

EQUIPMENT CHECK LIST

(FOR STRENUOUS TREK)

Equipment and clothing is very much a matter of personal preference and choice. However, the list below is general and it is intended to give guidance only.

Footwear:

1. A pair of proper and comfortable hiking boots with good grips and high ankle support
2. A pair of trainer type (sport) shoes
3. Flip- flops or sandals
4. 3-4 pairs of hiking socks
5. Gaiters

Clothes:

1. Cap, sunhat, woolen balaclava and woolen scarf
2. Down or fiber filled jacket
3. Wind/rain proof jacket
4. Light sweater
5. Warm sweater
6. Fleece wear
7. Thermal body wear and Long John
8. At least three pairs of hiking shirts and trousers
9. Enough underwear
10. A pair of light and a pair of wind/waterproof warm gloves
11. Bath/face towel
12. Clothes for city wear

Other necessary items:

1. 4 season sleeping bag
2. Rucksack (30-35 litre volume) to carry your valuables, camera, water bottle, rain gear, emergency medicine and other handy items
3. Water bottle
4. Personal first aid medical kit
5. Head torch with spare batteries
6. Trekking map
7. Sunglasses with 100% UV protection
8. Anti bacterial handgel
9. Water purifier tablets

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10. Insect repellent
11. Hiking poles (optional)
12. Repair kit
13. Camera and binoculars (optional)
14. Passport size photos (4)
15. Luggage tags and locks
16. Dry bags to protect your belongings from rain and dust

Toiletries:

1. Sunscreens and lip guard
2. Toothpaste, tooth brush and soap
3. Anti bacterial handgel
4. Skin moisturizer
5. Wet wipes
6. Insect repellents

Eateries/snacks:

1. Favorite snacks
2. Energy bars (chocolates)
3. Glucose tablets
4. Electrolytes or Oral Rehydration Solutions (ORS)