Thorong La Pass Trek Equipment Lists

We have provided a detailed packing list below to help you prepare confidently for the Thorong La Pass Trek. This list includes essential clothing, gear, and safety items required for high-altitude trekking, ensuring comfort and protection throughout your journey. Please note that the recommended items may differ slightly depending on the trekking season, as weather conditions in the Himalayas vary throughout the year. Lighter layers are ideal for warmer months, while additional insulation is necessary for winter departures. Our team will be happy to guide you in adjusting the list according to your travel dates, ensuring you are fully equipped for a safe and enjoyable trek.

City Clothing and Travel Essentials

- Comfortable everyday 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 (2–3 pairs)

- Thermal base layers (2 sets)
- Trekking T-shirts (2–3)
- Fleece or softshell jacket
- Waterproof shell jacket and pants
- Inner and insulated 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 2L 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)
- Diamox/Zolamide for altitude sickness (consult your doctor)
- 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
- Daily multivitamins
- Tweezers and small scissors
- 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