



Trekking Gear Guide

PACKS

Your back is one of the most important parts of the body to look after whilst on the exped. So having the correct backpack will provide comfort while carrying the weight during your trek/climb. While selecting the size of the bag, you need to consider the weight of equipment you are going to carry and duration of the trek. Nimsdai has partnered with Osprey to develop packs that are perfect for the big mountains. You can find out more about the selections below via the page links, For trekking only a small pack is required no bigger then 40L, you will carry only what you need for that day. Duffle bag ranging from 100 to 150L is ideal for this trek.

DAY PACK



Mutant 38

Qty: 1

DUFFLE BAG



Nimsdai Duffle Bag

Qty: 1 [With locks as well]



Click the images to be redirected to the webpage*

BOTTLE & THERMALS

While trekking and mountaineering, enough water is essential to keep your body hydrated all the time, which reduces the risk of AMS and keeps healthy metabolism.

It is recommended to carry at least one of each item of the following. 32oz water bottle, insulated water bottles and another wide mouth water bottle.



Nimsdai - Thermos Flask
Qty: 1



Nimsdai - Coffee Mug [Optional]
This is a nice to have item but
not essential
Qty: 1



32oz Water Bottle
Qty: 1



16oz Water Bottle
Qty: 1



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HIKING BOOTS OR APPROACH FOOTWEAR

Hiking boots - designed for protecting your feet and ankles during hiking. They should be waterproof, durable, and comfortable for the feet. You will be using them every day while hiking up to basecamp.

There are few options you can choose from but here is Nimsdai recommended for trek up to Basecamp. You only need one pair, and the choice is entirely personal.

Equipped with a breathable mesh, PU and TPU upper, this model envelops the foot and provides stability and protection.



Scarpa Ribelle Run XT
[for Men]



Scarpa Ribelle Run XT
[for Women]

The Scarpa Rusk Trk LT is a lightweight ripstop fabric hiking boot, featuring water-resistant suede uppers with breathable mesh zones and a GORE-TEX® Extended Comfort membrane for additional wet weather protection. This makes the Rusk Trk suited to year-round hiking in both warm and cold temperatures, from dry to wet weather.



Scarpa RUSH TRK LT GTX
[for Men] - Available in other colours



Scarpa RUSH TRK LT GTX
[for Women]

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NECK WARMER

Buff is a type of neckwear used in outdoor activities to protect your face and neck from the freezing wind and UV rays.

Light weight Merino wool buff

The proper use of buff protects you from the Frostbite in your face.



Nimsdai Neck Warmer
Qty: 3 [Required for each mountain]

BEANIE

A beanie, originally made of wool, designed to provide warmth to your head in freezing weather.



Nimsdai Beanie
Qty: 2 [You always need a spare]



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CLICK TO BUY NOW



CLICK TO BUY NOW

K2 WINTER WATERPROOF JACKET [HARD SHELL JACKET]

The GORE-TEX Pro membrane and nylon outer fabric offer ultra-durable protection against the harshest conditions, while keeping you dry and providing maximum breathability. The three-layer GORE-TEX is the highest performance membrane possible – for maximum protection when the rain comes down. A unrestricted fabric, combined with flexible construction reduces weight and pressure points. The relaxed fit allows for free movement during any challenging obstacles. Complete with multiple pockets to store your essentials, subtle reflective accents, and RECCO search technology for your extreme adventures.

Qty: 1



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CLICK TO BUY NOW



CLICK TO BUY NOW

K2 WINTER WATERPROOF PANTS [HARD SHELL PANT]

These durable shell pants are designed to excel in challenging conditions, making them exceptionally suitable for year-round mountaineering expeditions, whether with or without crampons or skis. Designed with a technical fit and articulated knees to enhance mobility during vertical movement while minimising excess fabric. Furthermore, the lower legs are adjustable at two sections, allowing expansion to accommodate crampon and ski touring boots. Utilising the very best materials, GORE-TEX Pro alongside YKK zips.

Qty: 1



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CLICK TO BUY NOW



CLICK TO BUY NOW

PROJECT POSSIBLE DOWN JACKET [DOWN JACKET]

A 790 fill power down jacket with a durable two-layer Nylon fabric with DWR treatment and 15k/15K membrane - making it protective, durable and breathable. Combined with hydrophobic down and a patented design construction, the feathers do not clump when wet or create a chamber when compressed. Therefore it maintains maximum warmth and insulation when the environment changes compared to any other jackets. Specially engineered features on the Jacket include; elasticated detailing which is designed to sit closer to the body and keep you warmer, the cuff also has a thumb loop for added warmth and protection on the mountains. Polartec® fleece inside the pockets for extra warmth and micro-fibre fleece round the face to protect from chaffing in extreme conditions, as well as deep mesh inner pockets – perfect for water bottles and gloves.

Qty: 1



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CLICK TO BUY NOW



CLICK TO BUY NOW

EXPED FLEECE [MIDLAYER]

The Exped Fleece is the perfect mid-layer for mountaineering expeditions, and stylish enough for urban wear. The high performance polyester Polartec® Thermal Pro fleece fabric, combines with breathable under-arm sections for improved sweat-wicking. With 2 front chest zip pockets, valuables, remain secure and easily accessible when not required.

