NEPAL ECO ADVENTURE
COMMITTED TO BE ECO FRIENDLY!

Packing List for

LANGTANG VALLEY TREK

The Langtang Valley trek offers a wonderful opportunity to witness the beautiful scenery of the Himalayas. During this trek, you will pass through beautiful, dense forests and traditional villages. Likewise, you will be in several isolated regions. So, proper planning and packing are essential.

Packing wisely with warm clothing layers and all other required items will help you stay comfortable throughout the journey. You can enjoy navigating the varied Langtang trail confidently when you are well equipped with essentials. With proper packing, you will have a smooth journey which will enhance your overall experience.

PACKING LIST FOR LANGTANG VALLEY TREK

Clothing: Base & Insulating Layers

- [ ] Warm Thermal Innerwear
- [ ] Trekking T-shirts
- [ ] Undergarments (quick drying)
- [ ] Flexible trousers
- [ ] Fleece jackets
- [ ] Hoodie
- [ ] Synthetic Insulated Vest
- [ ] Sweater
- [ ] Down jacket (can be rented)
- [ ] Quick-drying tshirts

FOOTWEAR

- [ ] Multiple pairs of socks
- [ ] Waterproof trekking boots
- [ ] Lightweight shoes (for short strolling along the trail)
- [ ] Comfortable slippers
- [ ] Trekking sandals

SNACKS AND HYDRATION

- [ ] Reusable water bottle
- [ ] High Energy Snacks
- [ ] Water purification drops or water purifiers
- [ ] Pre-packaged or dehydrated foods
- [ ] Energy bars or gels

Outer Layers

- [ ] Windproof jackets
- [ ] Waterproof jacket and pants
- [ ] Rain poncho
- [ ] Gloves

PERSONAL FIRST AID KIT

- [ ] Antiseptic ointment
- [ ] Cleaning wipes
- [ ] Band aids
- [ ] Scissors
- [ ] Tweezers
- [ ] Cold packs
- [ ] Thermometer
- [ ] Oximeter
- [ ] Pain relief medication
- [ ] Anti diarrheal tablets
- [ ] Muscle pain spray
- [ ] Water purification tablets
- [ ] Oral rehydration salts
- [ ] Diamox (Altitude sickness pills)

(Consult a physician before use)

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Packing List for

LANGTANG VALLEY TREK

DOCUMENTS

- [ ] Passport
- [ ] Nepal visa
- [ ] Trekking permits (LNP Entry Permit; we will arrange)
- [ ] Travel insurance details
- [ ] Emergency contact information
- [ ] Cash (Nepali Rupees)
- [ ] Credit or debit cards
- [ ] Passport size photographs

TREKKING GEAR

- [ ] Daypack (25-40 L)
- [ ] Main backpack (optional, duffel bag provided)
- [ ] Headlamps/flashlights
- [ ] Trekking poles (can be rented)
- [ ] Microspikes (can be rented)
- [ ] Sleeping bag (can be rented)

NAVIGATION TOOLS

- [ ] Map (both paper map and digital)
- [ ] Gps devices
- [ ] Altimeter
- [ ] Compass

ESSENTIALS FOR FEMALE TREKKERS

- [ ] Comfortable sports bras
- [ ] Hair ties
- [ ] Pantiliners
- [ ] Menstrual hygiene products (pads, tampons or menstrual cup)
- [ ] Headbands and clippers

OTHER ESSENTIALS

- [ ] Quick drying towel
- [ ] Biodegradable soap
- [ ] Face wash
- [ ] Shampoo
- [ ] Toothbrush
- [ ] Toothpaste
- [ ] Dental floss
- [ ] Deodorant
- [ ] Moisturizer (to protect skin from dryness)
- [ ] Wet wipes
- [ ] Tissues
- [ ] Toilet paper
- [ ] Comb
- [ ] Small mirror

SUN PROTECTION

- [ ] Sunhats
- [ ] Sunglasses
- [ ] Lip balm with Spf
- [ ] Suncream
- [ ] Sun Protection spray

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ELECTRONICS

- [ ] Smartphone
- [ ] Universal plug adapter
- [ ] Charger
- [ ] Portable power bank
- [ ] Spare batteries
- [ ] Solar charger
- [ ] GoPro (optional)
- [ ] Binoculars

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Packing List for

LANGTANG VALLEY TREK

PACKING FOR OFF-SEASON TREKKING

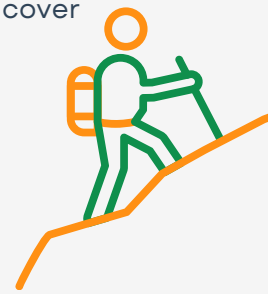
Summer/ Monsoon

Clothing and Footwear

- [ ] Waterproof gloves
- [ ] Rain poncho
- [ ] Extra waterproof trekking pants
- [ ] Quick drying extra socks
- [ ] Rain gaiters (protect your boots from water and mud) (can be rented)

Other Essentials

- [ ] Umbrella
- [ ] Insect repellent
- [ ] Backpack cover
- [ ] Dry bags



Winter Trekking Essentials

Clothing, Footwear & Warmth

- [ ] Warm Hiking socks
- [ ] Thermal leggings
- [ ] Insulated trekking pants
- [ ] Extra-warm gloves
- [ ] Woolen cap
- [ ] Down Jacket (suitable for winter) (can be rented)
- [ ] Balaclava (for wind and face protection)
- [ ] Synthetic insulated shell jacket (performs well in wet, cold weather)
- [ ] Insulated vest

Gear & Other Essentials

- [ ] High-capacity power bank (to keep devices running in cold conditions)
- [ ] Thermos water bottles
- [ ] Microspikes (enhance grip and stability on icy and snowy terrain) (can be rented)
- [ ] Hand and foot warmers
- [ ] Thermal blanket
- [ ] Sleeping bag liner (adds insulation)

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