

Three Passes Trek Equipment List

Clothing / Layers

- ☐ **Hiking boots**
If you're buying new boots for this trip, make sure they are well broken in before departure.
- ☐ **Microspikes / Ice grips**
These are spikes similar to what you would find on golf shoes. They can be attached to your normal hiking boots if it gets icy.
- ☐ **Runners / trainers or sandals**
To wear in teahouses.
- ☐ **Midweight hiking socks x 4 minimum**
Merino wool or synthetic.
- ☐ **Underwear x 4 minimum**
Merino wool or synthetic is advisable.
- ☐ **Quick-dry shorts x 1**
Knee-length or longer.
- ☐ **Lightweight hiking trousers x 1-2**
- ☐ **Long johns / thermal leggings x 1**
Silk, wool or synthetic. For cold evenings and sleeping.
- ☐ **Short-sleeve base layer x 2**
Silk, wool or synthetic.
- ☐ **Long-sleeve hooded base layer x 2**
Silk, wool or synthetic.
- ☐ **Mid-layer x 2**
A combination of midweight fleece, lightweight down jacket and/or softshell jacket. Your Earth's Edge jacket can count as one of these layers.
- ☐ **Down jacket**
With good loft, large insulated baffles, and a hood. At least 600 g in weight.

- ☐ **Waterproof jacket**
- ☐ **Waterproof trousers**
Full-length zips are helpful so they can be put on over boots.
- ☐ **Lightweight poncho**
Useful as a backup in heavy rain.
- ☐ **Fleece hat / beanie**
- ☐ **Bufs x 2**
- ☐ **Lightweight liner gloves**
Wool or synthetic.
- ☐ **Down mitts or ski/mountaineering gloves**
- ☐ **Sunglasses (category 3)**
- ☐ **Sun hat with a wide brim**
To cover face and neck.
- ☐ **Spare set of clothes**
To leave at the hotel and wear after you finish the trek.

Trekking Essentials

- ☐ **Duffel bag (90 L) or large rucksack**
To transport your equipment while trekking. We recommend using something sturdy, as this bag will be carried by the support team.
- ☐ **Rucksack (30-35 L)**
To carry the items you'll need while trekking: water, snacks, spare layers, waterproofs, sun protection, camera, personal medication, etc. We suggest using this as your hand luggage on your flight.
- ☐ **Small bag for hotel storage**
To leave at the hotel with any clothes or equipment you don't need on the mountain.

- ☐ **Dry bags**
For additional waterproofing and to separate items inside your bag.
- ☐ **Warm sleeping bag**
Comfort rating of -15°C or lower. Please use the comfort rating, not the limit or extreme/survival rating.
- ☐ **Water bottles / hydration bladder**
You must be able to carry at least 3 L of water while walking. Bring at least two hard bottles (e.g. Nalgene), as hydration bladders can freeze at high altitude.
- ☐ **Personal snacks**
Although meals are included throughout the trek, bring your favourite high-energy snacks like energy bars, sweets, trail mix or nuts to eat on the trail.
- ☐ **Headtorch with spare batteries**
- ☐ **Walking poles**

Personal Care

- ☐ **Sun cream (at least SPF 30)**
SPF 50 recommended.
- ☐ **SPF lip balm (SPF 50)**
- ☐ **Insect repellent**
- ☐ **Toiletries**
Toothbrush, toothpaste and soap. Wet wipes and a nail brush are very useful.
- ☐ **Small quick-drying towel**
Microfibre or similar.
- ☐ **Tissues / toilet paper**
No toilet paper is provided in teahouses.
- ☐ **Hand sanitiser**
- ☐ **Moisturiser**
Useful for dry skin caused by altitude, wind and sun exposure.

- ☐ **Glasses / contact lenses (if needed)**
We advise bringing both glasses and contact lenses. Daily disposable lenses are recommended over monthlies.
- ☐ **Menstrual hygiene products**
It's best to be prepared, even if you're not expecting your period, as cycles can become irregular at altitude. Applicator tampons or pads are best.
- ☐ **Small rubbish bags / resealable bags**
For used tissues, wipes and personal hygiene products.

Important Items

- ☐ **Passport**
Must be valid for at least six months after you return and have at least two free pages.
- ☐ **Copies of your passport, travel insurance and vaccination records**
Bring printed copies and keep digital copies accessible offline.
- ☐ **Cash and bank card**
For tips, drinks, snacks, optional activities and emergencies.

Optional Items

- ☐ **Sleeping bag liner**
Not essential but helps to keep your sleeping bag clean and adds extra warmth.
- ☐ **Rain cover for your rucksack**
- ☐ **Water purification**
All drinking water provided to you will be treated correctly, but you may still wish to bring your own tablets / drops, such as iodine or chlorine. Powdered fruit juice can help disguise the taste.

- ☐ **Hand warmer sachets**
- ☐ **Balaclava**
- ☐ **Gaiters**
To help keep dirt, dust and rain out of your boots.
- ☐ **Earplugs and eye mask**
- ☐ **Universal travel adaptor, power bank and charging cable(s)**
Nepal primarily uses Type C plugs.
- ☐ **Camera**
- ☐ **Kindle / book, notebook and pen**
- ☐ **Swimwear / togs**
For the hotel pool.

Med Kit List

It's essential that you bring your own basic first aid kit. Below are the key items you'll need:

Essential:

- ☐ **Current medications**
Bring a good supply of any tablets, creams, or inhalers you currently take or think you may need.
- ☐ **Paracetamol and ibuprofen**
- ☐ **Rehydration salts / electrolytes**

- ☐ **Blister kit and plasters**
Compeed (blister plasters), standard plasters, KT tape and a small pair of scissors.
- ☐ **Throat lozenges**
Useful in dry, dusty or cold conditions.

Recommended:

- ☐ **Diamox (tablet form, not capsules)**
If you have decided to take it.
- ☐ **Antibiotics (one of Azithromycin or Ciprofloxacin)**
The doctor will carry antibiotics for the group, but supplies can be depleted quickly if several people become unwell.

Optional:

- ☐ **Antihistamine cream and tablets**
Useful for allergies, bites or skin irritation.
- ☐ **Nasal spray / decongestant (e.g. Sudafed)**
- ☐ **Diarrhoea relief tablets (Loperamide)**
- ☐ **Buscopan**
- ☐ **Laxatives**
- ☐ **Medicated cream**
For example, hydrocortisone, antifungal cream or cold sore cream, if you normally use them.

If you have any questions or concerns, just get in touch - we're happy to help!