

Checklist for Himalayan Trek (Trek The Himalayas)

Trek 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	Woollen 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 (water-resistant, 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