

WHAT TO PACK?



Things to Take on a Himalayan
Trek - The Ultimate Guide



BASIC GEAR



Backpack with rain cover | (50 - 60 ltr) with comfortable shoulder straps

Day pack with rain cover | 20 - 30 ltr (If off-load opted)



Walking stick | Advisable (At least one)

Water Bottle / Hydration pack | 2 thermos flask bottles of one liter each, Avoid hydration pack.

Small size tiffin/lunch box | 1 Nos

Snacks | Energy bars, dry fruits, electrol/ors

Personal Medical Kit | Consult your doctor



CLOTHES

T-Shirt (Synthetic quick dry) | 1 Full & 1 Half sleeves

Fleece T-shirt | 2 Nos

Wind stopper / Fleece jacket | 1 Nos

Windproof Jacket | 1 Nos

Down feather / Hollow jacket | 1 Nos.

Thermal inner (Upper and Lower) | 1 Pair

Trek Pant (Synthetic quick dry) | 1 Nos.

Wind stopper / Fleece Pant | 1 Nos.

Waterproof gloves | 1 Pair

Fleece / woollen gloves | 1 Pair

Poncho / waterproof Jacket and pant | 1 Nos.





HEAD GEAR



Head torch | 1 Nos. (Avoid Hand torch)

Sun Cap | Optional



Woolen cap | 1 Nos.

Balaclava | 1 Nos.



Buff / Neck-gaiters | 2 Woollen

Sunglasses | UV with dark side cover, People who wear spectacles - (A)- Use contact lenses | (B)- Photo chromatic glasses

FOOT GEAR



Trekking shoes | 1 Pair (Waterproof, high ankle, good grip)



Floater / flip-flops | Optional

Cotton socks | 4 Pairs

Woollen socks | 3 Pairs



Gaiters | Provided by TMV (when required)

Micro spikes | Provided by TMV (when required)



PERSONAL UTILITIES



Sunscreen | 1 Nos.

Moisturiser | 1Nos.

Chap-stick / Lip balm | 1 Nos.

Toothbrush and toothpaste | 1 Nos.

