



Gear List Solokhumbu Reignition trek

Taking the right equipment for your trek is very important. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but being prepared is vital. Please get in touch if you're unsure.

To trek in / carry or wear on the trail each day

Anything in italics is optional. Everything else is not

Anything with a * can be borrowed from us.

Feet

Walking boots

Your boots are your best friend for the 2 weeks of the trip. You'll be wearing them every day so ensure they have:

- a stiff sole to give support (they should twist slightly at the sole mid-point/ arch but not completely);
- waterproof upper (ideally with a durable rubber rand to protect from stones and scuffing);
- Vibram sole or equivalent (with tread on!)
- and are well broken in.

Walking shoes will not give you enough support or comfort.

A word of warning: if you've had your boots for more than 7-8 years double check the sole attachment. Old boots have a tendency for the sole to peel off, no matter how well or little used.

Good quality trekking or Walking socks – 2-3 pairs (having spent money on boots, don't ruin it all by using cheapo socks. Blisters can end a trip!)

Spare laces

Legs

Trekking trousers x 1 & 1 pair shorts / ¾ length trousers

Lightweight waterproof over trousers

Underwear

Thermal base layer (for cooler nights)

Torso

Quick-dry base layer tops (2 short sleeve, 1 long sleeve) – these must be quick drying and ideally smell proof:

Merrino wool or bamboo are ideal

Mid weight fleece (long sleeve)

Fleece jacket or spring Primaloft jacket

Waterproof jacket

Thick fleece or down gillet

Windproof gillet

Head

Sunhat (that shades the back of your neck too)

Warm hat – fleece lined wool or synthetic hat, windproof is good



Sunglasses – wrap around with no gap between the cheek and glasses. Must be Category 3 or above. Fashion glasses won't cut it.

Buff or equivalent – to protect your airways from dry air and dust.

Lip salve (SPF 30 +)

Hands

Lightweight thermal gloves

Backpack and pocket contents

Rucksack/Daypack c. 30 to 40 litres

This is your everyday friend so make sure it fits well (right back length, doesn't rub under the armpits) has a sturdy waist belt (this sits on your hips and will take most of the weight) and a chest clip (to stop it bouncing about on descents / very rocky terrain). If buying new, make sure your supplier of choice will carry out a full fitting session (similar to a boot fitting!)

Aim for it to weigh no more than 7kg when full.

As well as the spare warm clothing and a full set of waterproofs (listed above) you should carry the following with you on the trail:

Antibacterial handwash

Headtorch and batteries

Basic First Aid Kit (see below for details)

Sun protection (including total bloc for lips, nose etc.)

Toilet paper / wipes / tissues (in pocket sized chunks)

Snacks (a few cereal bars / chocolates etc)

Dry bag x 2 (to keep your spare fleece, hat, gloves, valuables and electronics in inside your backpack)

Nappy sacks / dog poo bags (to put soiled toilet paper in if you need to make a rock-stop on the trail)

Camera

Solar charger

Penknife

Water system:

2 x 1 Litre bottles – Nalgene (toughened plastic) or Sigg (metal) type. **These are your lifeline.** They MUST be high quality, durable bottles with a minimum 2 litre capacity total.

OR

1 x bladder + 1 x1L durable water bottle e.g. Nalgene

OR

1 x LifeStraw or similar self-filtering system + 1 x1L durable water bottle e.g. Nalgene.

An insulated bottle 'holster' that fits onto your back pack waist strap is very useful as are multiple small karabiners for clipping bottles where you can reach them.

Trekking poles (if you use them regularly)

Duffel Bag Contents

We can provide you with a duffel bag if you don't have your own.*

Maximum weight for the duffel bag on trek is **12KG**



Dry bags – keep everything in sealable dry bags

Spare clothes for trekking (see above list), spare snacks etc.

PLUS

A 'clean' and comfy set of clothes to change into each night when we arrive at our camp and have had a wash.

This might be: base layer top and bottom; a t-shirt; fleece; yoga pants / tracky bottoms or similar; socks. You might sleep in the base layers too. Keep all these in a dry bag separate from everything else so whatever happens you've got something clean (ish) and dry to change into each night.

Training shoes / sneakers or trekking sandals for camp.

4 season sleeping bag (in a dry bag)*

Sleeping bag liner (silk is ideal)

Quick-dry, lightweight trek towel

Washbag and toiletries

Thick moisturizer is a useful addition; face cloth is handy for squaddy washes; talc is soothing

Bring miniatures of everything you need not full size bottles e.g. shampoo, soap, cream, toothpaste

Shampoo bars work well.

Sanitary towels and tampons are hard to find on the trail – bring what you think you'll need plus nappy sacks / small plastic bags to aid hygienic disposal.

[We provide toilet paper on trek 😊]

Ear plugs

Milton or other sterilizing tablet (to clean water bottle/ bladder mouthpiece)

Needle and thread / gaffer tape

Small padlock (to lock trek bag)

Something to read

Charger kit

Packs of cards, pen and paper

A pair of chappals / flip flops for shower

*we provide a 4 season sleeping bag, sleeping mat and down jacket for anyone who doesn't want to bring their own. We also have duffel bags for you if needed.