

# Free Ski Himalaya

## PACK LIST TREKKING EQUIPMENT

### IMPORTANT DOCUMENTS

- Valid passport
- Copy of the passport
- Airline tickets
- 2 – 3 extra passport size pictures (for visa and trekking permit)

### FOR THE TREKKING

- Duffle bag or large travel bag, e.g. **SALEWA Duffle Bag**
- Small day pack ca. 30l for camera, drinking bottle and sweater, e.g. **SALEWA Pure Pro**
- For treks at high altitude solid, used trekking boots, e.g. **SALEWA EAGLE EVO GTX**
- 1 pair of light hiking boots for lower regions and good trails, e.g. **SALEWA PEREGRINE GTX**
- Sandals for possible river crossings and for the camp
- Telescope walking sticks
- Sleeping bag up to - 15/20 degrees C, e.g. Mammut Ajungilak 3 Seasons (evtl. Inlet, silk sleeping bag)

### CLOTHING

#### Weather Protection

- Rain jacket (Gore Tex), e.g. **SALEWA PLAISIR GTX**
- Rain trousers (Gore Tex), e.g. **SALEWA PLAISIR GTX**

#### Protection against the Cold

- Softshell, e.g. **SALEWA PANCCHULE SFS M 1X JACKET**
- Down jacket (good quality jackets can be bought in Kathmandu at Everest Hardwear at a reasonable price)
- Fleece pullover, e.g. **SALEWA TOBLE PL M JACKET**
- Fleece trousers
- 2 long arm shirts or sweat shirts
- Down or fleece gilet (optional)

#### Underwear

- light thermal underwear (shirt and trousers)
- 2 comfortable trekking trousers
- Synthetic, humidity absorbing t-shirt
- Nylon shorts

#### Accessories

- Socks, 4 pair
- Cap with sun protection
- Warm woolen hat and foulard for wind and dust protection
- Wind stopper fleece gloves and warm gloves for high altitudes
- Drinking bottle, thermos flask
- Torch (ideally a head lamp), sufficient batteries
- Pocket knife
- Sun glasses
- Sun cream - SPF 30 or higher
- Lip protection - SPF 15 or higher
- Insect protection
- Toilet articles, tooth brush and cream, towel, etc.
- First aid kit

## Diverse

- Camera , spare batteries
- Plastic holder for passport and money
- Small binoculars
- Toilet paper and/or refreshing towels
- Books, note pads and pens
- iPod or MP3 player
- diverse nylon and plastic bags

