Kailash Mansarovar Yatra – Kerung Route

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What to bring — packing checklist

Clothing for high altitude

- [ ] Thermal base layers
- [ ] Fleece mid-layer and warm down jacket
- [ ] Waterproof jacket and trousers
- [ ] Warm hat, gloves, buff and sun hat
- [ ] Comfortable trekking boots and camp shoes
- [ ] Warm wool socks

Kora & overland

- [ ] Daypack 25–30 L
- [ ] Sleeping bag rated to –10 °C
- [ ] Trekking poles
- [ ] Snacks, energy bars and electrolyte powder
- [ ] Small bag for pony / porter on the kora

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/kailash-mansarovar-yatra-kerung-route/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com