

Required Personal Gears Check List For Trekking Trip



--

SL	✓	Items	SL	✓	Items
----	---	-------	----	---	-------

1		Day Pack (35-45 L) – 1	17		Spare Batteries/ Bulbs
2		Light weight Hiking Trekking Boot – 1 pair (ankle procted recommended)	18		Water bottle (1 litter) – 1
3		Light weight down jacket – 1	19		Underwear - 4/5 pairs
4		Trekking pant - 2/3	20		Warm hat, wool/Balaclava – 1
5		Normal trousers, Light weight - 1/2	21		Sun lotion cream & hat – 1/1
6		Thermal inner top - 1	22		Sun glasses – 1
7		Thermal inner bottom - 1			Personal small towel – 1
8		Water & wind proof jacket with hood - 1			Personal first Aid kit – 1 set
9		Wool shirt/ Fleece jackets - 1			
10		T-shirts - (long -2 /short – 2)			OPTIONAL
11		Fleece wind stopper gloves – 1 pair	1		Trekking Poles - 1 pair
12		Fleece scarf or neck gaiter – 1	2		Books
13		Socks (Light & Heavy) - 4 pairs	3		Camera/lens
14		Sandals/Camping shoe – 1 pair	4		Journal/Diary
15		Running Shoe/Sneakers – 1 pair	5		Money Belt
16		Head Touch/ Torch Light – 1	6		Map & Altimeter

Note: Down Jacket & Sleeping bag are available on rental basis or provided as part of the services*
Trek duffle bag will be provided upon arrival in KTM as souvenir*