TERGAR CHARITY NEPAL
Yongey Mingyur Rinpoche’s Non-Profit Organization to Empower & Equip Remote Himalayan Communities for Sustainable Change & Social Well-being.

**Item Check lists for Trekking in Nepal**

**Personal**
- Reading glasses
- Sunglasses (with polarized lens!)
- Spare sunglasses
- Travel alarm (or watch alarm)
- Pen/pencil
- Journal
- Novel
- Watch
- Credit card/bankcard
- money belt
- passport photo X2 Visa (can get at the airport)

**Gear**
- pillow bag
- Small light day pack (or fanny pack)
- Duffel Bag
- Duffel Bag lock
- Camelback (+ spare bag)
- Headlamp (+ extra bulb & batteries)
- Lighter
- Clothes line
- Spare bootlaces
- sleeping bag
- silk liner (optional)
- over bag (optional)
- trekking poles
- binoculars
- collapsible umbrella
- poncho
- sewing kit Gaiters (optional)

**Clothing**

**Clothes for Kathmandu and transit:**
- Underwear X2
- Town pants/ Town skirt X2
- Town top X2

**Clothes for Trekking:**
- Boots(if its already wore its good avoid to get blister)
- Gortex pants X1
- Orthotics
- Inner socks X2
- Outer socks X2
- Underwear [fast drying] X 3-4
- T-Shirt X 2
- Unzip hiking shorts/pants
- Long underwear pants (X 1)
- Gortex Coat
- fleece vest/jacket
- wind jacket
- sun hat
- gloves (light and medium)
- Long sleeved poly pro shirt X2
**Tea House Clothes:**
- Slip on sandals (or some kind of camp shoes)
- Gortex socks light wool socks
- Underwear X 2
- Wool top
- Gloves (heavy)
- Fleece pants X 1
- Down jacket
- Fleece touque
- Scarf Long underwear pants X 1

**Toiletries**
- Toothbrush/Toothpaste
- Comb/brush
- Travel towel/face cloth (quick-dry)
- A clothesline
- Large safety pins (X 5)
- Washing/clothes soap
- Sunscreen (SPF 45 or >) X 2
- Lip balm (with SPF 30 or >)
- Toilet paper (1 roll to start)
- Razor/blades/Shaving gear

**First Aid**
- Liquid Hand sanitizer
- Ibuprofen
- Acetaminophen
- Ciprofloxacin (or equivalent) for diarrhea
- Wound ointment (or equivalent)
- Blister kit
- Sterile Gauze pads (X 4)
- Butterfly sutures (X 10)
- Gauze roll (X 1)
- Water purifier (tabs/drops)
- Nasal decongestant nose spray
- Cold medication
- Something for diarrhea
- Tensor Bandage (X 1)
- Oral rehydration crystals
- Cough syrup
- Cough lozenges
- Immunization record

---

**MEDITATION JOURNEY**
Trekking in Nubri Valley, Manaslu Circuit Trek.

“A Fundraiser for Yongey Mingyur Rinpoche’s Education Projects in Nubri valley.”

[www.tergarcharity.org](http://www.tergarcharity.org)