



MARDI HIMAL TREK GEAR CHECKLIST

Gore-Tex Pant

Soap & Sanitizer

HAND WEAR

Gloves

Camera (Optional)

Small Type Chain
Crampon (Optional)

FOOT WEAR

Thin, Thick, & Woolen
Each Pair of Socks

Solar Panel & Battery
Pack (Optional)

Trekking Gore-Tex
Boots

TRAVEL GEAR

Passport, Documents &
Copies

International Electrical
Adapter

HEAD WEAR

Sun Glasses

Sun Hat or Scarf

Head Light

Sun Screen

Lip Guard

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

PP-Size Photo (4
Pieces)

Insurance Paper &
Contact Address

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