



**HIMALAYA
SACRED**
TREKS & EXPEDITION

LANGTANG HELAMBU TREK GEAR CHECKLIST

HEAD WEAR

- ☐ Sun Glasses
- ☐ Sun Hat or Scarf
- ☐ Head Light
- ☐ Sun Screen
- ☐ Lip Guard

UPPER BODY

- ☐ Quick-Dry Shirts (Half & Full Sleeve)
- ☐ Fleece Jacket
- ☐ Down Jacket & Gore-Tex Jacket
- ☐ Water Poncho / Raincoat

LOWER BODY

- ☐ Trekking Trousers / Cotton Pants (Long/Short)
- ☐ Fleece Trouser
- ☐ Gore-Tex Pant

HAND WEAR

- ☐ Gloves

FOOT WEAR

- ☐ Thin, Thick, & Woolen Each Pair of Socks
- ☐ Trekking Gore-Tex Boots
- ☐ Extra Shoes or Sandals

ACCESSORIES

- ☐ Sleeping Bag (-20°C)
- ☐ Trekking Bag / Day Bag
- ☐ Duffle Bag
- ☐ Trekking / Hiking Poles
- ☐ Water Bottle or Camel Bag
- ☐ Hygiene Kit (Toilet Paper, Wipes)
- ☐ Thermos / Water Bottle
- ☐ Personal Medications
- ☐ Personal First Aid Kit
- ☐ Books / Playing Cards
- ☐ Toothbrush & Toothpaste
- ☐ Towel
- ☐ Soap & Sanitizer

- ☐ Camera (Optional)

TRAVEL GEAR

- ☐ Passport, Documents & Copies
- ☐ International Electrical Adapter
- ☐ PP-Size Photo (4 Pieces)
- ☐ Insurance Paper & Contact Address

HIMALAYA SACRED TREK & EXPEDITION

Bouddha-06, Kathmandu, Nepal

Phone: [+977 9841601325](tel:+9779841601325) / (434) 485-6869

Email: info@himalayasacred.com | Website: www.himalayasacred.com