Qty: 2



Click the images to be redirected to the webpage*



BALTORO PANT [SOFT SHELL PANT]

Built to be versatile for trekking, hiking, climbing and all outdoor adventures, these Nylon Thermalite fabric pants feature a Durable Water Repellent (DWR) treatment with a brushed interior. The contrasting kneepads contain a Nylon/Kevlar® mix making them tear and abrasion resistant. Designed with a partial polyester lining, these lightweight trousers have a pull-on style stretch waistband with adjustable drawcord for comfort. They also have an adjustable hem with zipped gussets and feature multiple pockets. These are the perfect all-rounder for outdoor adventures including trekking, skiing, climbing and mountaineering.

Qty: 1

[CLICK TO BUY NOW](#)



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MERINO BASE LAYER

A piece of clothing worn under your other clothes, made of material that is designed to keep you warm and dry: When you are active in cold conditions, it is important that you wear a base layer that will draw sweat away from your body and keep you dry and warm.



Nimsdai Base Layer

Qty: 4



Qty: 2

DOWN TROUSERS [OPTIONAL]

Insulated Down Pants to keep your lower body warm and keep the snow, water, and slush away from your inner layers.



Rab Down Trouser

Qty: 1



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SOFT SHELL PANT

Soft-shell pants are made of high-performance synthetic fabrics that are resistant to abrasions & tears. They are typically water-resistant (not waterproof) which means they are breathable and shed light rain and snow and dry quickly when they get wets.



Rab Incline Pants

Qty: 2

LIGHTWEIGHT NYLON PANTS

Lightweight and breathable, making them ideal for trekking.



North Face – Paramount Convertible Mid Rise Pant

Qty: 1



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SOCKS

Its incredible important to look after yourself whilst on the exped, having clean socks will ensure your feet & Skin will be in the best possible shape to continue your journey.



Bridgedale Summit Socks

Qty: 2 [Pairs]

Thermic Trekking Socks

Qty: 5 [Pairs]

This is the minimum quantity that we recommend for any exped, after long periods of time it is important to have fresh pairs to ensure your feet are clean and dry to maintain your personal hygiene.

EYE PROTECTION

Sunglasses are indispensable for any outdoor activity. The main purpose of UV protected sunglasses while trekking and mountaineering is to protect your eyes from the harmful UV radiation coming directly from the sun and from reflected rays.



Vallon - Heron Glacier Nimsdai

Qty: 1

Always good practice to have spare eyewear!



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GLOVES

One of the most important pieces to spend money on, these will keep your hands protected from the harsh mountain cold and ensure your fingers are protected from the cold mountain bite.

LIGHTWEIGHT SYNTHETIC LINER GLOVES

Liners gloves are thin gloves that are usually worn inside other mitts or gloves to provide an extra layer of protection, absorb sweat and increase warmth.



Therm-1c Warm Lightweight Gloves

Qty: 2

SOFT SHELL GLOVES

Built with light, stretchy and weather-resistant soft-shell fabric for high-output pursuits in mild conditions.



Therm-1c Ski Gloves

Qty: 1

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SLEEPING BAG

A sleeping bag is a large deep bag with a warm lining, used for sleeping in, especially when you are camping.

A sleeping bag rated at -30 for the entire exped is needed.



Mountain Hardware - Sleeping Bag

Qty: 1

Down bags are recommended, down can compress more compactly and is typically lighter in weight.

SLEEPING PAD

Sleeping pads offer an additional layer of comfort and insulation from the ground.



Sleeping Mat

Qty: 1



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TREKKING POLE

Trekking poles act as another set of limbs to give you more stability when tackling tricky terrain



Good adjustable trekking pole

Qty: 1

HEAD TORCH

A head torch or headlight is a light source affixed to the head for outdoor activities at night or in dark conditions such as hiking, camping, mountaineering, etc. [With extra batteries].



Black Diamond Icon Headlamp

Qty: 1



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PEE BOTTLE

Buy those that only take up room when filled. Needs to be leakproof (wide neck) lids for men, pee funnel for women.

3 litres [Required]



Nalgene PE Folding Bottle

Qty: 1

UTLITY BAG

Used to hold hygiene products such as toilet paper, hand sanitiser, small towel, etc.

Nice to have to keep your essentials safe and dry



Nimsdai - Everyday Utility bag

Qty: 1



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HAND & TOE WARMERS

Hands warmers and toe warmer are single use air-activated heat packs that provide warmth and are ideal for keeping your body warm when temperatures drop.



Therm-Ic Toe Warmer

Bring Plenty

TREKKING HAT

To shade your face / neck from the sun on a hot day.



Nimsdai Delta Cap

Mandatory and a spare is recommended

DOWN BOOTIES [OPTIONAL]

Down Booties are the ultralight solution that will keep your feet warm. They pack up exceedingly small and keep your feet warm inside your tent, your sleeping bag, or while walking around camp.



Down Booties

Nice to have as the nights are cold in camps and when eating/resting to keep your feet warm and dry

Click the images to be redirected to the webpage*



OTHER ITEMS

TRAVEL CLOTHES - Please also pack some travel clothes, microfibre towel.

PERSONAL SOLAR CHARGER - Optional but highly recommended.

SUNSCREEN - SPF 50 Sunscreen and lip balm.

CAMP ITEMS - Kindle, iPad, Books etc.

SNACKS - Please bring a few days of your favourite climbing snack food such as bars, energy gels, nuts, beef jerky, etc. A variety of salty and sweet is good.

SMALL PERSONAL FIRST AID KIT - Include athletic tape, Band-Aid's, Ibuprofen [painkillers], Blister care, personal medications, etc.

MEDICATIONS AND PRESCRIPTIONS - Bring antibiotics [Azithromycin, etc.], and altitude medicine such as Diamox and dexamethasone. But inform guides at all times if and when you are taking them.



