

Kit List – ‘Mountain’ and ‘Village’ Itineraries

Broadly speaking the kit requirements for both itineraries are the same. The main difference is that ‘Mountain’ altitude is higher and thus it’s 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 (we’re enjoying the feel and function of Flōa kit and can share a 20% discount code with all Photo Journey guests)

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 weather has been dry and the forecast is for more of the same, 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. *I never trek without them.*

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.

All things **Drink!**

You'll be given a Nalgene bottle by Photo Journey and we'll provide excellent water filters so that the water you drink is safe. You'll be able to refill your Nalgene at numerous points throughout each day. For more on this see our blog in the 'News' section of our website.

We advise against using bladders as they are hard to keep clean.

Access to tea, coffee and soft drinks is frequent.

If you have dietary requirements that could be an issue please let us know.

Alcohol is available at all the teahouses.

Sleeping systems:

Teahouses provide bedding but it's nice to have your own sleeping bag for reasons of comfort and hygiene.

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. 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. Using your own liner in conjunction with teahouse bedding is a viable option.

Porters:

We employ porters for the Mountain option – it's part of the Photo Journey way: looking after our guests whilst also providing livelihoods in Nepal. We take care not to overload our porters, even though they always tell us they can carry more. We give each of our guests a robust holdall and for the Mountain option a 10kg allowance. For the Village option there is no weight limit as the bags are moved by vehicle. The porters carry everything you do not need to have with you during the day.

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 Photo Journey 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 fortunate to have with us Dr Derek Liston. He'll be medical point of contact while we are all in Pokhara and then with the Village option. 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. Power supplies are improving everywhere in Nepal but it is good to have some degree of independence.

Laptops:

There is no 'hard and fast' regarding laptops. We do offer the following thoughts:

Having a laptop allows you to back up data and process images. As with everything you have with you, it is at your own risk. You may choose to use a laptop whilst at Temple Tree but not take it with you to Village or Mountain. Secure storage is available. Evenings can be long and there is something very satisfying about processing the day's images and starting fresh next day. A robust protective case is essential.

