

PACKING LIST



Langtang Valley

Packing List & Helpful Notes



WHAT SHOULD YOU PACK?

A common pitfall is overpacking. This guide will help streamline your packing from daypack essentials to clothing, medications, and other necessities.



CHOOSING YOUR DAY PACK

A high-quality daypack is crucial, as you'll be carrying it for 5-9 hours each day. Choose a daypack between 35L to 40L, though up to 55L is also acceptable. It's important to balance your load - your porters will carry the bulk, but you should also carry some personal items. A pack with waist and chest straps helps distribute the weight. Despite its size, aim to keep your daypack's load around 5-7kg. At high altitudes, even this can feel much heavier. Ensure you're comfortable with your pack and have practiced trekking with it. The porters have their fair share to carry, so managing your own daypack is essential. *Ensure you pack has a [waterproof pack cover](#).*

WHAT YOU CARRY DAILY

- 1.5L water (you can re-fill along the way at tea houses)
- Down jacket
- Waterproof jacket
- Thermal top
- Gloves and beanie
- Tissues, toiletries, and personal toilet roll
- Personal snacks (bulk snacks can go with your porter)
- Sunscreen and blister pack
- Water purification tablets
- Neck buff/hat
- Essential medications (keep these in your daypack, not in duffle bags). This includes Nurofen, anti-nausea tablets, Diamox, and electrolytes
- Water bladder and bottle (e.g., Grylls water bottle)
- Small travel towel (optional for washing your face)
- Soap or hand sanitiser
- Personal money
- Passport (always carry with you)
- Sunglasses and hat
- Book/Kindle (for leisure during breaks)
- Camera/phone and chargers
- Hiking poles (essential)
- Wet wipes
- Lip balm
- Head torch (for safety)
- Fleece
- Small umbrella (optional yet very handy)



LEAVE THESE ITEMS AT THE HOTEL

Before heading out on the trek, you can leave certain items at the Kathmandu Guest House. They'll provide you with a bag tag for identification – **be sure not to lose it!** Take a photo of the bag tag and its number with your phone for safekeeping.

Leave behind:

- Jeans
- Jumpers/Sweaters
- Dress shirts and shoes
- Dresses
- Hair dryers



ITEMS FOR YOUR DUFFLE BAG

Your porters will transport these items daily.

Note: You will need to have your duffel bag packed and ready at breakfast time each day. Our porters need time to securely load and tie the bags for carrying. They might depart before the whole group, so it's crucial to have everything packed early. If you forget an item, like your toothbrush or spare shoes, you'll need to carry it in your daypack.

- Sleeping bag (compressed in its sack, please)
- Village wear for evenings (e.g., tracksuit pants, long sleeve tops, spare hiking top)
- Spare socks and underwear
- Sandals (for evening relaxation)
- Extra t-shirts and trousers
- Towel and toiletries



[WATCH THIS VIDEO ABOUT DAY PACKS](#)



WHAT BAG DO I PACK ON THE PLANE TO NEPAL?

Feel free to pack either a suitcase or a travel bag that you find suitable for your journey. Upon our first day's briefing, we'll provide you with a duffel bag to be shared with another traveler from your group. This bag will be used to carry your trekking essentials. Items not needed on the trek can be securely stored at the Kathmandu Guest House.

Remember, your passport is vital for the trek, as it's required for obtaining national park permits. Please carry your passport on you in your day pack.



NOTES

Using dry bags or packing sacs for your clothing is highly recommended. Not only does it make sharing a duffel bag easier, but it also keeps everything compact and organised.

Weight Limit for Porters:

There is a weight limit to ensure the well-being of our porters. The maximum weight is 10-11kg per person.

Feedback from client Carla:

"I should have packed hiking poles; thankfully, Mon lent me hers, which were a great help. Comfortable tracksuit pants and a better-stocked medication kit would have been useful too. It's surprising how necessary items like Cold and Flu tablets, earplugs, and anti-nausea tablets can be. As for clothing, I mostly wore the same top and shorts. Also, sunglasses straps would have been handy for transitioning between forest and mountains."

