

# World Extreme Medicine



## Nepal Kit List - Mountain Medicine Course

- Trekking Bag
- Daysack
- 4 season sleeping bag
- Lightweight boots - These MUST have been bought and worn pre-departure!
- Down Jacket for evenings - can be bought in KTM at the same price (or cheaper) for top brands or good quality local versions for half the price
- Trekking trousers
- Shorts
- T-shirts
- Lightweight Gore-Tex, or similar, jacket
- Thermal top and bottoms
- Gloves - at least 2 pairs
- Mittens - it can be very cold on Kala Patar at 4 in the morning!
- Warm hat
- Sun hat
- Buff - keeps warmth in and dust out
- Warm top or fleece
- Sunglasses these must be wrap-around Category 3 or 4
- Toiletries and towel
- Toilet paper
- Sunscreen at least SPF 30
- Hand gel
- Wet wipes
- Lipsalve
- Waterproof liners (strong, nylon) for both Trekking bag & Day Sac
- Lightweight walking poles - recommended even if you have not tried them before cheap pairs can be bought in KTM
- Earplugs
- Spare socks and underwear
- Camera and spare battery
- Phone - consider buying a local SIM card
- Sandals and/or trainers (Crocs are great for lodges)
- Headtorch

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- Penknife (don't pack in hand luggage)  
Personal medication
- Spare glasses
- First Aid Kit
- Water bottles - 2 x 1 litre Nalgene recommended, rather than a Camelback system, but this is a personal preference.
  
- **Passport, ticket and money**
- **4 x passport photos (for visa & trekking permits)**
- **2 x copy of photo page of passport**
- **Credit cards**
- **Insurance policy & emergency contact numbers (personal and of insurance company)**

When packing, please do not strap items such as boots or sleeping bags to the outside of your bags. There is a good chance that they will be ripped off while in transit. They also make handling the bags more difficult when loading buses on the trek. It is much better to bring a larger bag that is big enough for all your kit rather than a smaller one onto which you have to strap extra equipment.

Consider also:

Solar charger for iPhones iPods - Goal Zero are in a league apart...

Money Belt

Pulse Oximeter - Quite interesting to have use and discuss, but definitely not required

As mentioned many of the items can be bought in Kathmandu. With the exception of Boots and Day Sac you may consider this - but only if you have sufficient time before the course starts - once started the days are very busy!!

## **BASIC MEDICAL KIT LIST**

- Simple oral analgaesic
- Ibuprofen or other anti-inflammatory
- Loperamide
- Ciprofloxacin 250mg tablets
- Antihistamine tablets
- Antiseptic wipes
- Plasters
- Re-hydration mix such as Dioralyte
- Gauze pads
- Crepe bandage
- Zinc oxide tape
- 'Compeed' or similar hydrocolloid blister dressing

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- Small tub of Vaseline
- Tweezers & scissors (not in hand luggage on flight)
- Safety pins (not in hand luggage on flight)
- Anti-emetic

Please add to this as you feel is necessary and to cover any personal requirements.