

Clothing & Trek Essential



Cap / Hat

- ✓ Protects from sun exposure
- ✓ Keeps you cool
- ✓ Reduces glare & improves visibility

Note:

Either bring a hat or a p cap. If you bring a P-cap, it should be one that covers the neck.



Woollen Cap

- ✓ Retains body heat and prevents heat loss from the head
- ✓ Protects ears from cold winds
- ✓ Essential for early mornings and nights



2 Neck Gaiter (1 Synthetic + 1 Fleece)

- ✓ Protects neck from sun, wind, and cold
- ✓ Prevents dust inhalation
- ✓ Adds extra warmth when needed



3 Quick Dry t-shirt

- ✓ Keep sweat away from the body
- ✓ Dries quickly to prevent chills
- ✓ Keeps you comfortable during long hikes

Note:

Bring full sleeves t-shirt, if not possible than bring in the combination of full and half sleeves



1 Warm Fleece t-shirt

- ✓ Provides insulation in cold weather
- ✓ Lightweight yet warm
- ✓ Ideal as a mid-layer



1 Fleece Jacket / Woollen Sweater

- ✓ Traps body heat effectively
- ✓ Breathable and comfortable
- ✓ Good layering option under outer jacket

Note:
Fleece jacket is highly recommended



1 Feather Jacket / Hollow fill Jacket

- ✓ Lightweight but very warm
- ✓ Provides high insulation in extreme cold
- ✓ Essential for high-altitude treks

Note:

Feather Jacket – light, compatible and expensive

Hollow fill Jacket – Bulky, heavy and cheap



1 Pair of Thermals

- ✓ Base layer to retain body heat
- ✓ Worn inside clothes for insulation
- ✓ Keeps you warm during nights

Note:
Never wear thermal while trekking



3 Trek Pants

✓ Quick-drying and breathable

Note:
Do not bring jeans and cotton fabric



1 Fleece warm pant / wind stopper pant

- ✓ Micro fleece from inside
- ✓ Should be good warm one

Note:
Highly recommended for high camp
and on summit day



6,7 Pair Trekking Socks

- ✓ Prevent blisters and friction
- ✓ Keep feet warm and dry
- ✓ Provide cushioning support



1 Pair Warm Socks

- ✓ Woollen or **Marino woollen**
- ✓ To keep your feet warm in height

Note:
Use only at the campsite and while sleeping



Trekking Shoes

- ✓ High Ankle, water repellent
- ✓ Provide ankle support and grip
- ✓ Protect feet on uneven terrain Reduce risk of slips and injuries



Sandals With Straps

- ✓ Comfortable for campsite use
- ✓ Allow feet to breathe
- ✓ Useful for water crossings



Warm Waterproof Gloves

- ✓ Protect hands from cold and snow
- ✓ Keep hands dry in wet conditions
- ✓ Essential in extreme weather



Essentials



Trekking Backpack

- ✓ 50-60 litre Backpack with rain cover
- ✓ With comfortable shoulder straps
- ✓ Large plastic bag to keep your stuff dry

Note:

Those who opt for offloading do not need to carry a trek bag, can bring any duffle bag



Day pack

- ✓ 25-30 ltr to carry the trek essentials
- ✓ Compulsory for trekkers who offload their bag pack

Note:

A daypack is mandatory for those who opt for offloading

Offloading

1. The total weight of your bag must not exceed 11kg. If it does, a double baggage fee will apply.
2. Do not keep any breakable material in your offload.
3. Please Carry either a duffle bag or rucksack
4. Trolley bags or any Luggage with wheels and handle are not permitted.

Note:

Extra luggage can be left at the base.
Free locker facilities are available.

Items to be left at the base must be packed in a proper luggage bag. Loose items or plastic bags will not be accepted.



Trekking Pole

- ✓ Improves balance and stability
- ✓ Reduces pressure on knees
- ✓ Helpful on steep ascents/descents

Note:

You may trek with or without a trekking pole, however we strongly recommend carrying at least one trekking pole, as it offers valuable support during both ascents and descents



Water Bottle

- ✓ Keeps you hydrated during trek
- ✓ 1 Normal + 1 Thermo flask (750ml / 1 Litre)
- ✓ Reusable and eco-friendly
- ✓ Those who wish to use a hydration bag must also carry a thermos flask.

