

Nepal and Bhutan Trekking Gear Checklist

Peregrine Treks and Tours | Kathmandu, Nepal | peregrinetreks.com

Duffel carried by porter or pony: keep it near 12 kg. Daypack you carry: 5 to 7 kg.

Lukla and Jomsom flights allow about 10 kg checked plus 5 kg hand baggage per person.

(P) = provided by Peregrine on request and returned after the trek. Trim this list to your route and season.

Documents and Money

- ☐ Passport, valid 6+ months, plus 2 photocopies
- ☐ 4 passport photos (permits, Bhutan visa)
- ☐ Travel insurance certificate, incl. helicopter evacuation
- ☐ Flight tickets and domestic e-ticket
- ☐ Cash in small notes (Nepali rupees, ngultrum)
- ☐ Credit card, carried separately from cash
- ☐ Copy of prescriptions and medication letters

Head and Face

- ☐ Sun hat with brim, or cap with neck flap
- ☐ Warm beanie covering the ears
- ☐ Buff or neck gaiter (dust and wind)
- ☐ Sunglasses, category 3 or 4, side protection
- ☐ Headlamp plus spare batteries
- ☐ Sunscreen SPF 50
- ☐ Lip balm with SPF

Upper Body

- ☐ Base-layer tops x2 (1 short, 1 long sleeve)
- ☐ Mid-weight thermal top
- ☐ Fleece jacket (100 to 200 weight)
- ☐ Down jacket with hood (P)
- ☐ Waterproof breathable shell jacket with hood
- ☐ Long-sleeve sun shirt (optional)

Hands

- ☐ Lightweight liner gloves
- ☐ Insulated windproof gloves or mittens
- ☐ Hand warmers (optional)

Lower Body

- ☐ Trekking trousers x2 (1 light, 1 mid-weight)
- ☐ Thermal bottoms x1 (x2 for winter and Bhutan)
- ☐ Waterproof over-trousers with side zips
- ☐ Hiking shorts (optional)
- ☐ Quick-dry underwear x4 to 5

Feet

- ☐ Trekking boots, waterproof, ankle support, broken in
- ☐ Trekking socks x3 (merino or synthetic)
- ☐ Liner socks x2
- ☐ Camp shoes or sandals

Feet (continued)

- ☐ Gaiters (winter, spring passes, monsoon)
- ☐ Microspikes (passes, December to March)
- ☐ Blister kit: plasters, zinc tape, small scissors

Sleeping

- ☐ Sleeping bag, -10°C (-15 to -20°C winter and Bhutan) (P)
- ☐ Sleeping bag liner (required with a borrowed bag)
- ☐ Inflatable pillow or pillowcase
- ☐ Earplugs

Bags and Packing

- ☐ Duffel bag 80 to 90 L with lockable zip (P)
- ☐ Daypack 30 to 35 L with hip belt
- ☐ Rain cover for the daypack
- ☐ Dry bags or heavy zip-lock bags x3
- ☐ Padlocks x2
- ☐ Folding bag for souvenirs

Trekking Extras

- ☐ Trekking poles, adjustable
- ☐ Route map (P)
- ☐ Repair kit: duct tape, needle, thread, cable ties
- ☐ Umbrella (monsoon and Bhutan wet months)

Water

- ☐ Water bottles 1 L x2, or 1 bottle plus a 2 L bladder
- ☐ Purification tablets, UV pen or filter bottle
- ☐ Electrolyte sachets

Personal First Aid

- ☐ Blister plasters, zinc tape, antiseptic wipes
- ☐ Painkillers you already use at home
- ☐ Anti-diarrheal tablets and rehydration salts
- ☐ Throat lozenges
- ☐ Altitude medication prescribed by your doctor
- ☐ Personal prescriptions plus a few days extra
- ☐ Insect repellent (lower valleys, Bhutan below 2,500 m)
- ☐ Hand sanitizer

Nepal and Bhutan Trekking Gear Checklist

Toiletries and Hygiene

- ☐ Quick-dry towel, medium size
- ☐ Toothbrush and small toothpaste
- ☐ Biodegradable soap in a leak-proof bottle
- ☐ Wet wipes (pack them out)
- ☐ Toilet paper, 1 roll per 5 days
- ☐ Moisturizer
- ☐ Nail clippers, small mirror, comb
- ☐ Menstrual products plus sealable bags
- ☐ Laundry soap and a drying cord

Electronics and Power

- ☐ Power bank, 20,000 mAh or larger
- ☐ Phone with offline maps and itinerary saved
- ☐ Camera plus 2 spare batteries
- ☐ Universal adapter (230 V, round pins)
- ☐ Charging cables and a two-port charger
- ☐ Nepali SIM card or eSIM

Snacks and Comforts

- ☐ Energy bars, nuts, dried fruit, chocolate
- ☐ Tea bags or instant coffee
- ☐ Journal and pen
- ☐ Book or e-reader
- ☐ Playing cards
- ☐ Binoculars (optional)
- ☐ Modest swimsuit for hot springs (optional)

Add for Bhutan Camping Treks

- ☐ Sleeping bag rated -15°C or warmer
- ☐ Larger power bank (no charging on trek)
- ☐ All snacks and toiletries for the full trek
- ☐ Long trousers and a collared shirt for dzong visits
- ☐ Reliable rain shell and gaiters

Leave at Home

- ☐ Jeans, cotton hoodies and cotton socks
- ☐ Suitcases and hard cases (porters carry duffels)
- ☐ Laptop
- ☐ Brand-new boots
- ☐ Sleeping tablets and strong sedatives

Notes
