



EARTHBOUND EXPEDITIONS

Himalayan adventure travel and trekking

Packing List for your Trip

When it comes to travelling, packing is always a very confusing and time consuming task. Packing can be very technical and limited at times while travelling. Here, we have sorted out some essential things for you to travel to Nepal. Apart from the things that you want to pack in your luggage bag, these are the essential things for your Nepal travel trip.

Travel Essentials

These are, of course, very highly essential things you should pack or you won't be able to travel.

- Valid Passport
- Visa (Available on Arrival)
- Flight Tickets
- Travel/Health Insurance
- Debit/Credit Card
- Some Cash in Hand (For Visa fee and other stuff)

Trekking Essentials

When you go for multiple days trekking in the Himalaya, these are the essential things you should have in your packing list. However, all the things mentioned here can be bought in Nepal before you start the trek.

- Trekking back pack x 1
- Trekking day pack x 1
- Trekking boot x 1pair
- Trekking trousers or shorts x 3
- Trekking T-shirts x 3
- Down Jacket or Jumper x 1
- Wind Cheater x 1
- Trekking Socks x 3 pairs
- Trekking Pole
- Hat
- Sun glasses
- Flash light
- Water bottle
- Water Purifying Tablets
- Sleeping bag (Can be hired or bought in Nepal)
- Liner



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- Sun Cream - SPF 30

Medical Kit

Carry a medical kit well equipped with some first aid medicines.

- Plasters
- Bandages
- A Needle
- Safety pins
- Antiseptic wipes/cream/hand wash
- Anti diarrheal
- Antacid
- Electrolytes
- Antihistamines
- Anti bug cream

Gadgets

Gadgets certainly add to the flavor of your trip. So have some of them with you.

- Cell phone
- Camera
- Battery Charger
- Power bank
- Universal travel adapter

The above mentioned things are basic essentials to travel to Nepal, be it trekking or other tour. Add your personal favorites on your luggage if it allows you.

Happy Travel!