

Medex 2010 Porter Mortality Project EQUIPMENT LIST

The two most essential items are a good sleeping bag and a down jacket to wear in the evenings.

In the villages during the day it will be hot but once the sun goes down it will rapidly get cold. A down jacket will keep you warm in the lodges in the evening and a good sleeping bag will be a great asset. If you can afford to buy a down sleeping bag this is recommended but not essential for tea houses in Marpha and Muktinath as the altitude is not so high. If you plan to trek into the Annapurna Sanctuary you should consider a 3 to 4 season down bag. Jackets can normally be hired in Nepal in Kathmandu or Pokhara.

The following list covers the gear you are likely to need in addition to the normal clothing that you would take.

Walking boots (trainers/crocs will be fine in the villages. Walking boots can be light weight fabric as these are usually more comfortable)

Day Pack

Torch (useful in lodges at night)

Water bottle

Sunglasses

Sun hat

Sun cream

Umbrella – can be bought locally and useful as sunshade as well as for rain

Iodine -leeches/water purification

Sleeping bag

Down jacket

Fleece jacket and possibly trousers

Gloves

Warm Hat

Waterproof jacket

Thermals

Kit bag or rucksack preferably lockable

Please be aware of the cultural sensitivities of the local people when considering trekking cloths especially for hot weather – see Medex Environmental and Cultural Guidelines.

If you have any questions regarding gear, please don't hesitate to contact me.

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