



Nepal Whitewater Equipment List

The weather in Nepal can be volatile, so clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below will work together to provide appropriate insulation in the most demanding conditions. Because it can rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchronia, fleece, and pile are best, wool will also work. Cotton, with the exception of a t-shirt for the sun, is unacceptable. It is a good idea to test out your gear before you arrive in Nepal.

Upper Body Layers

Upper body layers are some of the most important components of a good layering system. They should be comfortable, lightweight and breathable. Cotton is unacceptable except for a sun shirt while hiking on warm days.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		Light weight tops made of synthetic material that can be layered together to increase warmth. A light-colored silk weight (white/tan/light blue/etc...) is a good idea, because it will decrease the amount of solar radiation (warmth) that your shirt absorbs. That being said, your mid-weight base-layers should be darker so that they do absorb the sun's warmth. Sierra Designs makes good lightweight, wicking base layers.	-
T-Shirt	2-3		To be worn as a sun shirt while hiking at lower elevations. Synthetic fabric is the way to go, and can double as a bandana or extra sun protection under a baseball cap.	-
Medium Weight Top	1		To be worn over the base layers and should be synthetic or wool. (a soft shell is an acceptable substitute)	-
Heavy Weight Top	1		To be worn over the base layers and Medium weight top and should be synthetic or wool. Good for warming up after a cold day on the river.	-
Sun Shirt	2		Lightweight breathable long sleeve shirt for hot days.	
Outer Wear	1		A jacket made of waterproof / breathable material such as Gore-Tex is vital for keeping you warm and dry. It needs to fit over all layers. Consider the Sierra Designs N2 Fusion jackets.	-

Lower Body Layers

Lower body layers should be versatile and easy to change into and out of under changing weather conditions.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight bottom layer made of synthetic material that can be worn together to increase warmth.	-





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Shorts	2		These are nice to wear while hiking and paddling on warmer days. Cotton is unacceptable; synthetic will dry faster and be more comfortable for long periods of wear.	-
Trekking Pants	2		Pants made of nylon material are best. Should be lightweight and quick drying.	-
Swimsuit	1		Nice to have for lower elevations and on warmer days	-
Outer Wear	1		Pants made of waterproof / breathable material such as Gore-Tex are vital for keeping you warm and dry. They need to fit over all layers and should have side zips. Consider the Sierra Designs Fusion pant.	-

Head, Neck, Hands & Feet

Keeping your extremities warm & dry is crucial. We lose a massive percentage of body heat through our heads, and our hands and feet are the most susceptible to inconveniences like frostbite and trench-foot. Developing a system that works for your specific needs takes time; this guide is a good place to start.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Warm Hat	2		Should be made of synthetic material or wool, cotton is unacceptable and dangerous.	-
Sun Hat	1		The sun can be very bright (especially with reflection), the more protection your cap offers from the sun the better.	-
Sunglasses	1		Dark lenses with good side protection are a must. The sun can be very bright (especially with reflection off of the water) and can cause permanent eye damage. Most of our guides wear Costa Del Mar sunglasses	-
Light Weight Gloves	1		Windstopper fleece works best. Work gloves with a water proof palm are nice to have along when dexterity is more important than warmth. 'Dura-Therm' or like models (synthetic glove with rubber palm & fingers) work well, just ensure you find the warmest model available.	-
Paddling Gloves	1		A lightweight glove is essential for protecting your hands from the sun and blisters. Thin neoprene gloves work well.	-
Socks	3-4		These should be synthetic or wool. Having a mix of light and heavy weight socks is nice to adjust to variable weather. Neoprene socks can be a nice addition to wet shoes for spending time on the river.	-
Wet Shoes	1		These should have thick soles, neoprene cuffs, and straps to secure the foot. The thick sole is critical to avoid hurting your feet on river rocks. You may consider wearing rubber boots.	-
Light Hiking/Camp shoes	1		For periodic day hikes. A low top hiking shoe with cloth uppers is best. These are in addition to your river shoes.	-

Technical Hardware

For technical gear we recommend [Black Diamond](#). We run their equipment on every mountain trip we operate, and find it to be among the best in the industry. For tents and sleeping bags we recommend [Sierra Designs](#).

