

ITCOG Nepal Yoga & Trekking Gear List

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Hiking Clothes -non cotton

- 2 pair Hiking Pants or similar. (I like yoga pants with a phone pocket. I will take 1 thin and 2 thick ones)
- 2 long sleeve shirt
- 1-2 short sleeve shirt (mostly we will wear long sleeve as it is cold)
- 1 thin puffy jacket
- 1 medium puffy jacket
- 1 thick puffy jacket
- 4-6 pairs hiking socks (thick are nice for warmth)
- 7-9 underwear
- Sun hat
- 2 Gloves - thin liner gloves, medium insulated glove or mitt
- Bandana or Buff
- Warm hat
- Next gaiter (optional)
- Boots or trail shoes (I use trail running shoes, most people like hiking boots with ankle support or stiffer hiking shoes). We will be on uneven, rocky, and steep terrain.
- Sunglasses
- Face mask for viruses and dust

Toiletries/extras - make this as light weight as possible. Repackage to carry only small quantities.

- Soap
- Shampoo
- Toothbrush
- Toothpaste - small
- Deodorant
- Sunscreen
- Lip balm with SPF
- Crocks or Sliders for the showers (towels are available to rent)
- Small pack towel may be nice
- Wet wipes - 1-3 per day is enough
- Ear plugs & Eye mask
- Cough drops
- Toilet Paper - 3 rolls should be plenty, and you can purchase more on the trail.

Non-Hiking Clothes

You'll want to keep a set of clothes to change into after you're finished hiking for the day:

- 1 pair of comfortable and warm pants (fleece, down, or synthetic)
- 1 long sleeve shirt light and 1 medium weight for hanging out and sleeping
- Lodge slippers - hard bottom or thick socks with crocks for inside the lodges

Gear

- Backpack 20-35L - make sure fit is good. Shoulder straps should originate 2 inches below the top of the shoulder. Osprey packs with mesh back are nice. Get adjustable if you are buying one.
- Trekking poles
- Camera & Extra battery for camera (the cold drains your battery faster)
- Phone & Cord
- Plug adapter
- Battery pack or two for charging your phone
- Solar panel to charge batteries or phones (charging is available in lodges for about \$7, sometimes not available if power is low)
- Water purification: UV Sterilizing Pen is great. Get the rechargeable one. We can share these, so one per room is fine. Or bring water purification tabs.
- 2 Water bottles (1 liter size) with insulated water bottle cozy
- Insulated water bottle/thermos or two are nice as well for hot drinks and so your water doesn't get so cold and to keep water warm overnight.
- Headlamp and batteries
- Duffle bag, lightweight- no wheels, for porter to carry. 50 L or big enough to fit all your gear.
- Yoga mat if you want to join
- Sleeping bag for extra warmth is nice. 20 degree is plenty as you will have a big blanket as well. If you sleep warm this is not needed. Bring a sleeping bag liner instead.

Other Items:

Supplements:

I take these to keep at my absolute highest level of immune functioning. These are the purest supplements I have found with no alcohol, preservatives, citric acid, or other unhealthy additives.

Zinc sulfate

Micro C

Cat's claw

Goldenseal

Lysine

Liquid B-12 with methylcobalamin and adenosylcobalamin

Money:

We will tip the porters \$200 per trekker

We will tip the Sherpa/s \$200-500 per trekker

Tip your ITCOG guide as you see fit.

You will want money for extra drinks or snacks, showers (\$10), charging (\$7/day), toilet paper (\$4/roll up high), bakery items, cappuccinos, etc. I encourage you not to buy bottled water as all plastic up there is just burned.

Gifts: Nepal has some great unique gifts you can not find in the US. You can do your shopping here for the holidays.

Other: There are often other expenses that pop up so having extra cash is nice, like tips in Kathmandu. You should tip around a \$1 for baggage help. 500-700 rupees for a taxi ride to most places.

The exchange rate is around 120 rupees per dollar. Look online for current rate.

We can exchange money in Kathmandu the day after we arrive. You can exchange some in the airport if you like, though the rate is better in town. The exchange places are better than the bank and open 7 days a week.

Snacks:

On the trek, 3 meals a day are included, so you don't need much extra food. It is nice to have some of your favorites with you like chocolate, nuts, or healthy snacks you like. I bring some of my own tea, wild blueberry powder, dried fruit, and healthy snacks.

