

PHOTO JOURNEY

Kit List – ‘Up High’ and ‘Village’ Itineraries

Broadly speaking the kit requirements for both itineraries are the same. The main difference is that ‘Up High’ also means ‘Colder!’ – so, scale the warm kit up or down accordingly.

Clothing

Hats – sun hat & warm hat

Buff – useful in conjunction with other hats and as neck warmer

Sunglasses

Waterproof jacket and trousers

Layering system:

For upper-body base layer long sleeves, thumb loops and a deep chest zipper are ideal (max temperature control)

Typically some form of gillet

Some thicker long sleeved top (hoods are great)

Soft shell jacket

A lightweight down jacket (synthetic is OK too but not such good warm:weight ratio)

Wool or down are both fantastic materials. Don’t underrate a good old woolly pully!

Lower body layers:

‘Technical’ underwear – wool or artificial NOT cotton

Leggings/Long Johns - wool or artificial NOT cotton

Trekking trousers (allowing venting is ideal)

A range of socks for a range of temperatures! Ideally wool

Gloves – silk liner gloves in addition to something warm

(remember that cameras make your fingers cold, so if in doubt, go warm!)

Footwear

Whatever you opt for should be warm enough and waterproof enough that, in the relatively unlikely event of snow or rain, you remain comfortable.

You do not need a stiff soled technical climbing boot. More appropriate is something with good flex.

You may wish to bring boots *and* a lighter weight option. If the ridge is dry and the forecast likewise a trail shoe is adequate, assuming you are accustomed to this.

For the evenings it’s good to have flip-flops or sandals (the advantage of sandals is that you can still wear thick socks, look very cool *and* have warm feet!)

Technical

Walking poles – as with all your kit, you should get accustomed to these *before* the adventure starts! Correctly used they incorporate huge gains in efficiency and reduce impact on joints.

Food and Drink

It's good to have some food for the trail. A few suggestions:

A few energy gels as emergency food
Bars and trail mixes of nuts, seeds, dried fruits and chocolate

All except gels can be purchased in Pokhara.

Drink for day hikes assuming good pre-hydration:

I favour Nalgene bottles as they can handle boiling water and thus make excellent hot water bottles as well as drinking flasks! Water that has been boiled is also safer in terms of hygiene. Some drinking systems incorporate a filter which can be a good way for you to take control of your water hygiene.

A 2 litre total capacity is sufficient for most people.

You may also consider a flask (you can have tea or coffee made up for you each morning in the tea houses)

If you have dietary requirements that could be an issue please let us know and we will be able to advise and look for work-arounds

Sleeping systems:

Tea Houses can usually provide blankets but it's nice to have your own sleeping bag.

A teahouse bed is typically small and firm. Pillows are also usually firm. Some people favour bringing inflatable a pillow. You can also make a pillow by stuffing clothing inside a dry bag.

Sleeping bags: I use a Rab Neutrino 400. It's on the light/cold end of the scale but you've got lots of clothes to sleep in if needed and you don't want to carry unnecessary weight and bulk. Down bags are great. Just keep them dry at all cost.

Sleeping bag liner: ideally silk (best warmth:weight ration and feel) – adds warmth to whatever system you are using and is also good for hygiene

If you do not want to carry/do not feel comfortable carrying all this kit, do let us know and we can look at arranging porters. This is a good way to bring

employment to local people and oftentimes the porters are some of the most fascinating people on any given journey!

First Aid:

Think about what could go wrong and how you could deal with it (blisters, chaffing, headaches, stomach trouble are some of the usual suspects!) Empowerment through independence is a thread throughout all PhotoJourney adventures. This applies to basic first aid so please be ready to take personal responsibility.

That said, Mark is a Wilderness Emergency Medical Technician and Johnny and Saraya are also First Aid qualified. We are here to support you and will carry medical kits commensurate with our journey. We are also happy to advise you. Most medical supplies are widely available in Pokhara.

Communications:

Mobile phone and battery pack. A robust phone case is a good investment. Also consider solar charging options. Goal Zero and Power Monkey both provide good products. Be mindful of the scarcity of electrical power, especially on the Mardi ridge!