Note:

You can also customize your name on the thermo flask



Sports UV Protected Sunglasses

- ✓ Protect eyes from harmful UV rays
- ✓ Protect eyes from snow blindness



For Trekkers Who Use Prescription Glasses

Option 1: Choose oversized sunglasses that can be worn comfortably over your regular glasses.

Option 2: Buy sunglasses that support prescription glasses.

Option 3: Get your current sunglasses lenses replaced with prescription lenses.



Option 1



Option 2



Option 3

Contact lenses

- ✓ Always carry 2 pairs of contact lenses
- ✓ Must carry 2 bottles of lens Solution

Note:

Store your contact lens solution bottle in a warm place, and keep any extra bottles wrapped in a warm cloth to prevent them from getting too cold.



Head Torch

- ✓ Provides hands-free lighting
- ✓ Essential for night use
- ✓ Useful inside tents and campsites
- ✓ Carry extra 2 pairs of batteries according to your head torch

Note:

Recommended head torch brightness: minimum 100–150 lumens.



Rain Poncho

- ✓ Protects you and your backpack from rain
- ✓ Quick to wear during sudden showers



Personal Toiletries

- Sunscreen cream
- Moisturizer
- Body lotion
- Lip balm
- Hand sanitizer
- Antibacterial powder
- Toilet Paper
- Toothbrush and toothpaste
- Quick dry light towel
- Soap
- Nail cutter



Personal First Aid Kit

- ✓ Medicine for Pain killer (As per your doctor's advice)
- ✓ Medicine for headache (As per your doctor's advice)
- ✓ Medicine for diarrhea (As per your doctor's advice)
- ✓ Medicine for acidity and bloating (As per your doctor's advice)
- ✓ Medicine for motion sickness (As per your doctor's advice)
- ✓ ORS / Electrolyte powder – carry as per trek duration
- ✓ Crepe bandage – For sprains or support
- ✓ Band-aid
- ✓ Move / Volini spray
- ✓ Blister patch
- ✓ Knee cap (It is mandatory for people with knee pain)

Note:

We have a first aid kit for emergency and rescue purposes only, with basic medicines. If you have allergies or any specific medical conditions, please carry your prescribed medicines.



CHECKLIST FOR CLOTHING & TREK ESSENTIAL

TREK THE HIMALAYAS



CLOTHING	
ITEMS	QTY
☐ T-Shirt (Synthetic quick dry)	3 Nos
☐ Fleece T-shirt	1 Nos
☐ Fleece jacket	1 Nos
☐ Down feather / Hollow jacket	1 Nos
☐ Thermal inner (Upper and Lower)	1 Pair
☐ Trek Pant (Synthetic quick dry)	3 Nos
☐ Fleece Pant / Wind stopper	1 Nos

HEAD GEAR	
ITEMS	QTY
☐ Head torch	1 Nos + 2 Pair batteries
☐ Sun Cap / Hat	1 Nos
☐ Woollen cap	1 Nos
☐ Neck-gaiters	1 Synthetic & 1 Woollen
☐ Sunglasses	UV protected side cover sun glasses

FOOT GEAR	
ITEMS	QTY
☐ Trekking shoes	1 Pair (water-resistant and high ankle)
☐ Sandals with straps	1 pairs
☐ Cotton socks	6 / 7 pairs
☐ Woollen socks	1 pairs

BASIC GEAR	
ITEMS	QTY
☐ Backpack with rain cover	(50 - 60 ltr) with comfortable shoulder straps
☐ Day pack (If off-load opted)	20 - 30 ltr
☐ Walking stick	Advisable (At least one)
☐ Water Bottle / Hydration pack	2 bottles of one liter each or one thermos flask / hydration pack
☐ Waterproof gloves	1 Nos
☐ Small size tiffin / lunch box / glass or cup	1 Nos
☐ Poncho	1 Nos
☐ Personal Medical Kit	Consult your doctor

UTILITIES	
ITEMS	QTY
☐ Sunscreen	1 Nos
☐ Moisturizer	1 Nos
☐ Body Lotion	1 Nos
☐ Lip balm	1 Nos
☐ Hand sanitizer and soap	1 + 1 Nos
☐ Antibacterial powder	1 Nos
☐ Toilet paper	1 Nos
☐ Toothpaste & Toothbrush	1 Nos
☐ Quick dry towel	1 Nos
☐ Nail cutter	1 Nos