

Equipment used and carried along the GHT & Additional Useful Planning Information- Version 2 Dated 12 Sep 13			
Ser	Equipment	Type	Remarks
1	Osprey 85l rucksack	Equipment	Great rucksack, comfortable and robust but a little heavy. A 75L would have been sufficient too.
2	XL Rucksack rain cover	Equipment	Essential to allow you to put your rucksack into your tent without it being wet
3	100l waterproof rucksack liner	Equipment	Orange - could be used to highlight location in event of an emergency. Also double up as a bivvy bag in event of emergency
4	multiple dry bags for clothes and equipment	Equipment	
5	Garmin Foretrek GPS	Equipment	2xAAA Batts. Lightweight and worthwhile
6	Glacier glasses	Equipment	Essential for when in the snowy regions
7	<a href="#">Nikon Coolpix AW110 16m pixels compact camera (GPS)</a>	Equipment	Great battery life and good quality of photos
8	Spare SD cards, USB stick, SD fitting USB for transferring photos onto computer	Equipment	
9	2 x Leki lightweight walking sticks	Equipment	Essential equipment
10	Silva Headtorch	Equipment	1 x AA batt only, great for recharging
11	Silva Exped 4 compass	Equipment	Essential, but ensure you package to prevent breaking it
12	1 x nalgene bottle insulated holder	Equipment	Allowed me to fasten to rucksack waist band
13	Leatherman	Equipment	
14	<a href="#">Power Monkey Extreme Solar panel and bar battery</a>	Power	Take spare cable that goes from the solar to the battery. Plus all cables for iPod, phone, kindle, Yellowbrick. Only 5.4v max charge so cannot charge large camera batteries.
15	1 x Power Monkey Chimp	Power	Used to house AA and AAA batteries whilst charging them through the Power Monkey Extreme battery
16	Rechargeable 4 x AA and 6 x AAA batteries	Power	
17	<a href="#">Multifunctional battery charger for camera lithium battery. (Camcaddy)</a>	Power	Powered through USB lead therefore solar set could charge it.
18	Spare boot laces	Footwear	
19	Lowa trekking boots	Footwear	Ideally buy one piece gortex leather with limited stitching as the boots will take a hammering early in the trail
20	Small gaiters	Footwear	Useful to prevent water and snow getting over into the boots and lightweight too.
21	<a href="#">Yellowbrick GPS Tracking system &amp; holder to attach to rucksack</a>	Communication	Amazing piece of equipment allowing me to show my exact location and send messages from all locations along the trek. The one where you can send and receive emails and texts and update Facebook, Twitter and your Blog.
22	Touch screen iPod	Communication	Used for music, POD Casts and linking with the Yellowbrick for sending messages
23	Cheap Samsung smart phone	Communication	Used Nameste SIMs. Would recommend also taking Sky, Hello Nepal and
24	Thuriya Satellite phone with solar panel	Communication	Essential, although didnt use.
25	Lightweight luminous Ronhill running jacket	Emergency	Carried in case of emergency i.e. if needed to be rescued.
26	Emergency high pitched whistle on cord	Emergency	Used to attract attention in event of emergency i.e. if fell off the main track - never used though
27	Metal mirror	Emergency	To signal helicopters or to people in the event of an emergency - never used though
28	12hr Cylumes x 3	Emergency	Used to attract attention at night and mark location in the event of an emergency - never used
29	1 man North Face tent, 1.5kg	Camping	Ensure its waterproofed before you start and that there is enough space inside for you and your kit. Although I only used it around 10 times on the trek it offers security from the weather.
30	Thermarest concertina foam sleeping mat	Camping	No danger of getting a hole in
31	Silk sleeping bag liner	Camping	Essential for cold nights and keeping your bag clean
32	Small washing up liquid, cloth and scouring pad.	Camping	
