

Checklist for Himalayan Trek (Trek The Himalayas)

Treks longer than 11 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)	2 Full & 2 Half sleeves
2	Fleece T-shirt	2 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)	3 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	8 pairs
4	Woollen socks	3 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/)