

## Himalyan Trek Packing Checklist - [www.theindianadventure.com](http://www.theindianadventure.com)

Items	Quantity	Required	Have	Buy	Pack
<b>Trek/Walk:</b>					
Trek Shoes	1				
Cotton Socks	2 - 3 Pairs				
Woolen Socks	1 - 2 Pairs				
Sun Glasses with Retainer strap	1 - 2 Pairs				
Walking Sticks/Trek Poles	1 Set				
<b>Wear:</b>					
Gloves - Woolen & WaterProof	1				
Dri Fit T Shirts & Pants	'2- 3				
Rain Coat	1				
Thermal Wear	1 Set				
Windproof Jacket/Wind Cheater	1				
Heavy Jacket	1				
Hat / Bandana	1				
Knee Cap (Optional)	1				
Face Mask (Optional)	1				
<b>Carry:</b>					
RuckSack/ Backpack (45 - 60 Ltrs)	1				
Water Proof Cover for Ruck Sack	1				
Day Pack/Knap Sack	1				
Water Bottle/Hydration Bag	1/2				
<b>Personal Hygeine</b>					
Lip Balm/Chap Stick	1				
Moisturizing Cream	1				
SunScreen (SPF 50 or above)	1				
Under garments/Inner wear	As Required				
Tooth Brush and Tooth Paste	1				
DriFit Light Towel	1				
Soap/ Soap Strip	1				
Hand Sanitizer	1				
Nail/Tin Cutter	1				
Toilet Tissues & Wet Tissues	1				
<b>Women:</b>					
Tampons/Sanitary Pads	As Required				
Sports Bra – Medium Impact	1				
<b>Common Gear</b>					
3 Seasons Tent	As Reqd				
Cooking Utensils and Materials	As Reqd				
Rope	As Reqd				
Lighter with fuel	1				

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	Quantity	Required	Have	Buy	Pack
<b>Camp/Sleep:</b>					
Sleeping Bag	1				
Liner Cloth	1				
Sleeping Mattress (Foam/Rubber)	1				
Coffee Mug	1				
Woolen Cap	Hi				
Small LED Torch	1				
Mess Tin/ Lunch Box	1				
Plates	1				
Camp Sandals	1				
<b>Miscellaneous</b>					
Plastic Covers	2-3				
Dry Food Items					
- Chocolate/Nutri Bars	2-3				
- ORS/Glucon D/Gatorade	4-5				
- Dates/Walnuts/Almond/Raisin	100 gms each				
- Toffees (Mango Bite/Kachi Keri)	8-10				
Writing Item (Pen and notebook)	1				
Camera (Optional)	1				
<b>Personal Safety</b>					
Needle and thread	1				
Personal first-aid kit					
Anti septic cream	1				
Dettol/Savlon	1				
Band Aid	1				
Cotton/ Crepe Bandage	1				
Safety Pin	1				
Scissors	1				
<b>Medicine Kit - Chk with doctor before Consuming</b>					
a) General Medicines					
Volini Gel/Spray	1				
Headache/Stomach Ache Drugs/Eno	2-3				
Fever/Vomiting Drugs	2-3				
b) Anti Diarrhoeal	2-3				
c) Antibiotics	2-3				
d)Mild analgesics	2-3				
e)Strong analgesics	2-3				
f)Anti-inflammatory	2-3				
g)Diamox	As Reco				
h)Anti – Fungal Powder	1				