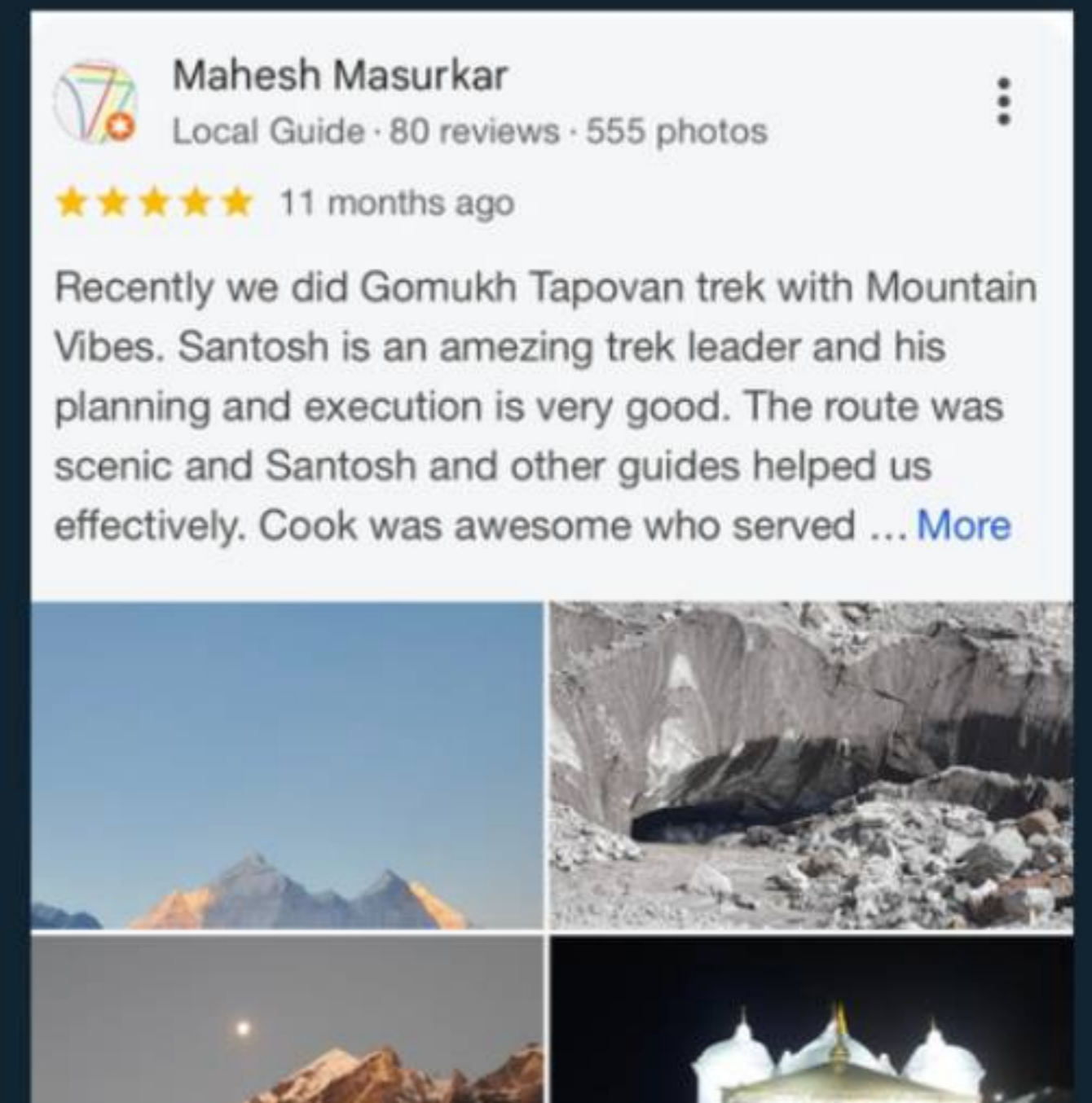
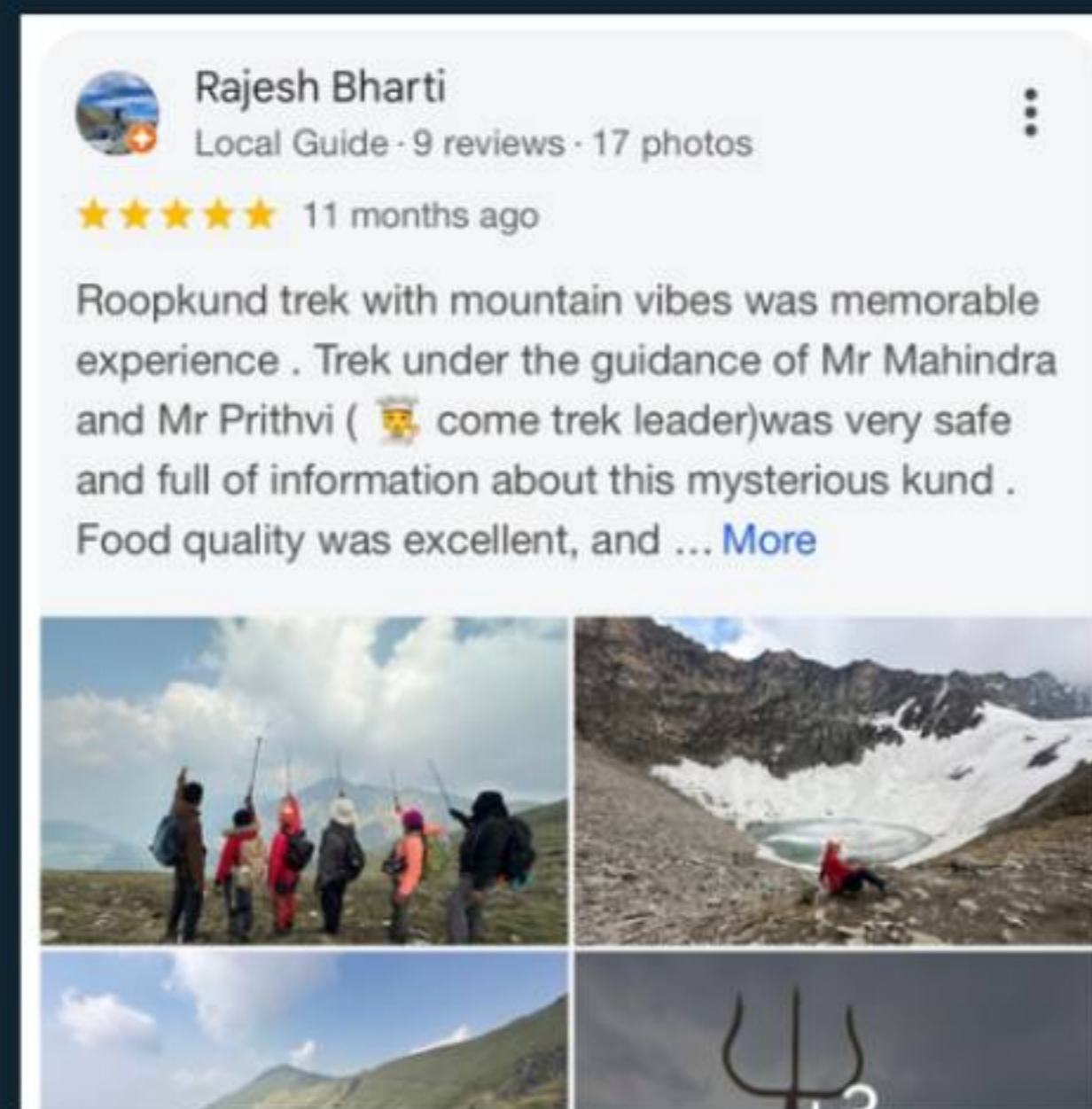
