

PACKING LIST

Yoga Trek Nepal

Underwear & Sleepwear

- 1x set thermal underwear (top and pants)
- 6x Undies
- 6x socks
- Ladies: 2x sports bras

Clothes: Quick-dry fabrics where possible

Trekking

- 1x thermal top for hiking
- 3x T-shirts
- 1x Long Sleeve Shirt
- 1x Fleece jumper
- 1x Shell Jacket (windproof, waterproof)
- 2x pairs pants (light-weight)
- Optional: 1x vest

For wearing at camp

- Thongs
- Track pants
- Long sleeve top

For Yoga

- Comfortable, stretchy clothes
- Yoga Mat (supplied)

For Sight-Seeing

- Comfortable shoes

Paperwork

- Good book
- Journal & Pens
- 2x passport size photos for trekking permits

Other Things

Medical

- Hydration salts
- Paracetamol & Ibuprofen
- Band-aids, ointment for cuts and blisters
- Your medication

Accessories

- Sleeping Bag
- Sun Hat or Cap
- Beanie or "Buff" – to keep forehead and ears

warm

- Sunglasses
- Torch: Hand held or Head torch
- Power adapter for any electronics such as Camera (but power may be expensive or not-available on the trek)
- Spare batteries if required
- Camera or phone switched to flight mode (to save battery)

Toiletries

- Sunscreen: small bottle SPF 50+
- 1x SPF lip sunscreen
- Quick-dry towel
- Quick-dry Face-washer
- Face moisturizer
- Moisturizing Lip balm
- Toothbrush and toothpaste
- Hand sanitizer
- Body-wash (1x small bottle)
- Tissues (3x travel packs)
- Toilet paper (1x roll – just in case)
- Ladies: Menstrual Cup or other

Food (can purchase on arrival)

- Trail mix or muesli bars
- Chocolate bars & Lollies