

WHAT & HOW TO pack FOR A Trek



Say Yes To Himalayas

Basics Gear		
1	<input type="checkbox"/>	Back pack & rain cover (50 - 60 ltr) with comfortable shoulder straps
2	<input type="checkbox"/>	Day pack + rain cover 20 - 30 ltr (If hire a mule or porter)
3	<input type="checkbox"/>	Walking stick Advisable (At least one)
4	<input type="checkbox"/>	Head torch 1 Nos.
5	<input type="checkbox"/>	Water bottle/Hydration pack 2 bottles of one litre each People who use hydration pack 1 hydration pack and 1 bottle of one liter Carry at least one thermos flask
6	<input type="checkbox"/>	Snacks Energy bars, dry fruits, electrical/ors
7	<input type="checkbox"/>	Personal Medical Kit Consult your doctor
Keep these handy		
8	<input type="checkbox"/>	Waterproof and warm gloves 1 Pair
9	<input type="checkbox"/>	Fleece/woollen gloves 1 Pair (Optional)
Think about your head		
11	<input type="checkbox"/>	Sun cap 1 Nos. (One that covers the neck as well)
12	<input type="checkbox"/>	Woolen cap 1 Nos.
13	<input type="checkbox"/>	Balaclava 1 Nos.
14	<input type="checkbox"/>	Neck-gaiters 1 Nos.
15	<input type="checkbox"/>	Sunglasses Dark with side cover, it should be U/V protected. People who wear spectacles- (A)- Use contact lenses. (Not for Chadar trek) (B)- Photo chromatic glasses.
Be comfy at the trek		
16	<input type="checkbox"/>	T-shirts 2 Full sleeves (Non-cotton)

17	<input type="checkbox"/>	Fleece T-shirts	1 Nos.
18	<input type="checkbox"/>	Fleece jacket	1 Nos. (Alternative: a woollen sweater)
19	<input type="checkbox"/>	Down feather / Hollofil jacket	1 Nos.
20	<input type="checkbox"/>	Wind & waterproof (jacket & pant)	1 Pair.
21	<input type="checkbox"/>	Thermal inners (upper and lower)	1 Pair
22	<input type="checkbox"/>	Trek pants	2 Synthetic (avoid shorts, fitting denims, capris)
23	<input type="checkbox"/>	Poncho or Raincoat or Windcheater	1 Nos.

Mind your step

24	<input type="checkbox"/>	Trekking shoes	1 Pair (Waterproof, high ankle with good grip)
25	<input type="checkbox"/>	Floater/flop-flops	1 Pair (Optional)
26	<input type="checkbox"/>	Cotton socks	5 pairs
27	<input type="checkbox"/>	Woollen socks	3 pairs
28	<input type="checkbox"/>	Gaiters	1 Pair (Optional)

Personal Utilities

29	<input type="checkbox"/>	Sunscreen cream	<input type="checkbox"/>	Hand sanitizer
30	<input type="checkbox"/>	Moisturiser	<input type="checkbox"/>	Antibacterial powder
31	<input type="checkbox"/>	Toilet Paper & wipes	<input type="checkbox"/>	Toothbrush and toothpaste
32	<input type="checkbox"/>	Lip balm	<input type="checkbox"/>	Quick dry towel