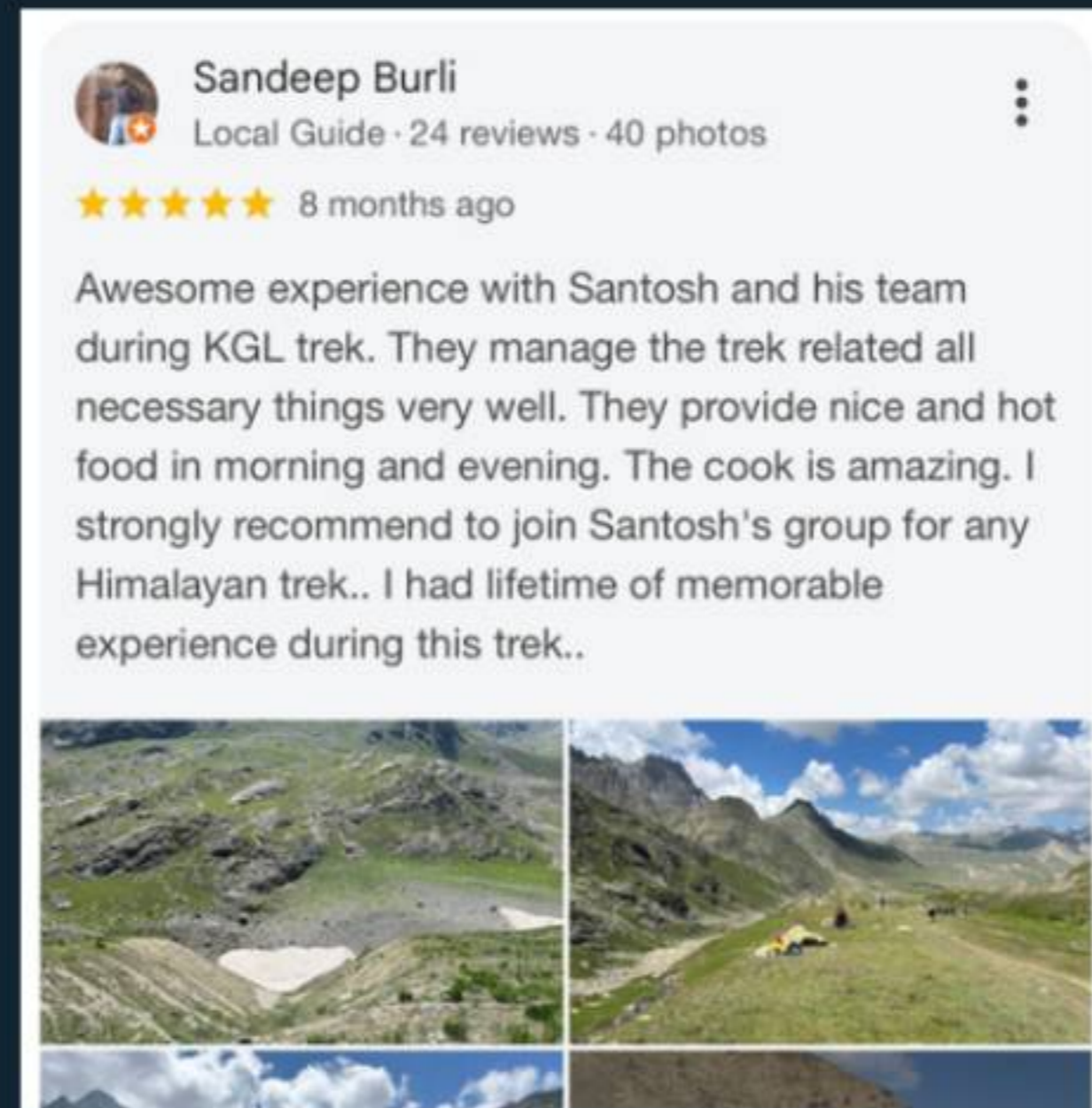
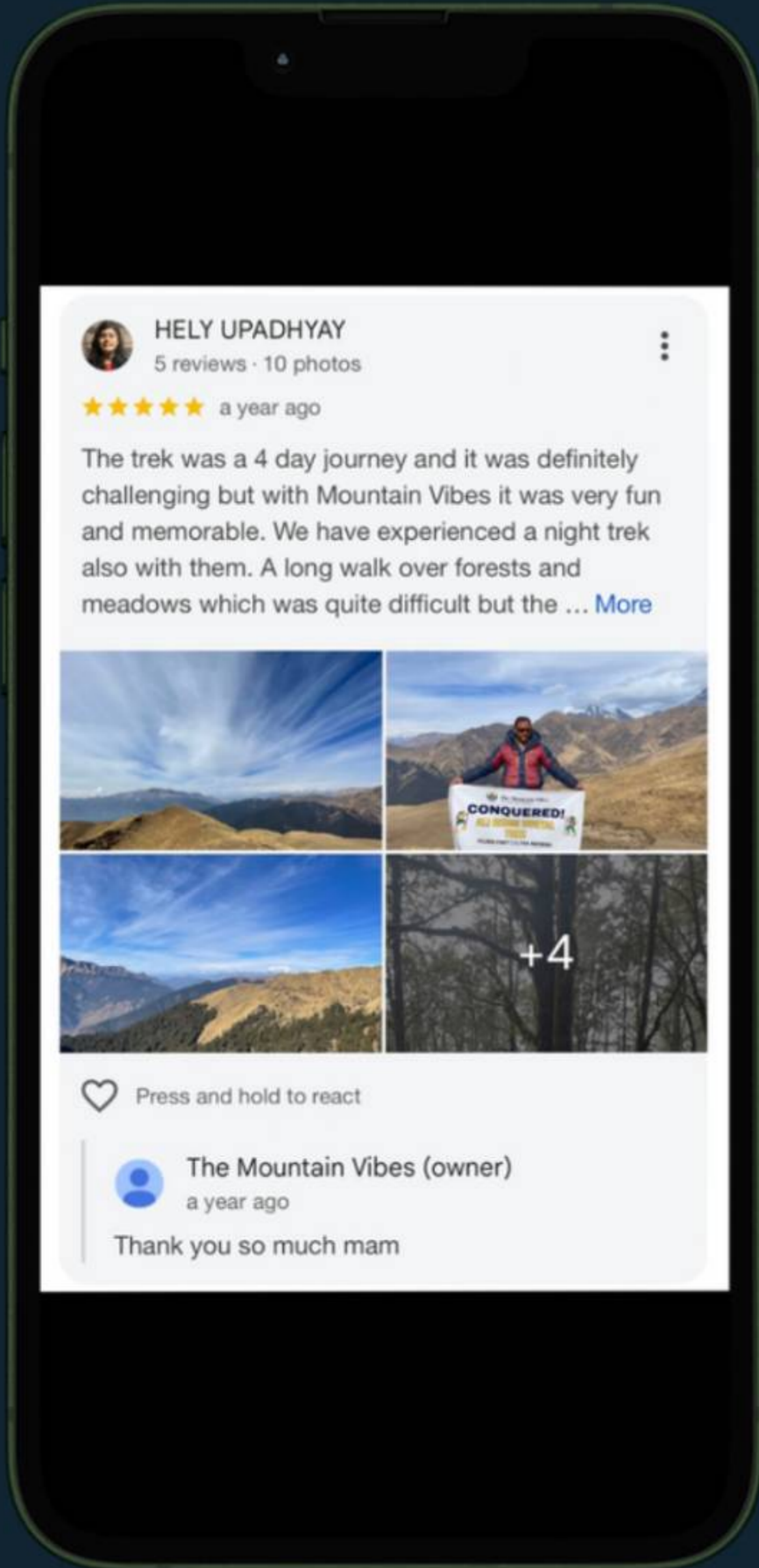
Toilet paper & Wipes | 1 Nos.

Hand sanitizers | 1 Nos.

Antibacterial powder | 1 Nos.

Quick dry towel | 1 Nos.

OUR REVIEWS



Affiliation

