

Tamang Heritage Trail Packing Checklist

| Head & Face items | Description | Qty | Check |
|--------------------------|---|--------|-------------------------------------|
| Sun hat/cap | Protects face, ears, & neck from strong sun rays. | 1 | <input checked="" type="checkbox"/> |
| Warm beanie | Keeps your head & ears warm in cold weather. | 1 | <input checked="" type="checkbox"/> |
| Buff/neck gaiter | Useful as a neck warmer, dust mask, & face cover. | 1-2 | <input checked="" type="checkbox"/> |
| Headlamp | Needed for early starts & power cuts. | 1 | <input checked="" type="checkbox"/> |
| High-SPF sunscreen | Protects exposed skin from harsh UV rays. | 1 | <input checked="" type="checkbox"/> |
| SPF lip balm | Prevents dry, cracked, & sunburned lips. | 1-2 | <input checked="" type="checkbox"/> |
| UV-protection sunglasses | Protects eyes from sun, glare, wind, & dust. | 1 pair | <input checked="" type="checkbox"/> |

| Upper Body items | Description | Qty | Check |
|---------------------------|---|-----|-------------------------------------|
| Moisture-wicking T-shirts | Keeps sweat away from your skin. | 2 | <input checked="" type="checkbox"/> |
| Long-sleeve shirts | Protects arms from sun, dust, wind, & cold. | 2-3 | <input checked="" type="checkbox"/> |
| Thermal base layer tops | Adds warmth during cold day & night. | 1-2 | <input checked="" type="checkbox"/> |
| Fleece jacket | Mid-layer for warmth during walks, & rests. | 1 | <input checked="" type="checkbox"/> |
| Down jacket | Insulated feather-jacket for cold weather. | 1 | <input checked="" type="checkbox"/> |
| Water/wind proof jacket | Protects from rain, snow, & wind. | 1 | <input checked="" type="checkbox"/> |
| Raincoat or poncho | Extra rain protection. | 1 | <input checked="" type="checkbox"/> |
| Bra | Provides support & comfort for women. | 1-2 | <input checked="" type="checkbox"/> |

| Hand items | Description | Qty | Check |
|----------------------------|--|--------|-------------------------------------|
| Liner gloves | Thin gloves for cold & layering under warmer gloves. | 1 pair | <input checked="" type="checkbox"/> |
| Insulated gloves / mittens | Keeps hands warm in cold mornings & high-altitude. | 1 pair | <input checked="" type="checkbox"/> |
| Waterproof gloves | Protects hands from rain, snow, & wet conditions. | 1 pair | <input checked="" type="checkbox"/> |

| Lower Body items | Description | Qty | Check |
|----------------------------|---|-----------|-------------------------------------|
| Quick-drying pants | Main walking pants; lightweight, flexible, & fast drying. | 1-2 pairs | <input checked="" type="checkbox"/> |
| Thermal leggings underwear | Adds warmth under pants or while sleeping. | 1-2 pairs | <input checked="" type="checkbox"/> |
| Insulated pants | Extra warmth for winter treks or very cold evenings. | 1 pair | <input checked="" type="checkbox"/> |
| Waterproof trousers | Protects legs from rain, snow, & cold wind. | 1 pair | <input checked="" type="checkbox"/> |
| Lodge pants/sleeping pants | Comfortable clean pants for tea houses & sleeping. | 1 pair | <input checked="" type="checkbox"/> |
| Underwear | Quick-drying underwear helps hygiene & comfort. | 3-6 | <input checked="" type="checkbox"/> |

| Footwear items | Description | Qty | Check |
|--------------------------|---|-----------|-------------------------------------|
| Broken-in Trekking boots | Main footwear; prevents ankle injuries & blisters. | 1 pair | <input checked="" type="checkbox"/> |
| Wool / synthetic socks | Keeps feet warm, dry, & comfortable inside boots. | 4-6 pairs | <input checked="" type="checkbox"/> |
| Liner socks | Reduces friction & helps prevent blisters. | 2 pairs | <input checked="" type="checkbox"/> |
| Crampons/spikes | Adds grip on icy trails (for high passes treks only). | 1 | <input checked="" type="checkbox"/> |

| Hydration items | Description | Qty | Check |
|----------------------------|---------------------------------------|---------|-------------------------------------|
| Water bottles | Main water storage for daily use. | 1 x 2 L | <input checked="" type="checkbox"/> |
| Water purification tablets | Makes local water safer for drinking. | 1 | <input checked="" type="checkbox"/> |
| Electrolyte sachets | Replaces salts & supports hydration. | Several | <input checked="" type="checkbox"/> |

