NEPAL ECO ADVENTURE
COMMITTED TO BE ECO FRIENDLY!

Packing List for

TAMANG HERITAGE TREK

The Tamang Heritage Trek is one of the most beautiful and culturally enriching experiences in Nepal. The trekking route goes through serene forests, villages and ridges.

In order to have a smooth experience in the Himalayas, you need to pack all the essentials. By packing all the necessary items, you can ensure your safety and comfort throughout the journey.

WHAT TO PACK FOR THE TAMANG HERITAGE TREK?

Clothing

- [ ] Down jacket
- [ ] Waterproof jacket
- [ ] Quick-dry long-sleeve shirt
- [ ] Lightweight trekking pants
- [ ] Fleece jacket
- [ ] Hoodie/sweater
- [ ] Thermal base layer
- [ ] Quick-dry t-shirts
- [ ] Scarf
- [ ] Beanie
- [ ] Sun hat

GEAR

- [ ] Sleeping bag (can be rented)
- [ ] Trekking poles (available for rent)
- [ ] Headlamp or flashlight (carry extra batteries)
- [ ] Duffel bag (we will provide)
- [ ] Waterproof daypack (25–40 liters)

ELECTRONICS

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

SNACKS AND HYDRATION

- [ ] Energy bars
- [ ] Refillable water bottle
- [ ] Packaged or dehydrated meals
- [ ] High-energy snacks
- [ ] Water purification tablets

FOOTWEAR

- [ ] Waterproof hiking boots
- [ ] Light sneakers
- [ ] Trekking sandals
- [ ] Slippers
- [ ] Socks

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PERSONAL CARE ESSENTIALS

- [ ] Toothpaste and toothbrush
- [ ] Wet wipes
- [ ] High SPF sunscreen
- [ ] Soap
- [ ] Quick-drying towel
- [ ] Lip balm
- [ ] Hand sanitizer
- [ ] Toilet paper
- [ ] Sunglasses

DOCUMENTS

- [ ] Valid passport
- [ ] Travel insurance
- [ ] Credit cards and cash
- [ ] Trekking permits (we will arrange them)
- [ ] Passport-sized photographs
- [ ] Nepal visa

ESSENTIALS FOR FEMALE TREKKERS

- [ ] Sports bras
- [ ] Sanitary pads, tampons or menstrual cups
- [ ] Panty liners
- [ ] Hair ties, scrunchies, and clips
- [ ] Comfortable trekking bra

FIRST AID KIT

- [ ] Painkillers
- [ ] Anti-diarrheal tablets
- [ ] Diamox pills (POM)
- [ ] Band-aids & plaster bandages
- [ ] Tweezers
- [ ] Scissors
- [ ] Cold packs
- [ ] Muscle pain relief spray
- [ ] Thermometer

MISCELLANEOUS

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

eco friendly

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Packing for Trekking in Winter

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

Packing for Summer/ Monsoon Trekking

- [ ] Rain poncho
- [ ] Waterproof trekking boots with good grip
- [ ] Umbrella
- [ ] Waterproof backpack cover
- [ ] Insect repellent
- [ ] Leg gaiters (rentable; help keep legs and boots dry)
- [ ] Raincoat
- [ ] Dry bags (to protect electronics and valuables)
- [ ] Anti-leech socks
- [ ] Extra waterproof jacket (for heavy rainfall)