

## **TREK ESSENTIALS**

1. Rucksack & Sleeping Bag
  2. Trekking boots / Camp sandals
  3. Walking stick / Hiking pole
  4. Sunglasses (preferably Polarised)
  5. Waterbottles (at least 2 of 1 litre each)
  6. Light rainproof poncho / raincoat
  7. Outer jacket
  8. Middle fleece layer
  9. T-shirt / Shirt – 2 or 3
  10. Inner thermals – 1 pair
  11. Quick-dry trek pants / trousers – 2 or 3
  12. Shorts - 1
  13. Bandana / Neckwarmer
  14. Cap/Hat
  15. Woollen balaclava / cap
  16. Light towel
  17. Undergarments – as required
  18. Gloves
  19. Socks – at least 5 pairs
  20. Toilet kit (Toilet paper, Toothbrush, Toothpaste, Sanitizer, Sunscreen (40+ SPF), Moisturiser, Lip balm, Small towel, Face wash and Comb)
  21. Personal medicines if any. Each group will have a Medicine Kit.
  22. Lip Balm
  23. Sunscreen
  24. Hand sanitizer
  25. Headlamp / Torch
  26. Camera
  27. Binoculars
  28. Emergency kit & ration [chocolate bars / dried fruits / glucose / ORS/match box & lighter/swiss knife]
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- Carry Identity Card and Wallet.
  - Pack wisely and with due thought. Avoid carrying extra clothing. Try not to exceed 10 to 12 kg in your rucksack.
  - Pack using plastic covers; in addition have a rain cover ready at hand. Never allow clothes to get drenched.

INDICATIVE LIST OF THINGS TO CARRY

