

Packing Suggestions

- A complimentary duffle bag will be provided in Kathmandu, where you will be required to repack the items needed for Tibet. You will leave the rest of your luggage behind at the hotel in Kathmandu until the end of the journey.
- Please pack all your clothing and other items in zip lock bags to protect them from rain and moisture.
- In addition, a backpack with waterproof cover is required to carry daily essential items. It will be the only piece of luggage allowed in the bus during the travel. The rest of the luggage will follow on a truck.

We advise you to pack the following items:

- Rain-proof pants and jacket with hood
- Woolen sweater or jacket
- Clothing (6 sets)
- Thermal inner wear (2 pairs)
- Wide rim hat
- Woolen cap and scarf
- Thick woolen gloves (1 pair)
- Water-proof gloves (1 pair)
- Sport sandals
- Waterproof (not water resistant) shoes with a good tread/grip
- Woolen socks (3-4 pairs)
- Camera (optional)
 - *Please note that video cameras are not permitted.*
- Down jacket with hood *
- Sleeping bag suitable for temperatures around 0°Celsius (optional)
- A lock for the duffle bag

* *If you do not have a down jacket with hood, they can be made available to you on a returnable basis in Kathmandu. Please note that in case of loss or damage, you will be required to reimburse the cost of the same.*

Other essential items:

- Personal clothing
- Toiletries
- Small thermos for hot beverages
- Sunscreen lotion (50 SPF or more)
- Castor oil (50 ml)
 - *To lubricate inside nostrils at high altitude*
- General footwear
- Ziplock bags for clothing
- Quick-dry Towel (no regular towels please)
- Toilet tissues
- Wet wipes
- Water bottle
- Sunglasses
- Snacks – chocolates, biscuits, nuts, etc.
- Hand sanitizer
- Powerful flashlight or headlamp (with extra batteries)