Gokyo Lake Trek with Helicopter Return: Equipment checklist

Packing List for Gokyo Lake Trek with Helicopter Return

Pack light but warm. Your main bag will be carried by a porter, while you carry a small daypack with daily essentials. Aim for a total weight within the porter limit set by your operator, usually around 12 to 15 kg per person.

Clothing and footwear:

- Base layers (thermal top and bottom)
- Trekking shirts and T-shirts (quick-dry)
- Fleece jacket or warm mid-layer
- Down or synthetic insulated jacket
- Waterproof and windproof outer shell jacket
- Waterproof and windproof outer shell pants
- Trekking pants (convertible or lightweight)
- Warm hat, sun hat, and neck gaiter or buff
- Gloves (light liner gloves and warm insulated gloves)
- Trekking boots (broken in) and camp shoes or sandals
- Several pairs of trekking socks and warm wool socks

Gear and equipment:

- 30–40 liter daypack
- Duffel bag with lock (for porter)
- Sleeping bag rated to at least −10 °C (teahouses provide blankets but nights are cold)
- Trekking poles
- Headlamp with extra batteries

- Reusable water bottles or hydration bladder (2–3 liters total)
- Water purification tablets or filter
- Sunglasses with UV protection
- Sunscreen and lip balm with SPF

Personal items:

- Basic first aid kit (blister care, pain relievers, diarrhea medication, personal prescriptions)
- Hand sanitizer and wet wipes
- Toilet paper and small quick-dry towel
- Power bank and charging cables (charging is available in teahouses for a fee)
- Snacks such as nuts, chocolate, or energy bars
- Passport, permit copies, insurance details, and some cash in Nepali rupees

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