

CLOTHING & EQUIPMENT

Selecting the right clothes and other gear and equipment according to the weather and climate, is essential to avoid unnecessary complications and to make your trip as comfortable as possible.

Please follow the packing list carefully and contact our team if you have questions.

CLOTHING

- Waterproof and windproof jacket (breathable)
- Down jacket
- Thermal top x 1
- Thermal bottoms x 1
- Trekking shirt x 2
- Light-weight long sleeve t-shirt
- Trekking trousers or pants x 1
- Hiking shorts x 1
- Lightweight thermal trousers x 1
- Breathable underwear and quick dry – check out [Biby + Roy brand](#)
- Rain gear (umbrella)
- Waterproof rain jacket x 1

HEAD AND HAND

- Lightweight gloves (inner thermal gloves and outer windproof and waterproof gloves)
- Bandana/buff or head scarf
- Beanie
- Sun hat
- Scarf
- Headlamp with extra batteries
- Sunglasses with UV protection (strap is useful)

FEET

- Hiking socks x 2-3 pairs (Merino)
- Hiking boots (well worn-in)
- Hiking sandals
- Cotton socks for post hike

TOILETRIES AND PERSONAL HYGIENE

- Quick-drying towel
- Toothbrush and toothpaste
- Soap
- Deodorants
- Nail clippers
- Face and body moisturiser
- Sunscreen cream
- Lip balm
- Female hygiene products
- Anti-bacterial hand wash
- Small quick-dry micro towel

PERSONAL HYGIENE

- Wet wipes (baby wipes)
- Tissue/toilet roll (small packets are handy)
- Zip lock bags
- Water purifying tablets

ACCESSORIES

- Trekking poles (optional)
- Sleeping bag (four seasons, down to -10 is ideal). Provided if not bringing your own
- Small compression sack for your sleeping bag to make it smaller. View example
- Backpack with waist and chest strap (40-50L) is most suitable
- Small roll-up travel bag
- Inner pack liner or pack cover for rain protection
- Small daypack with chest/waist strap
- Personal First Aid kit (simple and light)
- Important medicines such as aspirin, anti-diarrhea pills, anti-headache pills, cough and cold medicine, anti-altitude sickness pills, stomach antibiotics, etc.
- Water purification liquid or tablet
- Earplugs
- Eye mask
- Extra pair of prescription glasses or contact lens
- Repair tape, sewing-repair kit
- Digital camera with extra batteries and memory cards
- Water bottle x 1L
- Ear phones/ear buds
- Water bladder (1.5/2L)
- Plastic bag for dirty items

EXTRAS

- Book for reading or Kindle
- iPod
- Travel games for leisure activities (chess, backgammon, Scrabble, playing cards)
- Plug adapter
- Lightweight pillowcase
- Small umbrella (only if monsoon season is present)
- Plastic bag

PERSONAL DOCUMENTS

- Valid passport
- Photocopies of passport
- 2-3 extra passport-size photos
- Airline tickets
- Visa form (easily obtained at Kathmandu airport)
- Proof of insurance
- Some cash



WHAT YOU'LL CARRY EACH DAY

All other items can go in the duffle bag with your porter and can include:

- Spare shoes for the evening
- Spare clothing for the evenings
- Book
- Micro towel
- Sleeping bag
- Pillowcase
- Evening clothing
- Toiletries
- Sleeping mat (camping-style trips)

WHAT YOUR PORTER WILL CARRY

All other items can go in the duffle bag with your porter and can include:

- Spare shoes for the evening
- Spare clothing for the evenings
- Book
- Micro towel
- Sleeping bag
- Pillowcase
- Evening clothing
- Toiletries
- Sleeping mat (camping-style trips)

WHAT PORTERS CARRY FOR CAMPING-STYLE TRIPS

- All cooking equipment
- All eating utensils
- All communal camping equipment (sleeping tent, sleeping mat, dining tent chairs, tables, toilet tent, etc.)

CLOTHES WASHING

There will be times when you may want to (or have to) do your own laundry, so we suggest you bring non-polluting/biodegradable soap for washing any clothing while on the trek. There are no washing machines at the tea houses. The hotel in Kathmandu provides a laundry service (usually next day delivery) at a cost per item. A laundry bag will be provided in your room and payment can be made at reception. Laundry is not included in your trip price.

ATTENDING INDIVIDUALLY

Almost all women attend our trips individually. This trip is a great way to experience Nepal with like-minded women, as the small group sizes and the style of trip bring people together, encouraging new friendships.

PERSONAL MEDICAL KIT

While your guide will carry a medical kit for any accidents, please also bring specific medications and quantities you may require. We suggest clients bring the following items:

- Sunscreen
- Lip balm (which contains sunscreen)
- Band-aid strips
- Antiseptic hand wipes or handwashing gel
- A pair of nail scissors and tweezers
- Blister protection (eg. Blistex)
- Elastic bandage or sports strapping
- Aspirin, paracetamol, ibuprofen or equivalent headache remedy
- Lollies/glucose, if diabetic
- Electrolytes
- Tampons/spare pads

GROUP AGES

The average age of women attending our trips is 45 years. Ages can range from early 30's to mid 60s. All Women Want Adventure trips are for women over 18 years of age only.

MEDICAL FORM

Upon booking, your medical details will be taken in your booking form with an additional form sent within 14 days of booking. We ask you to complete your medical form with the most accurate details of your current health and return it to us 70 days prior to departure.

Due to the remote areas these trips occur in, it is important that only fit and mentally stable people participate. We ask for your kind co-operation to complete the medical form. Anything relevant to your medical history will be forwarded to your group guides to help us best care for your needs. To repeat, medical forms are due 70 days prior to departure, and will be sent via email within 14 days from booking.

If you have pre-existing medical conditions, you must outline such at the time of booking and on the medical form. If you become aware of a new or a change in your health conditions prior to departure that will likely affect your trip (eg. pregnancy, mental illness, heart or bronchial disorders, broken limbs etc.), you should notify us in writing immediately. You must be in good health and physical condition for the trek, and are strongly advised not to attend if you are unwell or not fit to complete the trip and the level at which the trip is graded.

As per our terms and conditions, if you are over the age of 65 years, you must get a doctor's certificate to complete your trip.