Langtang Valley Trek

Complete Packing List

All gear for a safe, warm trek to Kyanjin Gompa (3,870m)

–15°C	3,870m	7–14 Days	–10°C	$2/day
Min Temp	Max Altitude	Duration	Sleep Bag	Bag Rental

Best Trekking Seasons

Spring	Autumn	Monsoon	Winter
Mar–May	Sep–Nov	Jun–Aug	Dec–Feb
Rhododendrons bloom. Warm days, cool nights.	Best visibility. Peak trekking season.	Heavy rain & leeches. Not recommended.	Cold & clear skies. Full gear required.

Altitude Safety

Kyanjin Gompa (3,870m) reaches –15°C in winter. Always carry a –10°C sleeping bag — teahouse blankets are not enough. Ascend slowly, drink 3L+ water daily, and watch for AMS symptoms. Diamox (125–250mg) helps — consult your doctor before the trek.

Quick Reference Checklist

Print and tick off each item before you pack

HEAD & SUN PROTECTION

- [ ] Sun Hat — Wide Brim
- [ ] Warm Beanie
- [ ] Buff / Neck Gaiter — x1
- [ ] Headlamp — x1
- [ ] Extra Batteries for Headlamp
- [ ] Sunglasses — UV Protection — x1
- [ ] Sunscreen — SPF 50+
- [ ] Lip Balm with SPF — SPF 20+
- [ ] Face & Body Wipes

BODY WEAR — LAYERS

- [ ] Down Jacket — −10°C to −15°C
- [ ] Thermal Base Layer Top — x2 sets
- [ ] Fleece Pullover — x1
- [ ] Lightweight Thermal Top — x1
- [ ] Waterproof / Snowproof Jacket — x1
- [ ] Trekking Trousers — x2 pairs
- [ ] Fleece / Thermal Pants — x1 pair
- [ ] Waterproof Trousers — x1 pair
- [ ] Hiking Shorts — Optional

Quick Reference Checklist (continued)

FOOTWEAR & SMALL ITEMS

- [x] Waterproof Hiking Boots — Break in first!
- [x] Camp Shoes / Sneakers — x1 pair
- [x] Crampons / Ice Cleats — Nov–Mar only
- [x] Gaiters — x1 pair
- [x] Hiking Socks — x3 pairs
- [x] Warm Thermal Socks — x1 pair
- [x] Quick-Dry Underwear — 1–2 pairs
- [x] Sports Bra (Women)
- [x] Thick Gloves + Fleece Liner — x1 pair

PACKS, SLEEP & GEAR

- [x] Duffel Bag — Porter Carry — 65–75L
- [x] Day Pack — 30–40L
- [x] Dry Bag / Pack Liner
- [x] 4-Season Sleeping Bag — –10°C rated
- [x] Sleeping Bag Liner — x1
- [x] Trekking Poles — Adjustable — x1 pair
- [x] Water Bottles — 2L total

FIRST AID & HEALTH

- [x] Diamox Tablets — 125–250mg
- [x] Excedrin / Paracetamol
- [x] Ibuprofen
- [x] Imodium / Pepto-Bismol
- [x] Dettol / Betadine Ointment — x6 sachets
- [x] Band-aids — Multiple Sizes
- [x] Waterproof Medical Tape
- [x] Moleskin Blister Kit
- [x] Small Personal First Aid Kit
- [x] Hand Sanitizer
- [x] Sunscreen — SPF 50+
- [x] DEET Insect Repellent
- [x] Compact Towel
- [x] Shampoo + Soap

WATER PURIFICATION

- [x] Water Filter — e.g. Sawyer — x1 reusable
- [x] UV Treatment — e.g. SteriPen — x1
- [x] Purification Tablets (Aquatabs)
- [x] Iodine Tablets — Backup option
- [x] Electrolyte Sachets

= Tick off when packed | Colour badge = quantity or season note