

Trekking Gears & Equipment List

Head Gear

- Hat preferably wool or fleece
- Sun hat & buff scarf
- Head torch with extra alkaline batteries
- Sunglasses (UV Protected)
- Ear plugs
- Area Map
- Navigation Compass
- Notebook and pen
- Books

Clothing

- Thermal inner layer
- Quick dry T-shirts (Full Sleeves)
- Body warmer fleece
- Down Jacket
- Gore-Tex Jackets
- Under wears
- Thermal trouser
- Trousers for Trekking
- Fleece trouser
- Gore-Tex trouser
- Down pant
- Neck gaiter
- Snacks
- Camera with extra batteries
- Towels

Hand Wear

- Inner thin gloves
- Water-proof warm gloves

Foot Wear

- Water repellent trekking boots with ankle support
- Gaiters
- Socks
- Trainers

Personal stuffs

- 4-5 season sleeping bag with thermal or fleece bag liner
- Sun Block Cream (SPF 30)
- Water bottle
- Thermos
- Water purifier preferably tablets
- Day pack
- Dry bags
- Trekking Poles
- Insurance Papers
- Swiss army knife
- Hand Sanitizer
- Baby wipes or wet towels
- Zip-lock bags

Bags

- Strong Kit/Duffel bag to be carried by porter
- Ruck sack / Trekking bag (50-60 liters)
- Toiletry bag

Medicines

- Personal medications