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.

[Click here](#) to view the weather in Langtang Valley.

CLOTHING

- Waterproof and windproof jacket (breathable) hood x 1
- Down jacket x 1
- Thermal top x 1
- Thermal bottoms x 1
- Trekking T-shirt x 2
- Light-weight long sleeve t-shirt x 1
- Mid layer long sleeve shirt x 1
- Trekking trousers or pants x 1
- Hiking shorts or tights x 1
- Lightweight thermal trousers or track suits x 1
- Breathable underwear and quick dry – check out [Biby + Roy brand](#) x 4-5
- Umbrella, optional yet very handy
- Poncho (optional)

HEAD AND HAND

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

FEET

- Hiking socks x 2-3 pairs (Merino)
- Hiking boots (well worn-in)
- Hiking sandals for at the villages
- Cheap lightweight thongs for the shower
- Cotton socks for post hike x 1-2 pairs

TOILETRIES AND PERSONAL HYGIENE

- Small quick-drying towel
- Toothbrush and toothpaste
- Soap
- Deodorant
- Nail clippers
- Moisturiser
- Sunscreen cream
- Lip balm
- Female hygiene products
- Anti-bacterial hand wash
- Wet wipes
- Plastic bag for rubbish or dirty items

PERSONAL HYGIENE

- Packet of small tissues x 3-5 packets
- Toilet roll (our guides carry spare)
- Zip lock bags for tampons and rubbish
- Water purifying tablets

ACCESSORIES

- Walking poles (highly suggested and exceptionally useful)
- Sleeping bag (four seasons, down to -10 is ideal). Pack in a **compression sac please**
- Inner sheet liner (optional yet can be used when sleeping with the tea house blankets) + extra warmth
- Day pack with waist and chest strap (35-45L) is most suitable
- Day pack rain cover
- Small roll-up travel bag (highly useful on the bus and walking around Kathmandu). **View example**
- Inner pack liner or pack cover for rain protection
- Personal First Aid kit (see medications list below)
- Water purification tablets
- Earplugs
- Eye mask
- Spare pair of prescription glasses or contact lens
- Camera with extra batteries and memory cards
- Water bottle x 1L + water bladder (1.5L) most useful to have both. **GRAYL bottles** are great to reduce plastic and filter water along the trail for drinking
- Ear phones/ear buds

EXTRAS

- Book for reading or Kindle
- Travel games for leisure activities (Uno, playing cards)
- Charging cords and power bank
- Lightweight pillowcase to go over tea house pillows

PERSONAL DOCUMENTS

- Valid passport
- Photocopies of passport
- 2-3 extra passport-size photos (helpful for getting a sim card)
- Airline tickets
- Visa form (easily obtained at Kathmandu airport)



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.

HOW MUCH CASH TO BRING

It's customary and appreciated to tip the trekking team.

SUGGESTED BREAKDOWN *(you can tip more if you wish)*

- Guide (1x): \$25 (around 2200 NPR)
- Sherpa (1x): \$20 (approximately 1700 NPR)
- Porters (4x): \$12 each (1100 NPR each, Total: 4400 NPR)
- Monastery/tea houses/Cheese Factory: At your discretion

Approximate total for tipping: 9000 NPR, roughly \$105 AUD

CASH FOR PERSONAL SPENDING/GIFTS

- Special coffee or bakery items
- Local gifts and crafts
- Yak cheese purchases
- Charing and Wifi
- Cold drinks, alcohol, or extra meals

Approximate personal spending: 8000 NPR, about \$90 AUD

TOTAL CASH RECOMMENDATION

We recommend carrying between 16,000 to 25,000 Rupees. Please bring smaller denominations for ease of tipping, especially for the final group tip on the last night of the trek.

