

humla himalayan trek, kit list



The list below has been designed by Charity Challenge in conjunction with our local agent in-country, however please take into account your personal preferences and common sense. See what you can borrow, and if you need to purchase any items you are eligible for a 10% discount on equipment from [Nomad Travel Stores](#) on presentation of your itinerary. If you would prefer to hire kit, please contact [Trek Hire](#). Alternatively you can hire certain items from the ground handler once you arrive in *Kathmandu* (see list below). If you wish to do so, please email expeditions@charitychallenge.com at least 6 weeks prior to departure with your request.

Try to use your equipment before you go, particularly your rucksack, boots and sleeping bag, this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important, well broken-in Desert or Gore-tex walking boots should be worn. The weather can vary greatly from season to season and even within a very short period of time. You must be prepared for cold and wet weather at all times.

Your main bag should not weigh more than 15kg. If you exceed this allowance, you may be charged for excess luggage on internal flights. Please also remember that your porters have to carry and transport it. It is a good idea to wrap everything inside your main bag in plastic bags, so if it rains, your kit and especially your sleeping bag is less likely to get wet. If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don't pack valuables, cash, fragile or perishable items in your hold luggage, airlines and insurance companies will not accept liability for them.

Your hand luggage should not exceed 5kg (max dimensions: 56cm x 45cm width x 25cm depth). Keep any regular medication with you at all times and some extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries to freshen up on the journey. When leaving the UK, we recommend that you wear your trekking boots and trekking gear, and take as much as possible in your hand luggage. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the expedition while we relocate any missing baggage.

item	take it?
baggage and sleeping	
Large rucksack/kit bag – no more than 15kgs (a suitcase is not appropriate)	Yes
Day rucksack (for carrying sun cream, camera, film, water bladder etc)	Yes
Sleeping bag 3-season (you can hire one from Nepal for \$1 per day (\$150 if lost or damaged) payable in country before you trek, please order through Charity Challenge)	Yes
Fleece sleeping bag liner	Yes
Thermarest (sleeping mat provided in Kathmandu, but can be used for extra comfort & insulation. You can hire one from Nepal for \$2 per day (\$200 if lost or damaged) payable in country before you trek, please order through Charity Challenge)	Yes
clothing	
Waterproof jacket and trousers (good quality, breathable, windproof)	Yes
Long-sleeved shirt (moisture-wicking, not cotton)	Yes
T-shirts (moisture-wicking, not cotton)	Yes
Fleece	Yes
Thermals (for cold nights)	Yes
Trousers (such as lightweight cargo trousers, avoid jeans)	Yes
Shorts & swimwear	Optional
Underwear (light and loose), plenty of socks - both hiking and light	Yes
Bandana /scarf (to avoid dust and sunburn)	Yes
Walking boots with ankle protection (sturdy well worn in hiking boots)	Yes
Ankle gaiters (use in snowy conditions in the foothills & if compatible with own boots)	Optional
Trainers for evenings	Yes

Wide-brimmed hat	Yes
Insulated gloves (thermal)	Yes
Wool or fleece hat (you will need to cover your head in its entirety)	Yes

hygiene

Toothbrush & toothpaste, flannel for strip washing, soap (anti-bacterial & bio-degradable), anti-bacterial hand gel, shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, vaseline	Yes
Razor & cream, sanitary products, shower gel (bio-degradable), travel towel, deodorant, toilet paper/tissues, hairbrush/comb	Optional

health

Vitamins	Optional
After sun / moisturiser	Yes
Sun protection (factor 30 minimum)	Yes

documents (where relevant, please leave a copy at home with your next of kin)

Passport & photocopy (with 6 months to run from the end of the expedition)	Yes
Visa	Yes
Flight tickets (collect at the airport from Charity Challenge rep)	Yes
Cash	Yes
Travellers cheques (only changeable in Kathmandu)	Optional
Credit card (for emergencies only)	Yes
Travel insurance	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Yes
Emergency contacts (you will be sent these prior to departure)	Yes

other

Camera & spare memory cards	Optional
Binoculars	Optional
Sunglasses (good quality with 100% UV protection)	Yes
High energy snacks (tracker bars, dried fruit and nuts, you can purchase chocolate en route)	Yes
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Padlock (combination lock)	Yes
Gaffa tape and cord	Optional
Sewing kit	Optional
Note book and pen(s)	Optional
Alarm clock, watch	Optional
Adjustable walking pole rubber tipped (highly recommended. Try to fit into main hold luggage)	Yes
Head torch	Yes
Water bottle (two 1litre bottles or water bladder minimum) & a thermos is recommended	Yes
Ear plugs	Yes
Re-sealable plastic bags or light-weight dry-bags (for dirty washing & to protect from damp etc)	Yes
Whistle	Optional
Spare boot laces	Optional

small first aid kit

Pain killers / Paracetamol (Asprin also aids altitude acclimatisation)	Yes
Adhesive dressing (plasters) and Blister pads / second skins	Yes
Antiseptic spray	Yes
Diahorrea tablets (Immodium or Pepto Bismol) & Re-hydration sachets (2 per trekking day)	Yes
Any medication you normally use	Yes