



## Bhutan Gear List

Our suggestions in parenthesis. Use as a guide for alternative brands.

- **Day Pack**  
(*Mountain Hardwear Sortie*) 1,500-3,000 cl. 3 Liter Water bladder  
(*Camelback*) should fit within a sleeve in the pack. Make sure it is comfortable.  
Remember that yaks or porters are carrying most of your weight.
- **Sleeping Bag**  
(*Down- Mountain Hardwear Cloud Rest*)  
(*Synthetic- Mountain Hardwear Switch*)  
You will have to choose between Down or Synthetic. There are pros and cons with both. Rated at least 10 degrees F. It will get cold overnight as we get closer to basecamp.
- **Duffel Bags**  
(*Mountain Hardwear Large Expedition Duffel*) Large expedition size duffel.  
Made from either sturdy vinyl or canvass. This is the bag that will be carried on the trek with all of your gear that is not on your back. It must be sturdy. Yak horns are sharp! \*Also have 1 other less sturdy duffel to leave street clothes at hotel while on trek.
- **Boots**  
lightweight hikers or cross trainers (*La Sportiva Zodiak*)  
sturdier hiking boot (*La Sportiva Thunder GTX*)
- **Warm Hat**  
(*Mountain Hardwear Dome Perignon*)
- **Sunglasses**  
(*Costa Del Mar Frigate*) A second spare pair strongly recommended.
- **Trekking Poles**  
Optional, but recommended.
- **Glove and Mitten Combo**  
1 pair of liners (*Mountain Hardwear Powerstretch*)  
1 pair of windstoppers (*Mountain Hardwear Gravity*)
- **Weatherproof Pants**  
(*Mountain Hardwear Typhoon*)
- **Weatherproof Jacket**  
(*Mountain Hardwear Typhoon*)
- **Pile Jacket**  
(*Mountain Hardwear Windstopper Tech Jacket*)
- **Insulated Jacket**  
(*Mountain Hardwear Subzero*)
- **Cotton/Linen long sleeved shirt**
- **Lightweight Trekking Pant**  
2 pairs (*Mountain Hardwear Convertable Pack Pant*) Convertible pant/short are the best.

- **Capelin/Polypro top/bottom**  
2 sets each light and medium
- **Socks**  
(4)Medium trekking weight (*Smartwool*)
- **Hygiene/toiletry kit**  
Only the basics. Recommend baby wipes & powder for taking 'mountain bath'
- **Water bottle**  
(*Nalgene*) You will need at least 1 wide mouth bottle in case bladder freezes up high.
- Snack foods to supplement standard meals. Make sure to bring items you really enjoy, not just lame energy bars.
- Pee bottle or female spout
- First Aid Items. Only the basics. Tylenol, Motrin, Cipro, Moleskin...etc. We provide the main medical kit with critical meds. Bring a spare set of any personal meds you are taking.
- Sunscreen 30 – 45 SPF
- Headlamp and spare batteries
- Plastic Bags (garbage bags)  
1 or 2...many uses. Big enough to hold critical items in your mountain duffel to add rain protection. Also a few small sandwich bags.
- Hand sanitizer (small pocket size is best)
- Bandana
- Hat/visor
- Music player  
Optional, but be aware that Ipod and similar hard drive MP3 devices break above 17,000ft.
- Knife or multitool (if you think you might use it)
- Duct tape  
Put a few wraps around trekking pole
- Journal and Camera
- Items you might want to give to sherpas...shoes, shirts, socks, sunglasses
- Tip money. This is optional of course... but if you feel the service was exceptional from the staff, the usual guideline is approximately \$100 for the trek.

Don't forget to:

- ◇ Label your gear (including trekking poles)
- ◇ Make two copies of your passport and your credit cards.