

Required Personal Gears Check List

For Trekking Trip Only



SL	✓	Items	SL	✓	Items
1		Day Pack (35-50 L) with water proof cover – 1	23		Warm hat (wool) / Beanie – 1
2		*Sleeping bag 4-5 season – 1 (-15 degree celsius rated)	24		*Sunhat - 1
3		Light weight Hiking Trekking Boot – 1 pair (ankle protected recommended)	25		Sun lotion cream & hat – 1/1
4		*Down jacket – 1 (+350grms down)	26		Sun & Snow glasses – 1
5		Trekking pant- 2/3	27		Toiletries - quick dry towel, Toile papers etc.
6		Normal trousers, Light weight - 1	28		Lip balm with a high SPF factor
7		Thermal inner top - 2/3	29		Trekking Poles - 1 pair
8		Thermals inner bottom - 2/3	30		*Trek duffle bag - 1
9		Water & wind proof jacket with hood -1	31		Personal first Aid kit – 1 set
10		T-shirt - (long - 3 / short – 2)	32		Water Purification Tablets highly recommended
11		Fleece jackets - 1			
12		Sweater to be worn under fleece jacket - 01			OPTIONAL
13		Thermal liner inner gloves – 1 pairs	1		Spikes - 1pair (for high pass trek only).
14		Fleece wind stopper gloves – 1 pair	2		Over Getter - 1 pair
15		Fleece scarf / trek Buff* or neck gaiter – 1/2	3		Books
16		Socks (Light & Heavy)- 5/6 pairs	4		Camera/lens
17		Sandals/Camping shoe – 1 pair	5		Journal/Diary
18		Running Shoe/Sneakers – 1 pair	6		Money Belt
19		Head Touch/ Torch Light – 1	7		Swiss Army Knife
20		Spare Batteries/ Bulbs	8		Trek map & Altimeter
21		Water bottle (1 litter) – 2	9		Pee Bottle
22		Underwears - 5 or more	10		

Note: Down Jacket & Sleeping bag are available on rental basis or provided as part of the services*

Trek duffle bag, trek buff, sunhat will be provided upon arrival in KTM as a souvenir*