

Himalayan  
Discovery Nepal



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## Trekking Equipments Checklist :

Clothes	Equipments	First Aid Kit Box	Miscellaneous Items
Trekking boot & spare laces	Backpack	Antiseptic	Toiletries
Hat(Warm),Scarf & gloves	Sleeping bag & silk liner	Roll cotton bandage	Quick drying camp towel
Water proof jacket, poncho	Water bottle	Elastic bandage	Laundry soap
Trousers	Maps, and guidebook	Pads	Toilet papers
Running shoes, sandals	Compass	Paper stitches	Cigarette lighter
Shorts, and trousers	Torch (Flashlight)	Scissors	Sun cream & lip balm
Wool blend socks,	Spare batteries and bulbs	Sewing needle	Polarising sunglasses
Thermal underwear	Duffle bag(for porter)	Roll of tape	Pocket knife
Sunhat	Backpack cover	Thermometer	Sewing /Repair kit box
Fleece jacket	Trekking poles	Tweezers	Water purification tablets
T-shirt some pairs	Gloves	Antibiotic	Locks for bag
Long sleeved shirt/ collar	Woollen hat	Paracetamol	Stuff sacks
Liner socks & underwear	Down Jacket	Normal drugs	earplugs