

Printable Nepal Trekking Packing Checklist

Save this checklist or print it before your trip to make sure you don't forget any essentials.

Documents

- ☐ Passport
- ☐ Nepal Visa
- ☐ Travel Insurance
- ☐ Trekking Permits
- ☐ Flight Tickets
- ☐ Emergency Contact Details
- ☐ Passport Photos
- ☐ Cash (Nepali Rupees)

Clothing

- ☐ Moisture-wicking Trekking Shirts (2–3)
- ☐ Thermal Base Layer
- ☐ Fleece Jacket
- ☐ Down Jacket
- ☐ Waterproof Shell Jacket
- ☐ Trekking Pants (2)
- ☐ Thermal Bottom
- ☐ Rain Pants
- ☐ Underwear
- ☐ Trekking Socks (4–5 pairs)
- ☐ Liner Socks (Optional)
- ☐ Warm Hat
- ☐ Sun Hat
- ☐ Buff / Neck Gaiter

☐ Lightweight Gloves

☐ Insulated Gloves

Footwear

☐ Broken-in Trekking Boots

☐ Camp Shoes or Sandals

☐ Gaiters (Winter or Snow)

Equipment

☐ Daypack (25–35L)

☐ Duffel Bag

☐ Trekking Poles

☐ Headlamp

☐ Sunglasses (UV Protection)

☐ Water Bottles or Hydration Bladder

☐ Sleeping Bag

☐ Power Bank

☐ Universal Travel Adapter

☐ Dry Bags

☐ Backpack Rain Cover

Toiletries

☐ Toothbrush

☐ Toothpaste

☐ Sunscreen (SPF 50+)

☐ Lip Balm

☐ Wet Wipes

☐ Hand Sanitiser

☐ Quick-Dry Towel

☐ Nail Clippers

☐ Toilet Paper

First Aid

☐ Personal Medication

☐ Diamox (Consult Your Doctor)

☐ Pain Relief Tablets

☐ Anti-diarrhoea Medication

☐ Blister Kit

☐ Bandages

☐ Antiseptic Cream

☐ Motion Sickness Tablets

Electronics

☐ Phone

☐ Camera

☐ Charger

☐ Spare Batteries

☐ Power Bank

☐ Charging Cables

☐ Headphones

Optional Extras

☐ Playing Cards

☐ Kindle or Book

☐ Journal

☐ Energy Bars

☐ Reusable Shopping Bag

☐ Ear Plugs

☐ Neck Pillow

☐ Small Lock