



Essential Equipment List

Gele Trekking recommends that all equipment should be lightweight and quick-dry. During the trek, there needs to be proper laundry services or drying facilities. All clothes will need to be hand-washed and sun-dried. While some places may offer laundry services, they are often unreliable, and washing machines are rarely used.

SN	Items	Recommended pair/s
1	Down jacket	1
2	T-Shirts (breathable)	4
3	Jumper (long sleeves)	2
4	Warm hat	1
5	Silicone or any warm lightweight jacket	1
6	Trekking boots (Gore-Tex)	1
7	Sport shoes	1
8	Light sandals	1
9	Thin Socks	3
10	Thick and warm Socks	3
11	Fleece jacket	1
12	Hiking trousers	3
13	Trekking poles	1
14	Personal wear	4 to 5 sets
15	Toiletries (<i>toothbrush, toothpaste, hand wash, soap, deodorant, nail clippers, wet wipes, quick-dry towel</i>)	1
16	Sunglasses	1
17	Water bottle	1

SN	Items	Recommended pair/s
18	Suns cream and cold lotions, Lip guard	1
19	Woollen gloves (Gore-Tex)	1/1
20	Scarf / Buff	1
21	Camera and Power bank	1
22	Daypack (30 to 35 litres) & kitbag (50 to 55 litres)	
23	Sleeping bag (<i>can be owned or hired in Nepal</i>)	1
24	Thermal sets	2
25	Gore-Tex set	1
26	Personal First-Aid (<i>any required medication</i>)	1

For Peak Climbing: Additional Equipment

Gele Trekking advises that buying additional equipment is unnecessary if you already have it. You can buy or hire the required gear in Nepal. Gele Trekking can assist in arranging the appropriate sizes for you, as this equipment is typically used for just one day.

SN	Items	Recommended pair/s
1	Harness set	1
2	Ice axe	1
3	Crampons	1
4	Extra pair of durable gloves	1

For The Nepalese People

Gele Trekking is committed to bringing attention to the potential brain damage being caused everyday to countless Nepalese by the common practice of carrying heavy loads on their heads, known as 'head carrying'. Gele trekking has pledged to make this a top focus for their treks and to actively seek solutions, including having one sherpa accompany each guest and to supporting further research on this critical health concern. By choosing Gele Trekking, our guests are providing support from around the world to help protect and nurture the minds of Nepalese in Nepal.