33	-12C lightweight synthetic sleeping bag	Camping	This was sufficient especially when used with the liner and wearing clothes.
34	2 x Titanium MSR cooking pots.	Camping	
35	Titanium spork	Camping	
36	MSR Dragonfly multifuel stove with wide break	Camping	
37	1l MSR fuel bottle with kerosine and spare rubber seal	Camping	
38	Titanium metal mug	Camping	
39	Matches, lighter and MSR flint	Camping	
40	Food - Noodles, pasta, rice, soup, coffee, sugar,	Food	
41	Biscuits - local	Food	I would mainly eat local biscuits for lunch
42	Emergency food - 3 x 80g Kendel mint cake bars	Food	Not used
43	Sawyer Europe water purification unit with 2 x large bladder bags	Water	Essential for when in the snowy regions
44	1 x nalgene bottle with wide top	Water	Wide top is useful for when the water freezes it wont stop you from using it
45	2 x North Face lightweight zip off trousers	Clothing	Essential as most of the time I was in shorts
46	Neck gaiter	Clothing	Used for warmth and to keep the sun off neck
47	New Balance Minimus trainers	Clothing	Great for airing feet at night and river crossings and if required I could have used them for trekking if my boots broke.
48	T-Shirt	Clothing	
49	3 x pair of North Face underwear	Clothing	Ensure tight and allow for loosing lot of weight
50	3 pairs of Bridgedale socks	Clothing	2 were for hot climates and 1 slighter thicker for altitude
51	2 x Smartwool marino wool long sleeved, zipped tops	Clothing	Essential as they dry pretty quickly and they significantly reduce odor
52	Eider lightweight down jacket with fitted hood.	Clothing	Essential.
53	North Face Hyvent rain jacket	Clothing	It worked but ideally should have bought a lighter jacket and ones with underarm zips
54	Lowe Alpine gortex hat	Clothing	
55	Lightweight trail peaked cap with neck sun guard	Clothing	
56	North Face fleece windproof gloves	Clothing	
57	Mountain Hardwear thin liner gloves	Clothing	
58	Comprehensive Medical Kit:	Medical	
59	- Plasters, bandages, Zinc oxide tape,	Medical	
60	- Paracetamol 500mg x30	Medical	
61	- Ibuprofen 400mg x 30	Medical	
62	- Imodium (Loperamide) 2mg capsules x20	Medical	
63	- some dioralyte sachets x 8	Medical	
64	- Ciproflaxin 500mg x10	Medical	
65	- Metronidazole 400mg x 21	Medical	
66	- Diamox (acetazolamide) 250mg x 50	Medical	
67	- Piriton (Chlorpheniramine) 4mg x 14	Medical	
68	- Brolene (propamide) eye drops x 1x 10ml bottle	Medical	
69	- Dexamethazone 2mg x 6	Medical	
70	- Clarithromycin 250mg x 14	Medical	
71	- Nifedipine 20mg x 10	Medical	
72	- Eurax (crotamin 10%) cream	Medical	
73	- Clotrimazole cream 1%	Medical	
74	- Anusol - for piles	Medical	Never under estimate the strenuous activity you will be doing
75	- Compeed (although should only be used in emergency.	Medical	
76	- Mepore pads	Medical	
77	- Tooth filler	Medical	
78	Loctite Flexible Superglue	Misc	Essential
79	15m of cord	Misc	
80	Money belt	Misc	
81	Bank card	Misc	
82	Kindle and protective case	Misc	Take old type for best battery life
83	Sparewatch battery and seal	Misc	
84	Suunto Advisor Watch	Misc	
85	Sun block and cream	Misc	High factor
86	Sowing kit, incl tough thread, buttons, thimble, safety pins and strong needles	Misc	
87	Small duck tape for repairs	Misc	
88	Wash kit - nail clippers, small soap, small shampoo, tooth paste, tooth brush (with cap), 15 cotton buds, small Lifeventure extra small travel towel	Misc	
89	Complete map pack - Himalaya Map House in KTM	Misc	These cost around NCR 1000 each and are most 1:125,000 and 1:150,000. They are waterproofed and good as far as Nepali maps go. Recommend you get better 1:50,000 maps for the Lumbha Sumba Pass (Kanchenjunga to Makalu section), Tashi Labsta (Cross over from Sagamate into Rolwaling), crossing the Myangal Bhanjyang and heading to Yarsa (far western side of Dhading District / Ganesh Himal section, before entering into Mansalu National Park),

