Pikey Peak Trek - 7 Days Itinerary | Cost Equipment Lists

Please review the Pikey Peak trekking equipment list provided below. Having the right gear is essential for a safe, comfortable, and successful trek. Equipment needs may vary slightly between the winter and summer seasons, so feel free to contact us if you would like personalized recommendations. If you prefer to purchase any items upon arrival, Kathmandu offers many reliable gear shops where you can find quality trekking equipment.

City Clothing and Travel Essentials

- Comfortable daily wear such as trousers, shirts, and T-shirts (season-dependent)
- A lightweight jacket or fleece layer suitable for the weather
- Essential travel documents: passport, visa, insurance papers, and flight details
- Backup copies of all important documents (digital or printed)
- Cash in USD or NPR and/or travel cards (NPR preferred)
- UV-protection sunglasses
- A light duffel bag or suitcase for storing city clothing
- Casual footwear or sandals for downtime

Porter Carried Trekking Gear

- Duffel bag (provided by Breeze Adventure)
- Sleeping bag and down jacket (rentable in Kathmandu)
- Quick-dry trekking pants (2 pairs)
- Thermal base layers (1 set)
- Trekking T-shirts (2–3)

- Waterproof shell jacket and pants
- a pair of gloves
- Waterproof, broken-in trekking boots
- Lightweight camp shoes
- Power bank with cables
- Essential toiletries and hygiene items

Daypack Essentials

- 30–40L daypack with rain cover
- Water bottles or a hydration bladder
- Rain jacket or windbreaker
- Quick snacks like energy bars, nuts, or dried fruits
- Headlamp with spare batteries
- Sunscreen and SPF lip balm
- Hand sanitizer and a few wet wipes (rest goes in the porter bag)
- Camera or smartphone
- Lightweight gloves, hat, and a Buff/neck gaiter
- Personal ID and some cash

Personal Medical Kit

- Personal prescription medications (with copies of prescriptions)
- Pain relief tablets (ibuprofen, paracetamol)
- Antiseptic cream and band-aids
- Blister treatment (Compeed, moleskin)
- Anti-diarrheal medicine (loperamide)
- Oral rehydration salts (ORS)
- Broad-spectrum antibiotics (doctor’s advice required)

- Cold and flu tablets
- Throat lozenges

Note: Always seek medical advice before taking any of these medications

Additional Recommended

- Collapsible trekking poles
- Water purification tablets, a portable filter, or SteriPEN
- Journal, notebook, or e-reader (Kindle)
- Quick-dry travel towel
- Duct tape or a small repair kit
- Biodegradable laundry soap
- Extra camera batteries and memory cards
- Snacks or any special dietary items