

EQUIPMENT LIST

- Duffle bag or rucksack for your main gear with lock (to be carried by porter). Maximum 15kg.
- Daysack of about 30-40 litres for carrying your daily needs, with waterproof cover.
- Bag to leave in the hotel with travel clothes (suitcase is fine).
- Sleeping bag rated down to -10° Celsius or more if you get cold easily (available for hire).
- Sturdy hiking boots with ankle support, and a sole that does not bend too easily. Gore-Tex lined fabric boots are not quite as warm as leather and are not fully waterproof in very heavy rain.
- Shoes or sandals for wearing around camp.
- Gaiters.
- Waterproof windbreaker and trousers, preferably breathable, with a hood and big enough to accommodate several layers beneath.
- Fleece tops or jumpers, or lightweight down tops.
- Down or synthetic jacket or a heavy duty fleece.
- Base layer, long sleeved top and long johns.
- Balaclava and Buff.
- Warm hat and sun hat.
- Warm gloves or mittens and thin liner gloves. Make sure gloves are windproof or waterproof.
- Sun hat, high SPF sun lotion, high SPF lip screen and good quality sunglasses.
- Trekking clothes – trousers and shorts, shirts and T-shirts, jumper or mid-layer fleece, underwear and several pairs of hiking socks.
- Water bottles and/or camelback (take a protective cover for the mouthpiece) and water purification tablets (optional, iodine-based is fine). The Park only allows hard Nalgene water bottles, no disposable ones.
- Head torch with spare batteries.
- Trekking poles.
- Personal wash kit including a nail brush, moisturizing cream, after sun, a small towel, tweezers, nail clippers, wet wipes (Femfresh for women), soap and a small shampoo.
- Variety of waterproof bags – for dirty clothes, sleeping bag and keeping clothes dry.
- Personal first aid and hygiene to include ibuprofen to help with altitude, paracetamol for high temperatures, plasters, antiseptic cream, Immodium, strepsils, some toilet paper roll and prescription medicines. Also, ear plugs are useful.
- Passport, insurance papers, spending money, airplane tickets, spare batteries for digital cameras, books and maps, diary, pen.
- Power pack for phones, and any electrical items.