NEPAL ECO ADVENTURE
COMMITTED TO BE ECO FRIENDLY!

Packing List for

LANGTANG CIRCUIT TREK

You have to pack smartly for a smooth Langtang Circuit Trek. This scenic journey takes you through remote and mountainous areas. In such places, the facilities are limited. So, for a safe and joyful experience on the trekking trails, you need to carry all essentials.

Packing extra items can slow you down whereas missing essential items can make your trek uncomfortable and difficult to complete. So, having a packing checklist is necessary. It helps you remember every essential needed and also allows you to manage your load effectively.

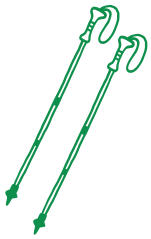
WHAT TO PACK FOR THE LANGTANG CIRCUIT TREK?

Clothing

- [ ] Thermal Inners
- [ ] Down jackets (can be rented)
- [ ] Insulated vest
- [ ] Quick-drying trekking T-shirts
- [ ] Windproof Jackets
- [ ] Beanie
- [ ] Fleece jackets
- [ ] Padded hoodie
- [ ] Undergarments
- [ ] Trousers
- [ ] Sunhats
- [ ] Extra Tshirt
- [ ] Treeking Pants

ELECTRONICS

- [ ] Mobile phone
- [ ] Portable power bank
- [ ] Solar charger
- [ ] Universal plug adapter
- [ ] Spare batteries
- [ ] Navigation Tools
- [ ] Map
- [ ] Trekking Guidebook
- [ ] Altimeter
- [ ] Compass



ENERGY SNACKS AND HYDRATION

- [ ] Refillable water bottle
- [ ] Packaged or dehydrated foods
- [ ] Water Purification Tablets
- [ ] Energy bars
- [ ] High-energy snacks

FOOTWEAR

- [ ] Waterproof trekking boots
- [ ] Trekking socks (multiple pairs)
- [ ] Hiking sandals
- [ ] Slippers
- [ ] Camp shoes

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Packing List for

LANGTANG CIRCUIT TREK

PERSONAL HYGIENE ESSENTIALS

- [ ] Toilet paper
- [ ] Shampoo
- [ ] Razor
- [ ] Quick-dry towel
- [ ] Deodorants
- [ ] Wet wipes
- [ ] Moisturizer
- [ ] Toothbrush
- [ ] Toothpaste
- [ ] Small mirror
- [ ] Soap
- [ ] Anti-chafing cream
- [ ] Face wash
- [ ] Tooth floss
- [ ] Comb

TRAVEL DOCUMENTS

- [ ] Nepal Visa
- [ ] Valid passport
- [ ] Passport-sized photograph
- [ ] Credit cards and cash
- [ ] Travel Insurance
- [ ] Trekking permits (we will arrange)

ESSENTIALS FOR FEMALE TREKKERS

- [ ] Sanitary pads, tampons, or menstrual cups
- [ ] Panty liners
- [ ] Sports bras
- [ ] Comfortable trekking bra
- [ ] Thermal leggings (extra layer for warmth)
- [ ] Hair ties, scrunchies, and clips

FIRST AID KIT

- [ ] Altitude sickness medicine (POM)
- [ ] Electrolyte powders
- [ ] Oral rehydration salts/solutions
- [ ] Paracetamol
- [ ] Pain relievers
- [ ] Antibiotics
- [ ] Antidiarrheal medication
- [ ] Cold and flu remedies
- [ ] Cough syrup
- [ ] Eye drops
- [ ] Bandages

MISCELLANEOUS

- [ ] Sunglasses
- [ ] Universal travel adapter
- [ ] Compass
- [ ] Altimeter
- [ ] Trek map
- [ ] Travel pillow
- [ ] Portable solar charger
- [ ] Emergency whistle
- [ ] Earplugs
- [ ] Eye mask
- [ ] Notebook

TREKKING GEAR

- [ ] Duffel bag (we will provide)
- [ ] Trekking poles (can be rented)
- [ ] Flashlight or headlamp
- [ ] Sleeping bag (can be rented)
- [ ] Daypack (for carrying snacks)

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Packing List for

LANGTANG CIRCUIT TREK

Packing for Trekking in Winter

- [ ] Thermal innerwear set (tops and bottoms; 2–4 sets)
- [ ] Insulated trekking trousers
- [ ] Down jackets (can be rented)
- [ ] Woollen socks
- [ ] Lightweight liner gloves
- [ ] Mittens
- [ ] Warm beanie
- [ ] Balaclava
- [ ] Sturdy insulated trekking boots
- [ ] Microspikes (rentable)
- [ ] Insulated bottle
- [ ] Hand warmers
- [ ] Sleeping bag liner (optional; for extra warmth)
- [ ] Insulated mat (optional; for resting)

Packing for Summer/ Monsoon Trekking

- [ ] Waterproof jacket (extra, for heavy rain)
- [ ] Raincoat
- [ ] Insect repellent
- [ ] Rain poncho
- [ ] Waterproof backpack cover
- [ ] Umbrella
- [ ] Leg gaiters (protect legs and boots; rentable)
- [ ] Waterproof trekking boots with strong traction
- [ ] Anti leech socks
- [ ] Dry bags (for electronics and valuables)