

# THE moving mountains PROJECT

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## Gear list for walks with The Moving Mountains Project in Nepal

The following is a list outlining the kind of gear to bring with you on The Moving Mountains Walk in Nepal. This list is not meant to be prescriptive. Numbers of items shown are only an indication. The key word in all of this is *comfortable*: you should walk in what feels comfortable to you. Please feel free to discuss gear with us if you have any questions.

The temperatures we can expect on the walk are from 5°C at night to 28°C during the day. At our high camp the night time temperature could dip below 0°C. During the day it should be generally dry and sunny, but rain is also possible. October and March/April can be humid. Conditions underfoot could be muddy, or quite dusty and dry depending on recent rainfalls.

Things to bring are:

- comfortable rucksack with good harness and volume of approx 40-50 liters or large enough to carry your own clothes, sleeping bag, camera and water while on the trek.
- warm sleeping bag (down is good)
- walking boots that you know don't give blisters, good socks
- head torch
- wool or polypropylene tops and bottoms (3 tops approx, 1 pair bottoms approx)
- wool/fleece hat and gloves
- warm fleece or down jacket to wear at night
- waterproof jacket, preferably breathable type eg: Goretex
- waterproof overpants

- cool, quick dry walking pants x2
- cool, quick dry walking shirts x2 \*\*
- shoes or sandals for the evenings.
- thermals or loose clothes to sleep in
- sun glasses, high factor (at least SPF30) sun cream, sun hat
- change of non-walking clothing for arrival/departure
- walking poles if you use them
- durable water bottle or water bladder of 2 litre minimum.
- lightweight trek towel or small hand towel
- personal toiletries
- camera

\*\* Women don't usually show their shoulders in Nepal. Short sleeves are fine, but not sleeveless tops for women. You might like to do as the Nepalis do and pick up a couple of scarves which can be useful worn in all sorts of ways and wrapped around the shoulders, are a great way to stay warm.