



## Walk for Nepal Kit List

### Clothing

- Waterproof jacket with hood
- Waterproof over-trousers - make sure you can put the over-trousers on whilst still wearing your boots. I recommend the Marmot PreCip Full Zip pants or Craghoppers Ascent trousers
- Warm beanie/hat · Thin to medium gloves- plus a spare pair in case one gets wet
- Walking boots- not brand new, must be sturdy and worn in! Halfway up Snowdon is a bad time to learn that those new boots come with blisters...
- Thick/Walking socks- check out the Smartwool or Icebreaker range
- Wicking base layer top- ideally long sleeved, this is worn next to the skin, don't bring cotton ! Merino wool is brilliant if you can afford it
- Mid layer top- worn between the base layer and your outer jacket, lightweight fleeces are ideal
- Outer layer- synthetic/soft shell jacket- this will be more breathable than a waterproof so reduces sweating whilst keeping the wind off you. I recommend the Rab Vapour Rise
- Spare warm layer- a fleece or insulated jacket is ideal, like the Marmot Vars Hoody
- Walking/Hiking trousers- please don't bring jeans or jogging bottoms, they don't cope well when wet!
- Sun glasses- it can be very bright when the weather is clear
- Neck-gaiter/balaclava/Buff- in case the wind picks up!
- Sun hat or cap

### Safety

- Headtorch - highly unlikely needed but just in case...
- Sun cream
- Mountain whistle - in case of emergencies
- Waterproof rucksack liner/dry bags- to keep your spare layers dry
- Water bottle - 2 x 1 litres should be fine
- Mobile phone
- Map and compass- if you know how to use it
- Personal first aid kit- plasters, sterilising wipes, bandages (just in case)

### Personal items

- Rucksack- 25 -35 litres in size depending how much stuff you plan to carry
- Lunch for the day- practical and high -energy food that's easy to eat on the go, think slow release energy like sandwiches, dried fruit, cereal bars, flapjacks, nuts...
- Personal medicines- Inform your leader at registration of any conditions/medication you are taking)

### Optional extras

- Camera - for happy memories of your event
- Walking Poles- to save the knees on the descents
- Gaiters - keep your feet dry if wet underfoot
- Thermos flask - always nice if cold weather forecast!