEERING TRIPS

Waterproof Trekking Boots - leather or goretex

Bigger day pack - 50+ litres

Good quality waterproof & windproof outer layer - trousers, jacket and gloves

Gaiters

Head torch rather than a hand-held one

Plastic boots (available for hire in Kathmandu for approx US\$ 3/day)

Ensure your sunglasses provide adequate protection *Bring the wrap-around variety, or even ski goggles. Bring a spare pair!*

Ensure you have enough warm layers, socks and gloves. Bring extra!

Ensure your head will stay warm A balaclava as well as a beanie and neck warmer is recommended

OTHER ITEMS WORTH CONSIDERING

- Small Binoculars
- Snacks such as glucose-based sweets/nuts/chocolates etc
- Walking poles - available for hire in Kathmandu
- Umbrella
- Playing cards, tennis ball, Frisbee etc
- Reading material
- Dust mask or light scarf
- Travel alarm clock
- Ear plugs
- Sewing kit
- Insect repellent
- Biodegradable laundry soap
- Thermarest for camping treks
- Silk inner sheet

On normal trips Griffon Expeditions will provide:

(All treks)

- Kit Bag
- Sleeping Bag + inner sheet
- Map
- Down jacket - depending on season and area visited

+ *(camping treks)*

- 2-person tent
- Sleeping Mat

+ *(climbing treks)*

- Crampons, Harness and Ice Axe
- Prussic Loops and/or Jumar, Carabiners

Visas can be obtained prior to leaving home, or upon arrival. To obtain your visa upon arrival in Nepal you will need a valid passport (at least 6 months), **two passport size photos** and the **visa fee (US \$30 for 60 days single entry and US \$80 for 60 days multiple entries)** payable by **cash**. Guests travelling to Tibet, India or Bhutan (where trips start and finish in Nepal) should obtain multiple entry Nepal visa. Travellers Cheques and Cash of all major various currencies are readily exchangeable in Kathmandu. ATMs also exist, but do not rely on being able to access your savings account through an ATM . Have a back up plan!