

PACKING LIST



Pikey Peak

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 5-8 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 and all camping equipment, 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 your pack has a waterproof pack cover.**

WHAT YOU CARRY DAILY

- 2L water (re-fills at lunch with boiling water only)
- 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
- Neck buff/hat
- Essential medications (keep these in your daypack, not in duffel bags). This includes Nurofen, anti-nausea tablets, Diamox, and electrolytes
- Water bladder and bottle (e.g., Grylls water bottle)
- Hand sanitiser
- Personal cash
- Passport (always carry with you)
- Sunglasses and hat
- Camera/phone and chargers
- Hiking poles (essential)
- Wet wipes
- Lip balm
- Head torch (for safety) and on Pikey Peak day
- Fleece
- Small umbrella (optional yet 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, along with all camping gear.

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)
- Camp wear for evenings (e.g., tracksuit pants, long sleeve tops, spare hiking top)
- Spare socks and underwear (very warm socks please)
- Sandals or cheap ugg boots (or both) (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 Phaphlu.

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 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)
- Hand warmers (comfort item *optional)

FEET

- Hiking socks x 2-3 pairs (Merino) and warm
- Hiking boots (well worn-in)
- Hiking sandals for at the villages
- K-Mart cheap Ugg Boots *optional yet can be handy

TOILETRIES AND PERSONAL HYGIENE

- Small quick-drying towel
- Toothbrush and toothpaste
- Soap (can take the little from from KTD Guest House)
- Deodorant
- Nail clippers
- Moisturiser
- Sunscreen
- Lip balm
- Female hygiene products
- Anti-bacterial hand wash
- Wet wipes
- Plastic bag for rubbish or dirty items x 2 (large Ziplock bags can also work okay)

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
- Small roll-up travel bag (useful 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 x 1 packet
- 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). No plastic bottles on this trip. **NALGENE** is best.
- Ear phones/ear buds

EXTRAS

- Book for reading or Kindle
- Travel games for leisure activities (Uno, playing cards)
- Charging cords and power bank
- Lightweight blow up pillow (camp pillows are not provided)
- Biodegradable soap for washing
- **Luci Light**/ or other (extra light for your tent) *optional

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)



HOW MUCH CASH TO BRING

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

Please note that tips should be given as a total sum for the trip, not on a per-day basis. Below is an approximate breakdown in both AUD and Nepalese Rupee for minimum tipping estimates, to simplify conversions and calculations for you. This trip includes up to 24 Nepalese staff, so tipping varies compared to our other Nepal Treks.

Breakdown Summary:

- Main Local Guide: \$13 → 1100R
- Chef: \$7 → 600R
- Sherpas (3x): \$7 each → 600R each (Total: 1800R)
- Porters (19x): \$5 each → 500R each (Total: 9500R)

Tip: Please bring 4 envelopes with you. At the hotel in Kathmandu prior to your trek, you can prepare your tipping money and allocate it separately. This way, everything is sorted, and you don't have to worry about it during the trek.

Total per client: 13000R, approximately \$150 AUD
Purpose Behind the Porters: Why so many?

Each aspect of our trek requires support for transport, ensuring a comfortable and well-equipped adventure. Here's how our dedicated porters contribute:

- Gas cylinders: 2 porters
- Community and hygiene facilities (table, dining tent, chairs, toilet tent, shower tent, toilet seat): 3 porters
- Guest food load: 2 porters
- Basic food ingredients (rice, lentils, vegetables, fresh fruits): 4 porters
- Sleeping amenities (tent, sleeping bag, mat foam): 4 porters
- Client's baggage: 4 porters

Tipping takes place on the last night at the Tea House before returning to Kathmandu. It's advisable to carry smaller denominations or set aside this amount while in Kathmandu, separate from your spending money.

Additional Expenditures:

The above does not include smaller tips you might wish to give during tea house visits, money for purchasing gifts, or buying bottled water, etc.

Overall Recommendation:

Consider bringing 20,000 - 25,000 Rupee for the entire trek. Any unspent amounts can be used for additional tipping or purchasing items for a porter, cold drinks at tea houses, entrees such as MoMos at tea houses, or shopping upon your return to Kathmandu.

Cash can be withdrawn from the ATM inside Kathmandu Guest House if needed. For smaller denominations, there are many money exchange centres around Thamel near the hotel.

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)
- Lemsip (in case you get a cold)
- 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 our chef is incredible for all main meals, the team do not provide hiking snacks throughout the day.

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

Black coffee, milk and black tea are provided. If you would like an alternative tea such as green or peppermint, please bring this with you.

Consider sharing snacks or lollies with your porters and guides, who often can't afford such luxuries. Extra snacks can be shared for added joy.

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. Most women are very happy they had snacks!



COMMENTS FROM PREVIOUS CLIENTS

Please note the following is from our anonymous feedback forms. At the end of each trip, we ask clients what they wish they would have done or packed for the trip. These are some responses from previous trips.

“Bring all the gear on the list. Pay attention to the suggested medication list and bring everything, even if it feels a bit OTT. A reasonable level of fitness is enough. It's not too physically arduous. Be prepared to struggle with altitude though. Mindset is the most important component!”

“Personally, haven't trained outdoor too much (no time), except for 2 months of late evening gym, but for women which are not so fit or confident... I guess training outdoors is very important. Trekking poles - very helpful, a "must". Awareness of sleeping in a tent (which can be a bit uncomfortable sometimes). I would pack some extra large plastic bags (or dry bags) to protect my stuff (hiking backpack, mattress, etc) overnight, in the tent (if raining, dew, etc). Also, pack light.

“Train, train, train! I'm in my mid-50's and although generally fit and active I was worried about altitude impacting my abilities, so I worked really hard for 5 months beforehand - gym work, weights, hiking, walking, yoga etc. Just kept a good mix of activities but concentrated on weights to improve my overall strength particularly in the legs. I really felt the benefit of this and although I slowed down towards the end of the trek due to a cold and the altitude, I'm really glad I did the pre-work. It was time-consuming but worth it because I wanted to enjoy the trekking and also not put anyone else at risk by me not being fit enough and someone else having to carry me or my stuff!”

[CLICK HERE TO CONTACT OUR TEAM IF YOU HAVE A QUESTION ABOUT THE PACKING LIST](#)

