

TERGAR CHARITY NEPAL

Yongey Mingyur Rinpoche's Non-Profit Organization to Educate, Empower & Equip
Remote Himalayan Communities for Sustainable Change & Social Well-being.

ITEM CHECK LISTS FOR THE TREK

PERSONAL

Reading Glasses
Sunglasses (with polarized lens!)
Money Belt
Electrical outlet adaptor
Pen/pencil & Journal
Camera & Lenses
Tripod (only if you like to shoot)
Novel
Power bars
Ear Plugs (x 4)
Passport Photo (digital is okay)
Visa (can get at the airport)
Medical insurance/info card
Credit Card/bankcard
Passport

CLOTHING (in Kathmandu and transit)

Underwear X 2
Town Pants/ Town Skirt X 2
Town Top X 2

GEAR

Sleeping bag (can be bought or rent in Kathmandu)
Duffel Bag (can be bought in Kathmandu)
Silk liner (optional)
Over bag (optional)
Small light day pack (or fanny pack)
Camelbak
Trekking poles (can be bought in Kathmandu)
Headlamp (+ extra bulb & batteries)
Clothes line
Poncho

TOILETRIES

Toothbrush/ Toothpaste
Comb/ Brush
Sunscreen (SPF 45 or greater) X2
Travel Towel/ Face Cloth (Fast drying)

Lip Balm (with SPF 30 or greater)
Razor/ Blades/ Shaving Gear

CLOTHES for TREKKING:

Boots (if its already wore its good, to avoid getting blisters)
Spare bootlaces
Gortex Pants X 1
Orthotics
Gortex Coat
Inner Socks X 2
Fleece Vest/Jacket
Outer Socks X 2
Wind Proof Jacket
Underwear [fast drying] X 4
Sun Hat
T-Shirt X 2
Gloves (light and medium)
Unzip Hiking Shorts/Pants
Long Sleeved Poly Pro Shirt X 2
Long Underwear Pants (X 1)
Buff (quick dry)

TEA HOUSE CLOTHING:

Slip on Sandals (or some kind of camp shoes)
Fleece Pants X1
Gortex Socks Light Wool Socks
Down Jacket
Fleece Touque
Wool Top
Scarf Long Underwear Pants X1

MEDICINES & FIRST AID

Vitamins
Water Purifier (Tabs/Drops)
Rehydration Salts or Solutions
Immunization Record
Medicines (*bring everything that your doctor has prescribed*)

*For **First Aid** our team will bring a bag that will include most of the common meds & kits.*

MEDITATION JOURNEY 2025

A Fundraiser for Tergar Charity Nepal's Education Projects in Nubri Valley