

Nepal trek packing checklist

For lodge-based trekking. Use the full article and confirm route-specific instructions before removing an item.

Route: _____ Dates: _____

Highest overnight stop: _____ Main bag limit: _____

Porter / self-carry plan: _____ Supplied equipment: _____

Quantities are an example for roughly 7-14 days with re-wearing and a protected dry sleep set. Adapt to weather, laundry and personal needs. Camping and technical trips need a separate list.

Clothes and footwear

- ☐ 2 walking tops, including long-sleeved coverage
- ☐ 1-2 walking trousers
- ☐ 1 base-layer top and bottoms; protect dry sleep set
- ☐ 1 active midlayer and 1 insulated jacket suited to trip
- ☐ 1 waterproof jacket; rain trousers where needed
- ☐ 3 pairs walking socks plus 1 pair dry sleep socks
- ☐ Underwear and menstrual supplies: personal quantity
- ☐ Warm hat, sun hat and neck covering as needed
- ☐ Light gloves plus warmer hand protection as needed
- ☐ Tested footwear and light lodge/toilet shoes

Sleep, bags and water

- ☐ Sleeping bag: rating and condition checked
- ☐ Optional liner, earplugs and eye mask
- ☐ Fitted walking pack and duffel if using porter
- ☐ Waterproof liner / separate dry storage
- ☐ Refillable bottles or reservoir: capacity agreed
- ☐ Water treatment and workable backup
- ☐ Product instructions understood; practise before travel

Personal and small equipment

- ☐ Headlamp and charging/spare batteries
- ☐ Sunglasses, sunscreen and lip protection
- ☐ Personal medicines and prescription information
- ☐ Tailored first aid and blister supplies
- ☐ Toothbrush, toothpaste, small soap and towel
- ☐ Hand hygiene, toilet paper and waste bags
- ☐ Snacks and essential dietary items
- ☐ Tested phone, cables, adapter and permitted power bank
- ☐ Required documents and insurance details stored securely

Conditional kit

- ☐ Poles, gaiters or traction: guide decision
- ☐ Warmer insulation / gloves for cold starts
- ☐ Insect protection for warmer wetter travel
- ☐ Medical-device power and supplies as needed

Access and final checks

Keep daily essentials with you if your main bag is carried separately.

In your walking pack

- ☐ Water, treatment and reserve as agreed
- ☐ Snacks and dietary items
- ☐ Shell, warm layer and hand protection
- ☐ Headlamp and needed power
- ☐ Daily medicines and personal first aid
- ☐ Phone, documents and valuables
- ☐ Sun protection and small hygiene pouch

In your main trek bag

- ☐ Sleeping bag and optional liner
- ☐ Spare clothes and protected dry sleep set
- ☐ Lodge shoes and towel
- ☐ Reserve toiletries and hygiene supplies

Town storage, if arranged

- ☐ Only items accepted by storage provider
- ☐ Security and collection terms confirmed
- ☐ Essential medicines, documents and valuables retained

Before leaving home

- ☐ Test footwear and complete packed load
- ☐ Try layers together; operate gloves and zips
- ☐ Inspect actual sleeping bag / rental gear
- ☐ Practise water treatment and backup
- ☐ Test light, cables, power bank and offline information
- ☐ Agree group emergency equipment and communication
- ☐ Check required documents and policy cover with provider

Before the trek

- ☐ Confirm supplied items and rental fallback
- ☐ Confirm carrier baggage and battery rules
- ☐ Weigh main bag and hand carry separately
- ☐ Confirm porter allowance and total-load arrangements
- ☐ Check weather, trail and guide advice
- ☐ Agree refill points and drying / hygiene needs

Weight and batteries: Tara Air example, checked 26 October 2026: adult USD/Indian policy lists 10 kg baggage plus 5 kg hand carry. This is not a universal flight or porter allowance. IATA 2026 guidance: at most two personal power banks, cabin only, protected against short circuits, no recharging them aboard. Confirm carrier Wh/storage/use rules; refresh for 2027.

Health boundary: Tailor medicine with a clinician. Equipment and extra water do not prevent altitude illness. Do not ascend with altitude symptoms; worsening illness needs descent. Confusion, difficulty walking or breathlessness at rest need urgent help and descent as soon as safely possible.

Sources and full qualifications: [Nepal Trek Packing List full article](#). Source checks: [Tara Air](#), [IATA](#), [CDC altitude guidance](#).