5 Days Upper Mustang Jeep Tour From Pokhara

Equipment Lists

City Clothing and Travel Essentials

- Comfortable casual clothes (pants, shirts, t-shirts)
- Lightweight jacket or fleece
- Travel documents (passport, visa, travel insurance, flight tickets)
- Copies of important documents (digital and hard copies)
- Cash (USD and NPR) and/or travel cards
- Sunglasses (UV-protected)
- Lightweight duffel or suitcase for city gear storage
- Sandals or casual shoes

Porter Carried Trekking Gear

- Duffel bag (provided by Breeze Adventure)
- Sleeping bag (Can be rented in Kathmandu)
- Down jacket (warm and packable)
- Comfort pants (2 pairs, quick-drying)
- Base layers (2–3 sets, thermal top and bottom)
- Fleece or softshell jacket
- Power bank and charging cables
- Toiletries and personal hygiene items
- T-shirts (2–3, moisture-wicking)
- Warm hat and sun hat
- Gloves (inner liner + outer insulated/waterproof)

- Hiking boot

Daypack Essentials

- Water bottles or hydration bladder (2–3L total capacity)
- Snacks (energy bars, nuts, dried fruit)
- Sunscreen and lip balm (SPF 30+)
- Hand sanitizer and wet wipes
- Trekking map or route notes
- Camera or phone
- Lightweight gloves and a hat
- Buff or neck gaiter
- Neck rest
- Personal ID and some cash

Personal Medical Kit

- Prescription medications (with copies of prescriptions)
- Painkillers (ibuprofen, paracetamol)
- Antiseptic cream and band-aids
- Anti-diarrhea medication (e.g., loperamide)
- Rehydration salts (ORS)
- Antibiotics (broad-spectrum – consult doctor)
- Cold and flu tablets
- Throat lozenges
- Multivitamins
- Tweezers and small scissors

Additional Recommended

- Water purification tablets or filter (e.g., SteriPEN)
- Journal or notebook
- Book or Kindle
- Small towel or travel towel
- Earplugs and eye mask
- Duct tape or repair kit (for gear fixes)
- Extra camera batteries and memory cards
- Lightweight thermos for hot drinks