

Mardi Himal Packing List

65 items in 9 groups for a standard spring or autumn trek, plus 13 additions for December to February. Items marked **RENT** can be hired in Pokhara Lakeside rather than flown in.

Clothing

- ☐ 2 to 3 wicking base layer tops, merino or synthetic
- ☐ Thermal base layer bottoms
- ☐ Fleece or light down mid-layer
- ☐ Warm down jacket for the dawn push **RENT**
- ☐ Waterproof, windproof shell jacket
- ☐ Waterproof over-trousers
- ☐ 2 pairs trekking trousers
- ☐ Warm hat and a buff
- ☐ Sun hat or cap
- ☐ Glove liners plus warm outer gloves
- ☐ Underwear, 3 to 4 changes

Toiletries & hygiene

- ☐ Toilet paper, 2 rolls
- ☐ Paper towel or a pack of tissues
- ☐ Biodegradable soap bar in a case
- ☐ Shampoo, a small bottle or trail-bought sachets
- ☐ Quick-dry microfibre towel
- ☐ Toothbrush and travel toothpaste
- ☐ Hand sanitiser
- ☐ Wet wipes for a wash without a shower
- ☐ Deodorant
- ☐ Moisturiser for the dry cold air
- ☐ Nail clippers, comb, razor
- ☐ Contact lens solution and spare glasses
- ☐ Menstrual products plus sealable disposal bags
- ☐ A ziplock as the washbag, a second for rubbish

First aid & sun

- ☐ Blister plasters and zinc oxide tape
- ☐ Painkillers, paracetamol and ibuprofen
- ☐ Rehydration salts
- ☐ Antiseptic cream and assorted plasters
- ☐ Anti-diarrhoeal tablets
- ☐ Your own prescription medicines
- ☐ Altitude medication only if your doctor advises it
- ☐ Sunscreen, SPF 30 or higher
- ☐ SPF lip balm
- ☐ Sunglasses with proper UV protection

Footwear & poles

- ☐ Broken-in, ankle-support trekking boots
- ☐ Camp shoes or sandals for the teahouse
- ☐ 3 to 4 pairs wool or synthetic socks
- ☐ Gaiters for mud or snow **RENT**
- ☐ Adjustable trekking poles **RENT**

Water & food

- ☐ 1 to 2 L capacity in bottles or a bladder
- ☐ Purification: tablets, a SteriPen, or a filter bottle
- ☐ Insulated flask for hot drinks
- ☐ High-calorie snacks: nuts, bars, chocolate
- ☐ Electrolyte or rehydration sachets

Documents & money

- ☐ Passport plus two photocopies
- ☐ ACAP permit and TIMS card
- ☐ 4 passport photos
- ☐ Insurance certificate covering trekking to your altitude
- ☐ Nepali rupees in cash for the whole trek, plus a buffer
- ☐ Written emergency contacts

Sleeping

- ☐ 3-season sleeping bag rated to about -10°C **RENT**
- ☐ Silk or cotton liner
- ☐ Inflatable pillow, or a stuff sack of clothes
- ☐ Earplugs and an eye mask

Packs & bags

- ☐ 30 to 40 L daypack with a rain cover
- ☐ Duffel or kit bag if a porter carries it **RENT**
- ☐ Dry bags or ziplocks for electronics and clothes
- ☐ Small padlock
- ☐ Laundry bag for worn clothes

Electronics

- ☐ 10,000 to 20,000 mAh power bank
- ☐ Headtorch plus spare batteries
- ☐ Charging cables and a universal adapter
- ☐ Phone or camera and a spare memory card
- ☐ Watch or altimeter, optional

Additional for winter months

December to February, on top of everything above

☐ Microspikes

The High Camp to viewpoint section ices over from December. Light, cheap, and rentable in Pokhara. Full crampons are overkill.

☐ A warmer sleeping bag

A four-season bag, or your -10°C bag with a thermal liner inside it.

☐ Higher-fill down jacket

A dawn push at -10°C is a different proposition to the same walk in October.

☐ Insulated outer gloves

Worn over liners. Thin gloves alone stop working once you are on the ridge before sunrise.

☐ Balaclava or a second buff

Wind on the ridge ends more winter attempts than temperature does.

☐ Heavyweight thermals

Top and bottom, not the lightweight set you would carry in autumn.

☐ Insulated flask

Bottles freeze overnight. Fill it at dinner and keep it in the foot of your sleeping bag.

☐ Down booties or thick camp socks

Dining rooms are unheated apart from the stove, and evenings are long.

☐ Gaiters

For the snow between Badal Danda and High Camp.

☐ Category 3 or 4 sunglasses

Fresh snow roughly doubles the glare on the ridge.

☐ Spare headtorch batteries

Kept in an inside pocket. Cold flattens them fast.

☐ Hand and toe warmers

A few pairs. Almost weightless, and worth it on viewpoint morning.

☐ Snow baskets for poles

The small discs stop the poles sinking into fresh snow.