

## Packing List

This is a list of some suggested ideas from previous travelers. This list is by no means complete or mandatory.

### Footwear

- Flip Flops, Hiking boots, Runners, Slippers

### Work Gear

- Hat/Bandana

- Work Gloves

### Accessories

- Candles (t-lights, they will come in handy!)

- Cards/games

- Sunglasses

### Gear

- Duffle/Backpack (avoid suitcases)

- Plastic Bags (for lining bag)

- Sleeping Bag & Sleeping Bag liner

- Small pillow

- Towel/face cloth

- Water bottles (at least 2 with a 1 litre capacity)

### Medical

- Advil/Tylenol

- Anti-Nausea/Imodium

- Basic first aid

- Blister Band-Aids

- Ear Plugs

- Eye drops (there will be a lot of dust)

- Hand Sanitizer (you will use a lot!)

- Lip balm

- Sleep aids

- Soap/shampoo/toothpaste/wet wipes

- Sunscreen

### Travel Items

- US\$(you can use in Kathmandu, will need rupees further out, lots of ATM's available)

- Camera

- Journal

- Passport photos (bring 3 regular passport photos)