

Technical Clothing:

1. Down parka
2. Warm fleece jacket
3. Comfortable trekking boots
4. Lightweight shoes
5. Rain gears
6. 4 pair trekking socks
7. 2 long sleeve quick dry/capilene shirts
8. 2 quick dry bottoms (mid & heavy weight)
9. 2 trekking shirts (non-cotton is best!)
10. Trekking pants (zip off shorts are nice)
11. 1 pair shorts
12. 1 bandana
13. Warm gloves
14. Flip flop (or similar camp shoes)
15. Warm hat Sun hat 2 pair sunglasses

Equipment: Please try to Bring

- Small daypack
- Waterproof duffel for gear
- Warm sleeping bag (negative 8-10 degree celsius)
- Trekking poles
- Mud guard
- Headlamp and a normal torch
- Earplugs 2-liter water bottle (if camelback, bring also a nalgene)
- Insulated drinking mug
- Small towel
- Rain gears
- Various size plastic bags to keep gear dry and separate

Other Additional Items

1. Anti bacterial hand gel for disinfecting hands
2. Medical kit
3. Lightweight toilet articles (shampoo, soap-travel size)
4. Sunscreen, lip screen and insect repellent
5. Water purification tablets (iodine or chlorine)
6. High calorie snacks and energy bars, electrolytes
7. Prescription medications(good to bring Diamax, altitude sickness medicine)
8. Some books to read at camp

The following equipment are provided by us:

1. Sleeping tent
2. Dining tent
3. Kitchen tent
4. Toilet tent
5. mattresses
6. Carpets
7. Hot water bags
8. Table and chairs
9. Sleeping bag liners and blankets
10. Pillows