NEPAL ECO ADVENTURE
COMMITTED TO BE ECO FRIENDLY!

Packing List for

MERA PEAK CLIMBING

It is important to have a comprehensive gear list in order to ensure that you bring all the necessary items required for a safe and comfortable high altitude adventure. Having a well-organized gear can make your Mera Peak climbing smooth and enjoyable.

A well balanced backpack will help you feel less fatigued. It lets you save energy. With the right packing, you will be able to adapt to changing conditions and complete your adventure successfully.

WHAT TO PACK FOR THE MERA PEAK CLIMBING?

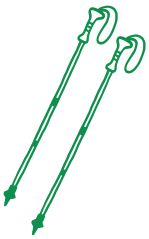
Clothing

- [ ] Moisture wicking shirts (long & short sleeve)
- [ ] Lightweight T shirts
- [ ] Thermal tops
- [ ] Fleece Jacket
- [ ] Woolen sweater
- [ ] Down vest
- [ ] Insulated jacket
- [ ] Windproof jacket
- [ ] Thermal bottoms
- [ ] Flexible leggings
- [ ] Trekking pants
- [ ] Insulated pants
- [ ] Down jacket (can be rented)
- [ ] Waterproof jacket and pants
- [ ] Rain pants
- [ ] Woolen trousers
- [ ] Lightweight shorts

HYDRATION AND FOOD

- [ ] Hydration bladder
- [ ] Refillable insulated water bottle
- [ ] Water purification tablets
- [ ] Snacks (chocolate or protein bars)
- [ ] Electrolyte tablets

ELECTRONICS



- [ ] Mobile Phone
- [ ] Portable power bank
- [ ] Universal plug adapter
- [ ] Spare batteries
- [ ] Solar charger
- [ ] Camera (optional)

TREKKING GEAR

- [ ] Trekking poles (can be rented)
- [ ] Waterproof duffle bag (we will provide)
- [ ] Flashlight with extra batteries
- [ ] Sunglasses
- [ ] Day pack with rain cover
- [ ] Microspikes (can be rented)

FOOTWEAR

- [ ] High quality and waterproof hiking boots
- [ ] Gaiters (can be rented)
- [ ] Sandals
- [ ] Flipflops
- [ ] Woolen slippers
- [ ] Thick wool socks
- [ ] Trekking socks
- [ ] Moisture wicking liner socks

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MERA PEAK CLIMBING

PERSONAL CARE ESSENTIALS

- [ ] Toothbrush
- [ ] Toothpaste
- [ ] Tooth floss
- [ ] Facial cleanser
- [ ] Hand wash
- [ ] Biodegradable soap
- [ ] Hair shampoo
- [ ] Conditioner
- [ ] Small quick drying towel
- [ ] Wet wipes
- [ ] Toilet paper
- [ ] Deodorant
- [ ] Moisturizing cream for dry skin
- [ ] Lip balm with SPF
- [ ] Sunscreen
- [ ] Foot powder
- [ ] Anti-chafing cream
- [ ] Razor and shaving cream (if needed)
- [ ] Nail cutters
- [ ] Hairbrush/ Comb
- [ ] Hair bands, ties, or clips
- [ ] Small mirror

FOR FEMALE CLIMBERS

- [ ] Sports bra
- [ ] Hair ties and clips
- [ ] Menstrual hygiene items (pads, and tampons)
- [ ] Pantyliners

FIRST AID KIT

- [ ] Paracetamol
- [ ] Pain relievers
- [ ] Aspirin
- [ ] Anti inflammatory gel
- [ ] Sprain sprays
- [ ] Altitude sickness medicines
- [ ] Cough suppressants
- [ ] Antidiarrhoeals
- [ ] Oral rehydration salts
- [ ] Antibiotics
- [ ] Burn gel
- [ ] Eye drops
- [ ] Blister cream
- [ ] Instant cold packs
- [ ] Emergency blankets
- [ ] Band aids
- [ ] Adhesive tape
- [ ] Elastic bandages
- [ ] Sterilized gloves
- [ ] Antiseptic wipes
- [ ] Mini scissors
- [ ] Tweezers
- [ ] Cotton swabs
- [ ] Bug repellent spray
- [ ] Hand sanitizer (clean hands)
- [ ] Personal medications (you usually take)

eco friendly

NEPAL ECO ADVENTURE
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Packing List for

MERA PEAK CLIMBING

DOCUMENTS

- [ ] Nepal entry visa
- [ ] Valid passport (minimum 6 months validity)
- [ ] Trekking permits (we will arrange)
- [ ] Travel insurance (covering high altitude climbing)
- [ ] Mera Peak climbing permit (we will arrange)
- [ ] Credit/debit cards
- [ ] Cash
- [ ] Passport Size Photographs

HEADWEAR

- [ ] Wool hat or beanie
- [ ] Neck gaiter
- [ ] Scarf
- [ ] Buff
- [ ] Sun hats
- [ ] Full face balaclava (protects from cold)

ELECTRONICS (NON ESSENTIAL)

- [ ] Portable solar charger (keep devices powered)
- [ ] Mobile phone
- [ ] Smartwatch
- [ ] Altimeter
- [ ] Satellite phone
- [ ] Camera
- [ ] Earphones
- [ ] Binoculars
- [ ] Power bank

SLEEPING GEAR

- [ ] Small inflatable pillow
- [ ] Down sleeping bag (rated for -25°C) (can be rented)
- [ ] Sleeping bag liner (adds comfort and insulation)
- [ ] Nightwear or sleepwear (comfortable clothes for sleeping)
- [ ] Eye mask

MISCELLANEOUS

- [ ] Map
- [ ] Emergency whistle
- [ ] Emergency contact list
- [ ] Notebook and pen
- [ ] Portable games
- [ ] Small Ziploc Bags
- [ ] Dry bags

HANDWEAR

- [ ] Light liner gloves
- [ ] Waterproof gloves
- [ ] Insulated gloves
- [ ] Mittens (for extra warmth)

CLIMBING EQUIPMENT

- [ ] Climbing rope (we will provide)
- [ ] Sling
- [ ] Carabiners
- [ ] Ice axe
- [ ] Crampons
- [ ] Jumar (ascender)
- [ ] Helmet
- [ ] Harness
- [ ] Ski goggles
- [ ] Snow bar
- [ ] Figure-eight (descender)
- [ ] Mountaineering overboots with liners