



Langtang Equipment Checklist

Climbing Equipment

* Adjustable Ski/Trekking poles. 1 pair.	
* Head torch. Bring extra batteries (preferably Lithium).	

Footwear

* Running shoes and sandals. 1 pair to wear at the end of every day for comfort.	
* Light Hiking Boots or trekking shoes. 1 pair of sturdy boots in which you can wear a light synthetic sock (optional) under a heavy sock comfortably, either wool or synthetic. Shoes should be very <u>Water Proof</u> and <u>Warm</u> .	
* Gaiters. 1 pair used to keep rocks/snow out of shoes and boots dry.	
* Wool or Synthetic Socks. 3 pair heavyweight socks (wool is warmer). If you're going to be layering socks, check fit over feet and inside boots. Remember to keep one fresh, dry pair of socks available for the summit.	
* Liner Socks (optional). 3 pair of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.	

Technical Clothing

* Lightweight Long Underwear. 2 pairs of Tops & 1 pair of bottoms, Capilene, other synthetic or wool. No Cotton. Lightweight is preferable as it is more versatile. Zip-T-neck tops allow more ventilation options. If available, bring 1 set of white or light colored for intense sunny days and 1 pair of dark for other days.	
* Synthetic Shirts. Sweat wicker material. No Cotton Preferably 1 short sleeved and 2 long sleeved. Light colors preferred.	
* Fleece/Soft Shell jacket. 1 Mid and 1 Heavyweight fleece. A full-zip version is easier to put on and has better ventilation than a pullover. Zip-T's are also good.	
* Down or Synthetic jacket. Medium to heavy weight for Kala Patthar and evenings.	

<p>✳️ Hard Shell jacket w/ hood. We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.</p>	
<p>✳️ Trekking Pants. Synthetic pants to be worn every day.</p>	
<p>✳️ Underwear. Synthetic or cotton.</p>	

Handwear

<p>✳️ Lightweight synthetic gloves. Quick drying material. Should fit comfortably inside heavy gloves.</p>	
<p>✳️ Heavy Gloves. A good pair of heavy gloves works well. Should not be too tight or too loose so that it's warm enough.</p>	

Headwear

<p>✳️ Warm Lightweight synthetic/wool hat. Preferably hat should cover ears.</p>	
<p>✳️ Baseball cap/sun hat. One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly but not necessary.</p>	
<p>✳️ Bandana/Buff. Used to shade your neck from continuous sun exposure.</p>	
<p>✳️ Glacier glasses. 100% UV, IR, high quality optical lenses with no more than 8% light transmission (category 3 or 4). If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses.</p>	

Personal Equipment

<p>✳️ Trekking Backpack. A daypack big enough to carry water bottles, camera, lunch and extra clothing. Porters carry the rest. 40L is a good capacity.</p>	
<p>✳️ Water Bottles: 2 Wide mouth bottles with minimum 1 Litre capacity per bottle. 1 or 2L water bag or bladder systems is also good in the lower regions but tend to freeze higher up so not ideal on summit day. Total carrying capacity should be 2L.</p>	
<p>✳️ Sunscreen. SPF 30 or higher, Make sure that the sunscreen is not older than 6 months as it would lose half of its SPF rating.</p>	
<p>✳️ Lipscreen. SPF 40 or higher, again not older than 6 months.</p>	
<p>✳️ Sports Drink Mix (optional). Powdered electrolyte drink mix can help you rehydrate. Bring 1-2 Servings per day for 7 days.</p>	
<p>✳️ Sleeping bag. Expedition quality to at least -10 comfort rating⁰. Down is lighter, warmer and less bulky, but more expensive than synthetics.</p>	

Traveling

* Dry Sacks. Keeps clothing and other items dry and organized.	
* Duffle Bag. A small duffle can be nice for storing things at the hotel during the expedition and extra clothing while traveling.	
* Zip lock bags. To store food, tablets, documents, camera etc.	
* Trail snack food items (optional). Bring your favorite energy bars, GU packets etc for the long days	
* Travel clothes. Don't forget to bring clothing to wear after the climb on your return home. Otherwise, no one will want to sit next to you on the plane!	
* Toiletries. Soap, wet wipes, toothbrush, towel, hand sanitizer, foot powder, dust mask, ear plugs etc.	

Medical & Safety

* Small personal first-aid kit. The guides will have a first-aid kit. Please let us know about any medical issues before the climb.	
* Drugs/Medications/Prescriptions. Climbers should bring Pepto Bismol, Ciprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections, Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections, Acetazolamide (Diamox) 125 or 250 mg tablets for altitude sickness, Ibuprofen 200mg or Acetaminophen (Tylenol) tablets for altitude headaches, sprains, aches, etc.	

This list is only a guide. While you are required to bring everything on this list (unless otherwise stated), there are numerous options, brands, and versions of each piece of equipment. Please let us know if you need advice on what product to go with.