



## 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)

medical insurance/info card  
Camera/lens  
rechargeable batteries/charger  
electrical outlet adaptor  
film  
tripod  
ear plugs (X 4)  
power bars  
vitamins  
Passport

#### ***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 X1  
down jacket  
fleece touque  
scarf Long underwear pants X1

### ***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>) X2  
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 (X4)  
Butterfly sutures (X 10)  
Gauze roll (X1)

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)