

Checklist for Himalayan Trek (Trek The Himalayas)

Trekking Peaks

Basic Gear

<input type="checkbox"/>	1	Backpack with rain cover	(50 - 60 ltr) with comfortable shoulder straps
<input type="checkbox"/>	2	Day pack with rain cover	20 - 30 ltr (If off-load opted)
<input type="checkbox"/>	3	Walking stick	Advisable (At least one)
<input type="checkbox"/>	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.
<input type="checkbox"/>	5	Small size tiffin/lunch box	1 Nos
<input type="checkbox"/>	6	Snacks	Energy bars, dry fruits, electoral/ors
<input type="checkbox"/>	7	Personal Medical Kit	Consult your doctor

Clothing

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

Head Gear

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

Foot Gear

<input type="checkbox"/>	1	Trekking shoes	1 Pair (water-resistant, high ankle, good grip)
<input type="checkbox"/>	2	Floater / flip-flops	1 Nos
<input type="checkbox"/>	3	Cotton socks	7 pairs
<input type="checkbox"/>	4	Woollen socks	2 pairs
<input type="checkbox"/>	5	Gaiters	1 Pair (TTH provides when required)
<input type="checkbox"/>	6	Crampons	1 Pair (TTH provides when required)

Utilities

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