Necessary

Don't have one? We'll provide a used one.

| Bags items | Description | Qty | Check |
|-----------------------|---|---------|-------------------------------------|
| Duffel bag / Rucksack | Main bag for clothes, sleeping gear, & spare items. | 50-60 L | <input checked="" type="checkbox"/> |
| Daypack | Carries daily essentials you need while walking. | 20-30 L | <input checked="" type="checkbox"/> |
| Backpack rain cover | Keeps your daypack dry during rain or snow. | 1 | <input checked="" type="checkbox"/> |

| Support Gear item | Description | Qty | Check |
|-------------------|---|--------|-------------------------------------|
| Trekking poles | Improves balance & reduces knee strain on descents. | 1 pair | <input checked="" type="checkbox"/> |

| Sleeping Gear items | Description | Qty | Check |
|------------------------------|---------------------------------|-----|-------------------------------------|
| Sleeping bag (-5° to -10 °C) | Keeps you warm in cold weather. | 1 | <input checked="" type="checkbox"/> |
| Sleeping bag liner | Adds warmth & improves hygiene. | 1 | <input checked="" type="checkbox"/> |

| Toiletries/Hygiene items | Description | Qty | Check |
|--------------------------|--|-----------|-------------------------------------|
| Biodegradable soap | For washing hands, body, or small clothing items. | 1 | <input checked="" type="checkbox"/> |
| Toothbrush & toothpaste | Basic dental care for your teeth. | 1 set | <input checked="" type="checkbox"/> |
| Travel-size shampoo | Small & lightweight option for occasional showers. | 1 | <input checked="" type="checkbox"/> |
| Quick-dry towel | Lightweight & dries faster than cotton towels. | 1 | <input checked="" type="checkbox"/> |
| Wet wipes | For body cleaning when showers are unavailable. | 1-2 packs | <input checked="" type="checkbox"/> |
| Hand sanitizer | Maintain hygiene before meals & after toilet use. | 1 | <input checked="" type="checkbox"/> |
| Toilet paper | May not be available in trail toilets or lodges. | 1-2 rolls | <input checked="" type="checkbox"/> |
| Period supplies | Sanitary pads and tampons for period. | As needed | <input checked="" type="checkbox"/> |

| Medical items | Description | Qty | Check |
|----------------------------|--|------------|-------------------------------------|
| First Aid Kit | Quick relief in remote mountain areas. | As needed | <input checked="" type="checkbox"/> |
| Personal prescription | Required medicines for your health needs. | As advised | <input checked="" type="checkbox"/> |
| Allergy medicine / inhaler | For allergies, asthma, or breathing-related needs. | If needed | <input checked="" type="checkbox"/> |
| Diamox | Altitude medicine; use only after doctor consultation. | As advised | <input checked="" type="checkbox"/> |

| Electronics items | Description | Qty | Check |
|--------------------------|--|-----------|-------------------------------------|
| Smartphone | For photos, communication, & emergency use. | 1 | <input checked="" type="checkbox"/> |
| Camera / GoPro | For higher-quality photos & videos. | Optional | <input checked="" type="checkbox"/> |
| Power bank | Keeps phone, camera, & headlamp charged. | 1 | <input checked="" type="checkbox"/> |
| Charging cables | Required for phone, camera, power bank, etc. | As needed | <input checked="" type="checkbox"/> |
| Universal travel adapter | Preferably a 2-pin adapter to charge your device(s). | 1 | <input checked="" type="checkbox"/> |

| Snacks items | Description | Qty | Check |
|-----------------------|--|-------------|-------------------------------------|
| Energy / Protein bars | Quick energy during walking days. | Several | <input checked="" type="checkbox"/> |
| Trail mix / nuts | Lightweight snacks with good calories & nutrients. | Small packs | <input checked="" type="checkbox"/> |

| Essential items | Description | Qty | Check |
|------------------|---|------------|-------------------------------------|
| Travel documents | Original/copies of passport, visa, insurance & permits. | 2-3 copies | <input checked="" type="checkbox"/> |
| Extra cash | For beverages, snacks, amenities & tips. | As needed | <input checked="" type="checkbox"/> |

Note: One porter is shared between two trekkers to carry duffel bag / day bag pack, with a maximum weight limit of 18 kg per porter (9 kg per trekker).