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
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Carabineers	2		A few work great for clipping personal items in the raft.	-
Helmet	1		Should be light weight whitewater helmet	YES
Large Duffel	1		Used for transporting gear in planes and vehicles on route to Nepal and within it.	-

River Gear

Some of the provided gear may be shipped to you in advance.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Dry Bags	3-4		For personal clothing and equipment.	YES
PFD	1		Class III personal flotation device is required, and will be provided if you don't already have one.	Provided
Wet Suit/Dry Suit	1		We'll wear dry suits or wet suits while on the river.	Provided

Sleeping Bag & Pads

Having a good sleep system is essential in the mountains. While down bags are very warm and pack incredibly small, they lose all insulating properties when they get wet. While down will work well in the Himalaya, it can get wet, especially on the shoulder seasons. If in doubt, pack a synthetic sleeping bag.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Sleeping bag	1		We recommend a synthetic or down fill bag with a comfort rating of 15 degrees Fahrenheit, as temperatures can dip below freezing. Please don't hesitate to call us before making any major purchases.	YES
Sleeping pads	2		A system of one compact inflatable pad ('Thermarest) and one closed cell foam pad works great. Also a Paco pad is great for on the river.	YES

Miscellaneous

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Passport	1		Don't forget! – make extra copies to have with you.	-
Eating Utensils	-		Bowl & Spoon, Lexan or titanium work well.	-
Insulated Mug	1		14oz mug with a lid for hot drinks.	-
Headlamp	1		We recommend LED headlamps, because they are lightweight, long-lasting & durable. Bring extra batteries.	-
Toilet Paper	1		Bring your own in a Ziploc bag.	-
Iodine	1		A bottle of 'Polar-Pure' Crystals is the most convenient, but 'Potable Agua' works well also.	-
Lip Balm	2-3		Should have some type of SPF protection.	-
Sunscreen	4-8oz.		Should be SPF 30 or higher and be waterproof.	-
Personal Med-Kit	1		A personal prescription of a broad-spectrum antibiotic like Ciprofloxacin is REQUIRED. Also bring a good antibiotic for upper respiratory such as Azythromiacin. Your kit should also include ALL personal medications, as well as a stash of Ibuprofen, Aspirin, Band-Aids, and Neosporin. A group Med-Kit will be available for everyone, however bringing a personal kit is mandatory. If you have any questions please don't hesitate to call us at 1.800.985.4957	-





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Blister Kit	1		This should include mole skin/foam and cloth athletic tape for personal use.	-
Water Bottles	2		Wide mouth 1-liter lexan bottles ('nalgene') work best.	-
Bandana or 'Buff'	1		Used for extra sun-protection. Your tee-shirt can be used in place of a bandana if you are trying to shave weight (which is a good thing).	-
Stuff Sacks	2-4		For organizing your gear inside of your backpack.	-
Garbage & Ziploc bags	variety		To keep your gear dry inside of your pack. (i.e. line your stuff sack with a garbage bag before you stuff your sleeping bag in there)	-

Optional

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Day Pack	-		Used on day excursions, should be between 35L - 55L (many people use their big pack for this purpose).	-
Hand Warmers	4		A good thing to keep in your first aid kit after a cold day on the river.	-
Sleeping Bag Liner	1		For increased warmth.	-
Energy/Candy Bars	0-20		Bring bars that taste good!	-
Moist Towelettes	0-20		This will be as close to a shower as you will get, we recommend one wipe per day.	-
Book	1-2		Leave the 15 pound hardcover at home.	-
Journal	1		'Rite in the Rain' or similar water resistant paper work best.	-
Camera	2-4		Digital or Film. If you are buying a digital camera, one with a view finder will allow you to take photos when it is too bright to see the screen and helps save batteries. A camera that is compatible with AA's allows you to bring extra batteries that don't cost an arm and a leg. Bring an extra memory card.	-





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Additional Information



We use gear from these select companies on every trip we run! Their gear has proven itself again and again on the highest mountains, roughest water, and steepest ice. We endorse these companies because they make gear that is functional and reliable.



COSTA DEL MAR



We provide the following: tents, group climbing equipment, expedition first aid kits, cooking equipment, and trip food.

Please don't hesitate to call us with any questions 1.800.985.4957