## Average weight of rucksack was 25kg (55lb)

Ser	Hired kit	Type	Remarks
1	Crampons, harness, ice axe	Hire	Hired in Thame village for crossing the Tashi Labsta - used for a couple of hours only. Depending on the weather you might not need to take these with you. I didnt need them for the route that I took (see the route that I took to compare routes), also consider the time of year and local advise. The weather can change year by year. If you want to take crampons I would recommend <a href="#">small lightweight micro spikes</a> , unless you are doing the Serpani Col route then you will need proper fitting crampons.

## Additional Details for Planning

Ser	Additional Details	Type	Remarks
1	Camera	Spare	Held in Kathmandu with friends ready to be moved forward if required
2	Boots	Spare	Held in Kathmandu with friends ready to be moved forward if required
3	Money	Spare	Held in Kathmandu with friends ready to be moved forward if required
4	Money Plan	Money	- I started the trip carrying around <b>NCR 40,000</b> . I distributed this around my person and my bag. - I got another <b>NCR 30,000</b> through a hotel bank transfer (frined in Kathmandu transferred money to a hotel) in Lukla. - I received another <b>NCR 30,000</b> in person from my friend who visited me in Bharabesi (north of KTM). - I took <b>NCR 25,000</b> out of the ATM in Syprubesi, Langtang. - Final hotel bank transfer of <b>NCR 25,000</b> came in Kagbeni, Annapurna. - When I finally finished and got back to Simikot to wait for my flight I have over <b>NCR 30,000</b> left. Note you need a good reserve to keep you afloat in Simikot because flights can be delayed for days.
5	<b>Known ATM Locations</b>	Money	
6	- Phungling Bazaar (Taplejung). Not overly reliable as it doesnt work all of the time	Money	
7	- Lukla bazaar, Sagamatha National Park	Money	
8	- Namche Bazaar, Sagamatha National Park	Money	
9	- Bharabesi (north of Kathmandu)	Money	
10	- Syprubesi, Langtang	Money	
11	- Jomsom, Annapurna National Park (although slightly off the GHT, south of Kagbeni)	Money	
12	- Jumla Bazaar, Jumla	Money	
13	- <b>Possibly Ghamghadi, Jumla near Lake Rara and Simikot, Humla - but could not be sure on this.</b>	Money	
14	<b>Rough guide to daily expenditure - note I only really ate biscuits for lunch so allow more than these. (approx only)</b>	Money	
15	- In the east, eg Taplejung, approx <b>NCR 1000 in the lower part, 1500 in the northern parts, 2000 in Lhonak</b>	Money	The further north you get to Kanchenjunga base camp the more expensive things are
16	- Everest Region approx <b>NCR 2000</b>	Money	Everything here is expensive compared to the rest of the trail. You cant help but treat yourself too.
17	- Rolwaling and Helambu Regions approx <b>NCR 1200</b>	Money	
18	- Langtang Region <b>NCR 1200</b>	Money	Note I only did the south-west part of Langtang so other areas maybe more expensive
19	- Ganesh region <b>NCR 1200</b>	Money	
20	- Manasalu <b>NCR 1400</b> in lower regions, <b>2000</b> near the pass	Money	
21	- Annapurna <b>NCR 1200</b>	Money	
22	- Lower Dolpa <b>NCR 1100</b>	Money	
23	- Jumla <b>NCR 1100</b>	Money	
24	<b>Typical things you can get from local shops along the trail</b>	Local	
25	- local sweets,	Local	
26	- local biscuits - would vary from NCR 20 - 50 to 200 in Everest area near base camp	Local	
27	- Noodles - would vary from NCR 30 - 100 to 200 in Everest area near base camp	Local	
28	- Coke - vary from NCR 70 - 200 to 400 in Everest area near base camp	Local	
29	- Cooked dhal bhat (local rice, lentils and vegetables (no meat)) NCR 150 - 300 to 600 near Kanchenjunga base camp and Everest base camp	Local	
30	- local trainers, flipflops.	Local	Probably only up to size 8 UK at a guess
31	- local superglue.	Local	Better than nothing but not as good as the Loctite flexible glue
32	- powdered milk	Local	
33	- disposable AA, AAA and 12v cell batts. These are not great for power and life.	Local	My GPS would only last for around 4-5 hrs with local AAA batteries.
34	- rice	Local	
35	- Tea per cup - vary from NCR 10 - 50 to 150 at altitude	Local	Milk tea is more expensive