



International Leadership Academy

## PACK LISTS

### **TREKKING**

Gore Tex ® like shell/wind Jacket.

Gore Tex® Shell Pants.

Fleece.

Wind stopper.

Trekking pants.

Shorts.

Woolen underwear.

T-shirts.

Trekking shoes.

Sneakers.

Cap/Beanie.

Gloves, light & thick.

Socks.

UV Sunglasses.

Trekking Poles.

Sleeping bag (-10)

### **MOUNTAINEERING**

See full TREKKING LIST, plus

Alpine boots.

Sleeping bag (-20).

Personal climbing gear - you are welcome to bring these.

### **RIVER TRIPS**

River sandals.

Sneakers.

Fleece.

Shorts.

T-shirts.

Woolen underwear.

Cap.

Socks.

UV Sunglasses.

Sleeping bag (summer).

Personal river gear - you are welcome to bring these.

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European Office: Nicoloviusgatan 5a, 217 57 Malmö, Sweden  
Asian Office: The Royal Beach Camp, Katauti Khola, Nepal



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## GENERAL

VISA for Nepal  
- please have visa organised  
prior to arrival.

Personal travel insurance.

4 Photos for permits.

Printed passport copy.

2 Water bottles.



Head Lamp.  
- Extra batteries.

Lightweight towel.

 Toiletries.

Backpack & Duffle bag.

## Medical stuff:

- Personal First Aid kit.
- Blister protection.
- Antihistamine - if you are allergic to insect bites.
- Water purifying tablets for personal use.
-  • Mosquito repellent.
-  • Sun block (30-50).
- List of personal medicines.

## OPTIONAL

Unlocked mobile – if you wish to buy a local SIM card. Bring 2 passport size pictures for the SIM card registration.

Power bank.



Please use natural, biodegradable products.  
Rent, borrow or get second hand clothing & gear - before buying new.

Our adventure partner in the Himalayas:



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