



Rafting/kayaking Nepal and Bhutan

Suggested Packing List

Below is a rough list adapted from various trips I have done in the past. I'm sure you have your own ideas and preferences, but I found this gave me some guidance in working out what I could do without. Nepalese rivers are generally warm and you definitely don't want to be lugging too much around with you. We have limited space in the rafts not to mention the excess baggage fees! Clothing should be light-weight, quick drying, and provide insulation even when wet. Synthetic fabrics are the best and cotton is NOT recommended. Below is a detailed packing list but don't stress too much.....you can buy almost anything you need in Kathmandu.

Checklist:

- Passport and Money. 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! Credit cards can occasionally be used for big purchases only.
- Insurance documents (including international contact numbers) We will photocopy everybody's details onto one document in Kathmandu.
- Electricity is 220V/50 cycles and ets are 2 or 3 round pins socket adapters can be bought in Kathmandu. Ensure you have enough battery power and storage for digital cameras, also bring a good camera cleaning kit.
- Sunglasses with attaching string
- Two water bottles that can take boiling water. 2 litres capacity is recommend.
- Sleeping bag (synthetic 3 season) with liner.
- Thermarest or foam mat.
- Towel
- Small torch /spare batteries (head torches are best)
- Lightweight long sleeve top and bottom for river wear. (Synthetic or Wool is best)
- Lightweight shirts T shirts (non cotton)
- Swimming Costume
- Lightweight long trousers or skirt (sarong)
- Waterproof Jacket (umbrellas are great!)
- Light weight fleece jacket
- Sun hat / peaked cap, sunscreen and moisturizer, lip balm, spare sun glasses

- Walking boots or runners

First Aid: We provide a comprehensive expedition first aid kit but prefer everyone to be independent with basic first aid items.

Personal first aid kit to include:

- Pain killers, Plasters (Band-Aids), strapping tape, Anti-biotic cream, General antibiotics (ask your GP), Throat lozenges, Re-hydration salts & other personal medication...

And if you are confident you will have the space or think you might need.....

- CD/MP3/ipod player, plenty of music
- Books to read, chess/backgammon and/or cards, Soccer ball?
- Note pad plus pens, Pocket knife and multitool
- Thermarest chair, Yoga mat

Kayaking Equipment

For kayaking trips you are expected to be self sufficient with your paddling gear. Kayaks can be rented from us in Kathmandu. Please inquire about a rental boat list.

Please bring basic repair materials including duct tape and glue (aquaseal is good) Wind Horse will provide a spare boat and a spare paddle if the worst happens.

River wear

- Paddling Jacket (A good quality drytop is recommended). A shortie top is comfortable but watchout for sunburn.
- Water proof paddling pants (for cooler seasons and Bhutan)
- Shortie wetsuit pants/bottoms if you feel the cold.
- Thermal underwear....new woollen products are awesome and very considerate of the noses of the rest of the group!! Polypro is nasty!
- Strong river type sandals or river shoes
- **Two airbags are compulsory** as many of the runs are quite continuous and boat rescues without airbags are difficult.