

Checklist for Himalayan Trek (Trek The Himalayas)

Summer & Post Monsoon 7 to 10 days

Basic Gear

| | | |
|---|-------------------------------|--|
| 1 | Backpack with rain cover | (50 - 60 ltr) with comfortable shoulder straps |
| 2 | Day pack with rain cover | 20 - 30 ltr (If off-load opted) |
| 3 | Walking stick | Advisable (At least one) |
| 4 | Water Bottle / Hydration pack | 2 bottles of one liter each, People who use hydration pack 1 hydration pack and 1 bottle of one liter, Carry at least one thermos flask. |
| 5 | Small size tiffin/lunch box | 1 Nos |
| 6 | Snacks | Energy bars, dry fruits, electoral/ors |
| 7 | Personal Medical Kit | Consult your doctor |

Clothing

| | | |
|----|-------------------------------------|-------------------------|
| 1 | T-Shirt (Synthetic quick dry) | 1 Full & 2 Half sleeves |
| 2 | Fleece T-shirt | 1 Nos |
| 3 | Wind stopper / Fleece jacket | 1 Nos |
| 4 | Windproof Jacket | 1 Nos |
| 5 | Down feather / Hollow jacket | 1 Nos |
| 6 | Thermal inner (Upper and Lower) | 1 Pair |
| 7 | Trek Pant (Synthetic quick dry) | 2 Nos |
| 8 | Wind stopper / Fleece Pant | 1 Nos |
| 9 | Waterproof gloves | 1 Pair |
| 10 | Fleece / woollen gloves | 1 Pair |
| 11 | Poncho / waterproof Jacket and pant | 1 Nos |

Head Gear

| | | |
|---|---------------------|--|
| 1 | Head torch | 1 Nos |
| 2 | Sun Cap | 1 Nos |
| 3 | Woolen cap | 1 Nos |
| 4 | Balaclava | 1 Nos |
| 5 | Buff / Neck-gaiters | 1 Synthetic & 1 Woollen |
| 6 | Sunglasses | UV with dark side cover, People who wear spectacles - (A)- Use contact lenses (B)- Photo chromatic glasses |

Foot Gear

| | | |
|---|----------------------|--|
| 1 | Trekking shoes | 1 Pair (Waterproof, high ankle, good grip) |
| 2 | Floater / flip-flops | 1 Nos |
| 3 | Cotton socks | 6 pairs |
| 4 | Woollen socks | 1 pairs |
| 5 | Gaiters | 1 Pair (TTH provides when required) |
| 6 | Micro spikes | 1 Pair (TTH provides when required) |

Utilities

| | | |
|---|---------------------------|-------|
| 1 | Sunscreen | 1 Nos |
| 2 | Moisturiser | 1 Nos |
| 3 | Chap-stick / Lip balm | 1 Nos |
| 4 | Toothbrush and toothpaste | 1 Nos |
| 5 | Toilet paper & Wipes | 1 Nos |
| 6 | Soap / hand sanitizers | 1 Nos |
| 7 | Antibacterial powder | 1 Nos |
| 8 | Quick dry towel | 1 Nos |

[Visit Website for Rent Gears : https://rent.trekthehimalayas.com/](https://rent.trekthehimalayas.com/)