

## Checklist for Himalayan Trek (Trek The Himalayas)

### Trekking Peaks

#### 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         | 7 pairs                                    |
| 4 | Woollen socks        | 2 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/)