

## **EQUIPMENT CHECKLIST FOR**

### **NEPAL-A MAMMAL & BIRDWATCHING TOUR**

Equipment and clothing is very much a matter of personal preference and choice. However, the list below is general and it is intended to give guidance only for Nepal-A Mammal & Birdwatching Tour only.

#### **FOOTWEAR:**

1. Trail walking shoes
2. Trainer type shoes
3. Sandals
4. Walking shocks

#### **CLOTHES:**

1. Camouflaging long sleeved shirts
2. Camouflaging long trousers
3. Camouflaging warm jackets (only for winter season)
4. Wind/Rainproof jacket
5. Fleece wear
6. Underwear
7. Camouflaging sunhat
8. Clothes for city wear
9. Bath/Face towel

#### **BIRDING EQUIPMENT:**

1. Binoculars
2. Camera
3. Telescope
4. Field Guide Books (Birds/Mammals/Plants/Butterflies/Reptiles)
5. Headlamp/Torch with spare batteries
6. Sunglasses
7. Daypack
8. Water bottle
9. Dry bags to protect your belongings from rain and dust
10. First Aid Medical Kit

#### **TOILETRIES:**

1. Sunscreens and lip guard
2. Toothpaste, tooth brush and soap
3. Anti bacterial handgel
4. Skin moisturizer
5. Wet wipes
6. Insect repellents

#### **EATERIES/SNACKS:**

1. Favourite snacks

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2. Energy bars (chocolates)
3. Glucose tablets
4. Electrolytes or Oral Rehydration Solutions (ORS)