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.

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Woollen Cap

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

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2 Neck Gaiter (1 Cotton + 1 Fleece)

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

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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

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1 Warm Fleece t-shirt

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

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1 Fleece Jacket / Woollen Sweater

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

Note:
Fleece jacket is highly recommended

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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

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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

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3 Trek Pants

- ✓ Quick-drying and breathable

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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

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1 Pair Warm Socks

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

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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

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Sandals With Straps

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

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Warm Waterproof Gloves

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

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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

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Day pack

- ✓ 25-30 ltr to carry the trek essentials
- ✓ Compulsory for trekkers who offload there 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.

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

Items to be left at the Gangotri 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
- ✓ Reusable and eco-friendly
- ✓ 750ml /1 Litre – Thermo flask (mandatory)
- ✓ 1 Litre - Normal/Plastic Water Bottle / Hydration pack.

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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

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

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Note:
You can also customize your name on the thermo flask

Rain Poncho

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

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Personal Toiletries

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

Personal First Aid Kit

- ✓ Pain killer and fever (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)

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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.

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CHECKLIST FOR CLOTHING & TREK ESSENTIAL

TREK THE HIMALAYAS

CLOTHING

ITEMS	QTY
☐ T-Shirt (Synthetic quick dry)	2 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)	2 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	4 / 5 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