Upper Mustang Overland Jeep Expedition

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What to bring — packing checklist

Clothing

- [ ] Comfortable walking shoes and sandals
- [ ] Light layers for warm days and a fleece or warm jacket for evenings
- [ ] Rain jacket or compact umbrella
- [ ] Modest clothing covering shoulders and knees for temples and monasteries
- [ ] Sun hat and sunglasses

Useful items

- [ ] Small daypack
- [ ] Reusable water bottle
- [ ] Universal travel adapter (Nepal uses types C, D and M)
- [ ] Camera with spare memory cards
- [ ] Earplugs and eye mask

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/upper-mustang-overland-jeep-expedition/

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