

Equipment & Packing List

Langtang Volunteer Trip

Most airlines will allow you to check two 50 pound bags. If you are flying on the helicopter to Langtang, you can have one 50 pound bag. Check with your individual airline for your specific allowances based on your ticket and flyer status.

The weather will vary from day to day. In Spring and Fall, we see an average daily high between 30-60 degrees Fahrenheit. The weather can change dramatically from morning to night. It can rain, snow, or have bright blue skies. It will likely be chilly every day, while being warm in the sun. You will be able to hand wash your clothes or pay your guest house to do your laundry.

Packing Tips

Please pack as light as possible. To accomplish this one needs to examine the list for anything that can be made smaller. For example shampoo, liquid soap, toothpaste, pills, etc. can all be put in smaller containers. Reduce weight in lots of small ways. Rolling your clothing reduces space. Use stuff sacks, packing cubes, and net-type bags. Go very light! Use ziplocks (freezer bag type) to organize small items.

Trip Essentials:

- 1 daypack (medium volume with waist strap used to carry camera, film, water bottle, snacks, and extra clothing for day use)
- 1 pair of lightweight hiking boots or shoes, waterproof is nice (you will be walking a lot!)
- 1-2 set of long underwear (top and bottom)
- 2-3 pair of pants (loose fitting and comfortable, suitable for travel and work conditions; light wool or cotton/synthetic mix; zipper pockets are good for security)
- 1-2 pair of thick, warm socks
- 3-4 pair of medium fabric socks
- 4 pair of underwear (please do not make the common mistake of carrying too many underwear or socks; you can always wash stuff in the sink)
- 3-4 long sleeve shirts for layering (one thick cotton, one light wool)
- 1-3 short sleeve shirts
- Clothing for sleeping (optimal)
- 1 winter coat with a hood
- 1-2 pullover sweater (or fleece layer)
- 1 neck gaiter or warm scarf
- 1 warm hat
- 1 hat with a brim for sun protection
- 1 pair of gloves
- 1 sleeping bag or liner (guesthouses do not wash bedding after each guest)
- 1 headlamp with spare bulb and extra batteries
- Ear plugs for sleeping at night

- 1 notebook for journal entries and keeping track of the daily/weekly events
- Several ballpoint pens
- 1 wristwatch, simple and waterproof (leave jewelry at home)
- Camera or phone
- Solar portable charger and/or battery pack for charging
- Personal medications, hand cream, Ibuprofen, aspirin, chapstick, a few Band-Aids, a few betadine swabs, decongestants, eye drops and nail clippers (Cipro, lomotil, antibiotics, grapefruit seed extract...)
- 1 small bag of toiletries (as few as possible)
- Diamox for altitude sickness if needed
- Small first aid kit
- Sunscreen
- 1 travel towel (Western towels tend to be bulky and take a long time to dry. A backpacking towel also works well; Pack Towel and Sea to Summit are good brands)
- Hand sanitizer
- Small packets of Kleenex to carry in your pocket for toilet paper
- Baby wipes or handi wipes
- Water bottle
- Passport photo for Nepali visa at the airport (bring 2 just in case)

Optional Items

- Walking sticks
- Water purifier or iodine tablets if you do not want to buy water (SteriPEN is highly recommended)
- Food – dried fruit, granola bars, Clif bars, chocolate. Extra food is essential for vegetarians.
- Cotton bandanas