5 Days Mardi Himal Trek Package – Cost | Itinerary Equipment Lists

The right equipment is essential for a safe, comfortable, and enjoyable Mardi Himal Trek. From city wear to high-altitude gear, Breeze Adventure has prepared a carefully selected checklist to help you pack wisely and be fully prepared for the Himalayan journey.

Please find below the detailed equipment checklist recommended by Breeze Adventure.

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)

Trekking pants (2 pairs, quick-drying)

Base layers (2 sets, thermal top and bottom)

Fleece or softshell jacket

Power bank and charging cables

Toiletries and personal hygiene items

Waterproof shell jacket and pants (Gore-Tex or similar)

Trekking shirts (2–3, moisture-wicking)

Warm hat

Sun hat (provided by Breeze Adventure)

Gloves (inner liner + outer insulated/waterproof)

Trekking boots (broken-in, waterproof)

Camp shoes (e.g., Crocs or sandals)

Daypack Essentials

- Daypack with rain cover
- Water bottles or hydration bladder (2–3L total capacity)
- Rain jacket or windbreaker
- Snacks (energy bars, nuts, dried fruit)
- Headlamp (with extra batteries)
- Sunscreen and lip balm (SPF 30+)
- Hand sanitizer and wet wipes
- Trekking map or route notes
- Camera or phone
- Lightweight gloves and hat

- Buff or neck gaiter
- Personal ID and some cash

Personal Medical Kit

- Prescription medications (with copies of prescriptions)
- Diamox (Acetazolamide) for altitude sickness (consult doctor)
- Painkillers (ibuprofen, paracetamol)
- Antiseptic cream and band-aids
- Blister care (Compeed, moleskin)
- Anti-diarrhea medication (e.g., loperamide)
- Rehydration salts (ORS)
- Antibiotics (broad-spectrum – consult doctor)
- Cold and flu tablets
- Throat lozenges

Additional Recommended

- Trekking poles (collapsible)
- Water purification tablets or filter (e.g., SteriPEN)
- Journal or notebook
- Book or Kindle
- Small towel or travel towel
- Duct tape or repair kit (for gear fixes)
- Laundry soap (biodegradable)
- Extra camera batteries and memory cards
- Lightweight thermos for hot drinks
- Snacks or special dietary items