Nar Phu Valley Trek - 10 Days Equipment Lists

This packing list comes from years of guiding trekkers through Nar Phu Valley, so it's built on our real experience, not guesswork. That said, keep in mind that conditions here shift a lot with the seasons. Trekking in August looks very different from trekking in December, especially once you factor in altitude and temperature swings.

What you'll find below is tailored to the most popular trekking season. If you're planning to go in winter, just let us know: we'll send you a separate winter-specific list, since the gear you'll need for cold-season trekking is quite different.

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

Porter Carried Trekking Gear

- Duffel bag (provided by Breeze Adventure)
- Sleeping bag (Own or Provided by Breeze Adventure)
- Down jacket (warm and packable)
- Trekking pants (3 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
- Waterproof shell jacket and pants (Gore-Tex or similar)
- Trekking shirts (3–4, moisture-wicking)
- Warm hat and sun hat
- 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) | Breeze Adventure will Carry

- 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
- Multivitamins
- Tweezers and small scissors | Breeze Adventure will carry

Additional Recommended

- Trekking poles (collapsible)
- 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)
- Laundry soap (biodegradable)
- Extra camera batteries and memory cards
- Lightweight thermos for hot drinks
- Snacks or special dietary items