Classical Nar Phu Valley Trek – 13 Days: Equipment checklist

Packing List for Classical Nar Phu Valley Trek

Pack in layers. Days can be warm in the sun and nights are below freezing.

- **Clothing:** Thermal base layers, a fleece jacket, a down jacket, a waterproof shell jacket and trousers, trekking trousers, quick-dry T-shirts
- **Head and hands:** Sun hat, warm hat (a beanie is included), buff or scarf, thin and warm gloves
- **Feet:** Broken-in waterproof trekking boots, camp shoes, warm socks
- **Gear:** Sleeping bag (about -10°C), day pack, trekking poles, headlamp with spare batteries, reusable water bottle
- **Personal:** Sunglasses, sunscreen, lip balm, personal medicines, hand sanitizer, toilet paper, small towel
- **Documents and money:** Passport, copies of your passport and visa, insurance details, Nepali rupees in cash

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