

SUN CAP/HAT



Fleece Cap/Woolen Cap (1 Nos)



2 Neck Cover (Combination of woolen and cotton)



1 Thermal Inner (Upper and lower)



3-4 full Sleeves Quick Dry T-shirts



1 Woolen Fleece T-shirt



1 Woolen Fleece Jacket



Padded Jacket/Down Jacket (1 Nos)
(Good for -5C to -10C Temperature)



2-3 Trek Pants/Pants (Combination of Woolen/Cotton)
(avoid shorts, fitting denim, and capris)



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3-4pair socks (for daily use)



1 pair of woolen socks (Keep your feet warm at night)



1 Pair Trekking Shoes/Sports shoes + Sandals



Warm gloves (1 Nos)

1 Pair water proof (one size bigger than your normal size)



Day pack with rain cover

- a) To keep your water bottle + Rain poncho + Medicine**
- b) 15-20 litre if hire mule or porter**
- c) Useful for day hiking**



Trekking pole Carry At least 1



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Side cover UV protected sun glasses



Head Torch/Hand Torch with extra batteries



Personal Dry Fruits, Chocolates and Sufficient Energy Bars



1 lunch box



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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 (Water purification tablets)



1 Rain Poncho Or Rain Jacket



Basic First Aid Kit

- Diamox – To prevent AMS
- Crocin – Fever
- Avomine – Motion sickness
- Avil 25mg – Allergies
- Mobizox – Pain killer
- Disprin/Saridon – Headache
- Norflox TZ & Lomofen– Diarrhea
- Digene – Acidity
- Omez/ Rantadine – Antacids
- Gauze – Small roll
- Cotton – Small roll
- ORS/Electrolyte According to days
- Stomach infection Metrogyl
- Moov spray (aches, & sprains)
- Crepe bandage
- Band-aid
- Betadine or any antiseptic cream
- Dettol
- Surgical Tape



1. Personal Toiletries

Sunscreen cream, Moisturizer, Body lotion, Toilet Paper, Lip balm, Hand sanitizer, Antibacterial powder, Toothbrush and toothpaste, Quick dry light towel, Soap & Shampoo, Deo



Mandatory documents

3 Copies of ID proof with Original.

Medical form signed by doctor & Disclaimer Form

2 Passport Size Photo

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How should a trekker be responsible?:-

<https://trekthehimalayas.com/i-am-a-trekker-and-not-a-tourist/>

Acute Mountain Sickness (AMS): <https://trekthehimalayas.com/acute-mountain-sickness/>

How to prevent AMS:- <https://trekthehimalayas.com/be-a-celebrity-in-the-mountains/>

No Alcohol while trekking.:- <https://trekthehimalayas.com/say-no-to-alcohol-while-trekking/>

Fitness for the Himalayan Trek:- <https://trekthehimalayas.com/fitness-for-the-himalayan-trek/>