

## **EQUIPMENT CHECKLIST FOR NEPAL PILGRIMAGE TOUR**

Equipment and clothing is very much a matter of personal preference and choice. However, the list below is general and it is intended to give guidance for Nepal Pilgrimage Tour only.

### **Must bring documents:**

1. The most recent and valid passport
2. 4 passport sized colour photos
3. 2 photo copies of the most recent and valid passport
4. Cash-less travel and medical insurance policy

### **Footwear:**

1. A pair of trainer type (sport) shoes
2. Flip- flops or river sandals to use around camp, bathing and washing
3. 3-4 pairs of warm shocks

### **Clothes:**

1. Cap, sunhat and woolen hat
2. Down or fiber filled jacket - Karnali Excursions lends jackets to Yatries on returnable basis, but if you have your own (which must keep you warm up to - 20 Degree Celsius), you may bring your own
3. One wind/rain proof jacket
4. One light sweater
5. Fleece wear
6. Comfortable trousers
7. Enough underwear
8. A pair of warm gloves
9. Bath/face towel
10. Enough city wear and casual summer clothes
11. A clean white lungi or dhoti for havan and pujas

### **Not-to-miss miscellaneous items:**

1. Comprehensive Personal First Aid Medical Kit
2. Rucksack/Day bag
3. Sunglasses with 100% UV protection
4. Normal flashlight or headlamp with spare batteries
5. Repair kit (needles, threads, glue, scissors, knife etc)
6. Havan and Puja materials as per your own cultural customs and practices
7. Notebook and pen
8. Reading materials
9. Camera and binoculars (optional, but recommended)

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10. Luggage tags and lock
11. Plastic garbage bags to protect your clothes from rain and dust

### **Toiletries:**

1. Sunscreens and lip guard
2. Toothpaste, tooth brush and soap
3. Anti bacterial hand gel
4. Skin moisturizer
5. Wet wipes
6. Insect repellents

### **Eateries/snacks:**

1. Favorite snacks
2. Energy bars (chocolates)