# Upper Mustang Trek Packing Checklist

Pack for a desert first and a mountain second: wind and sun protection come first

## CLOTHING

- [ ] Base tops (merino/synthetic) *2-3*
- [ ] Thermal bottoms *x2*
- [ ] Fleece jacket
- [ ] Light down jacket
- [ ] Windproof shell *top priority*
- [ ] Light waterproof shell
- [ ] Trekking trousers + shorts *2 + 1*
- [ ] Trekking socks *3-4 pairs + liners*
- [ ] Warm hat, sun hat, buff, gloves

## FOOTWEAR

- [ ] Broken-in waterproof boots *worn for weeks*
- [ ] Camp shoes / sandals
- [ ] Gaiters *dust protection*

## SUN, WIND & DUST

- [ ] UV sunglasses *category 4, side cover*
- [ ] SPF 50+ sunscreen
- [ ] SPF lip balm
- [ ] Long-sleeve sun shirt
- [ ] Buff or dust mask
- [ ] Saline nasal spray
- [ ] Hand cream + eye drops

## SLEEP & WATER

- [ ] Sleeping bag *rated to -10°C or colder*
- [ ] Sleeping bag liner
- [ ] Two bottles or a bladder *3-4 L a day*
- [ ] Purifier *UV, Sawyer or drops*

## BAGS

- [ ] Soft duffel *not a hard suitcase*
- [ ] Daypack *essentials stay with you*

## HEALTH

- [ ] First-aid kit
- [ ] Blister care
- [ ] Rehydration salts
- [ ] Personal medication
- [ ] Hand sanitizer + wet wipes

## ELECTRONICS & COMFORT

- [ ] Power bank *20,000 mAh+*
- [ ] Headlamp + spare batteries
- [ ] Adapter + charging cables
- [ ] Dry bags / ziplock bags *dust*
- [ ] Quick-dry towel
- [ ] Earplugs

## DOCUMENTS & MONEY

- [ ] Passport + 4 or more photos
- [ ] Insurance copy *heli evacuation cover*
- [ ] Printed permit copies *in a dry bag*
- [ ] Nepali rupees (cash) *whole trek + buffer*
- [ ] Tip fund *kept separately*

*Rent in Kathmandu or Pokhara: sleeping bag, down jacket, poles. Bring your own: boots, windproof shell, medication, documents. Permit rules change, so confirm current requirements with your trekking agency before you travel.*