



Tibet Wind Horse Adventure

Trekking in Tibet

Trip Gear List

Weather in Tibet is highly changeable at all time of the year. There may be snow on the passes and it can snow at any time above 4000m, however the sun can be HOT so prepare to cover up and avoid getting burnt. Most Tibetans are pretty conservative so it is also polite to wear long pants at all times. If you wear shorts in the villages or in Lhasa you will definitely get more strange looks than normal! Bring a good sized day pack that you can fit camera, water bottle, down jacket and waterproof jacket etc.

Remember that lots of outdoor clothing is available in Lhasa at cheap prices. There is really no need to bring fleece or down/synthetic clothing as it is very easy to purchase once you are there. Your choice!

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. We have limited space in the vehicles, not to mention the excess baggage fees so don't bring too much excess stuff!

- Passport and Money. US\$ cash always works, other currencies can only be changed at large banks. Traveller's cheques are often not accepted in Tibet. ATMs are available in Lhasa and Shigatse only. I tend to bring cash stashed in a money belt and then use ATMs in Lhasa when required. Credit cards can occasionally be used for big purchases only. Once out on the road you can only use Yuan, so make sure you change enough for the trip in Lhasa. You do not need to keep much cash on you as drinks and snacks on the road are cheap. Between \$100-200 cash with you should be more than enough to cover all eventualities (including spontaneous souvenir buying!) You will need to bring your passport on the road with you.
- Insurance documents (including international contact numbers) It's a good idea to photocopy everybody's details onto one document in Lhasa.
- Camera and films/batteries. Tibet is 220V 50Hertz so make sure you bring adapters for chargers depending where you are from. A surge protector is a good idea. Ensure you have enough battery power and storage for digital cameras, power may be hard to find on the road. (But you will be able to recharge in guesthouses/restaurants.
- Sunglasses
- Two water bottles that can take boiling water. 2 litres capacity is recommended.
- Sleeping bag (4 season) with liner. (You can rent if you need one)
- Towel
- Small torch /spare batteries (head torches are best)
- Woolen hat/gloves/socks. Thermal underwear. (Wool is best)

- Lightweight shirts, T shirts (some non cotton) Swimming Costume
- Lightweight long trousers or long skirt
- Thick fleece jacket or down/synthetic puffer jacket (A cheap down jacket from Lhasa will be wonderful in camp)
- Warm fleece pants or thermals
- Waterproof Jacket (light weight overpants or soft shell pants are also great if the weather turns nasty)
- Sun protection: Sun hat / peaked cap, sunscreen and moisturizer, lip balm, spare sun glasses
- Comfortable walking boots
- Light-weight runners or sandals/clogs for around camp.
- Telescopic trekking poles. (some people like to use these)

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), Basic wound dressings and a roller bandage. Mole skin, Antibiotic cream, general antibiotics (ask your GP), Throat lozenges, Re-hydration salts & any other personal medication...

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

- CD/MP3 player or ipod with plenty of music
- Books to read, chess/backgammon and/or cards, Soccer ball?
- Note pad plus pens, Pocket knife (in checked baggage of course)
- Yoga mat

Average Temperature & Rainfall in Tibet:

**Remember that weather in Tibet varies dramatically due to local topography and altitude.
Be prepared for extremes of weather at any time of year.**

MONTHS	Day Time TEMP C°	RAINFALL (mm)
JANUARY	- 9 to -13	0.2
FEBRUARY	- 10 to -12	0.5
MARCH	-5 to +13	2
APRIL	+1 to +16	5
MAY	+5 to +20	25
JUNE	+9 to +25	77
JULY	+10 to +26	129
AUGUST	+9 to +27	138
SEPTEMBER	+8 to +21	56
OCTOBER	+1 to +17	8
NOVEMBER	-7 to +12	2
DECEMBER	-13 to + 8	0.5