Tip: Experience has taught us it's wise to bring a bit more cash than you might initially think necessary. Many trekkers find themselves purchasing unique items or choosing to offer a larger tip at the trek's conclusion (or buying beers or new shoes for the porters). Remember, ATMs are not available once we embark on our trek, so it's important to sort out your cash in advance. A tip is to separate your tipping funds from the beginning, especially the smaller denominations, and keep it distinct from your spending money.

PERSONAL MEDICAL KIT

While your guide will carry a medical kit for emergencies, it's important to bring specific medications and quantities that you may require.

Please make sure you include the following in your personal medical kit:

- Sunscreen
- Lip balm with sunscreen
- Band-Aid strips
- Antiseptic hand wipes
- Nail scissors and tweezers
- Blister protection (e.g., Blistex)
- Elastic bandage or sports strapping
- Headache remedies like aspirin, paracetamol, ibuprofen (at least 2 packets)
- Lollies or glucose (for diabetics)
- Electrolytes (enough for 2-3 tablets per day or equivalent powder. Highly recommended to consume throughout the day and before bedtime, especially if you experience gastrointestinal issues)
- Tampons or spare pads (travel can sometimes disrupt your cycle)
- Cold and Flu tablets (1 packet)
- Anti-diarrhea/Gastro tablets (1-2 packets)
- Diamox (consult your doctor; typically started 2 days prior to the trek, upon arrival in Kathmandu)
- Anti-nausea tablets
- Cough lollies or Strepsils: The high altitude can cause dryness in your throat. These are particularly helpful in the mornings or throughout the day to soothe any throat irritation.
- Insect repellent

Remember, it's better to be over-prepared, especially when trekking in remote areas. Medications are usually key on this trek.



WHAT TYPE OF SNACKS SHOULD YOU BRING?

While Nepal's tea houses offer Mars Bars and Snickers, we find our clients often prefer different types of snacks. Our guides provide biscuits with morning tea, but personal snacks can be a great energy boost and assist with reducing altitude sickness (snacking can help).

We suggest packing:

- A muesli bar for each day (including travel days), totalling 8-9 bars
- 2 pre-made small-medium scroggin mixes (nuts, lollies, seeds - your choice)
- Any other favourite snacks and lollies

Many trekkers enjoy specific teas and coffees. While local tea is delightful, and ground coffee is available (with cappuccino at Langtang Valley bakery!), feel free to bring your special tea or snack. Previous trekkers were grateful for having their favorite treats.

Consider sharing with your porters and guides, who often can't afford such luxuries. Extra snacks can be shared for added joy. Local bakeries also offer excellent snack options

You don't need to overpack snacks, but if you benefit from regular nibbles (helpful for altitude sickness), bring them. Snacks are fine to bring through customs, and don't forget some for the bus ride – it's a long journey! Most women are very happy they had snacks!



FAQS

• Why Do I Need a Sleeping Bag if There Are Blankets in the Tea Houses?

While some tea houses provide blankets, it's not always guaranteed. Nights can get quite cold, often dropping to minus 1 to minus 5 degrees Celsius, especially later in October. A sleeping bag adds extra comfort and warmth, along with a liner sheet, ensuring a cosy night's sleep.

• Why Bring a Pillowcase?

Given that some pillows in the tea houses can be old and less than fresh, having slept on by hundreds of trekkers before you, a clean pillowcase from home provides peace of mind and added hygiene.

• Do I Really Need Most Medications?

Absolutely. It's better to be prepared, as you never know when you might experience gastro, headaches from altitude changes, or nausea on the bus. Having medications on hand is crucial for your comfort and health.

• What Should I Wear Daily?

It depends on the weather. First two days tend to be warmer at lower altitudes with lots of steps and varied terrain. A typical outfit might be shorts or long pants, a t-shirt, a hat, and a hiking buff. Regardless temperature, all trekkers should carry their wet weather jacket and down jacket. You might start off feeling warm, but by lunchtime, you could be reaching for that puffer jacket.



[WATCH A VIDEO ABOUT THE ROOMS AT THE TEA HOUSE](#)

