

## GEAR LIST - TREKKING

### TRAVEL DOCUMENTS

- ♦ Valid Passport
- ♦ Credit/Debit Card
- ♦ Passport size photos
- ♦ Insurance paper and contact Address
- ♦ Family Members/Company's Contact Address

### HEAD

- ♦ Sun Cap/ Desert Cap
- ♦ Fleece Hat/Warm Hat -1 pcs
- ♦ Neck gaiter -1 pcs
- ♦ Head lamp with extra batteries

### UPPER BODY

- ♦ Thermal Top Base Layer -2 pcs
- ♦ Fleece Jacket -1 pcs
- ♦ Wind Proof/ Gore Tex Jacket -1 pcs
- ♦ Warm Jacket -1 pcs
- ♦ Down Jacket -1 pcs
- ♦ Cotton/Quick Dry Tshirt -2/3 pcs

### HANDS

- ♦ Normal Gloves - 1 pair
- ♦ Heavy/Gore Tax Gloves

### LOWER BODY

- ♦ Thermal Bottom Base Layer -2 pcs
- ♦ Fleece Trouser -1 pcs
- ♦ Mid Weight Pants 1 Pcs
- ♦ Wind Proof/Gore Tex Pant -1 Pcs
- ♦ Light Weight Quick dry Trekking pants -2 pcs
- ♦ Under Wear - 2-3 pcs

### FOOT WEAR

- ♦ Trekking Shoes ( Gore Tex)- 1 Pair
- ♦ Camp Shoes/Sport Shoes - 1 pair
- ♦ Normal Socks -2/3 pair
- ♦ Slipper -1 pair

### BACK PACKS

- ♦ Ruck Sacks - 35-45 liters (minimum)
- ♦ Duffle Bags (120-150 liters)-1 pcs
- ♦ Trekking Pole - Extendable

### SLEEPING BAGS

- ♦ Sleeping Bag (-20/-30°C)- 1pcs
- ♦ Sleeping Bag Liner -1 pcs

### EATING & DRINKING

- ♦ Water Bottle-1 liter
- ♦ Thermos- 1 liter

### MISCELLANEOUS

- ♦ Nail Cutter
- ♦ Rain Coat & Umbrella
- ♦ Hand & Back Warmer
- ♦ Travel Charger/Earbud etc.
- ♦ Power bank, Camera ( Opt)
- ♦ First Aid Kit Box

### SUN STUFFS

- ♦ Sun Cream ( +50 SPF)
- ♦ Lip Guard (+30 SPF)
- ♦ Sun Glass ( UV Protection)
- ♦ Moisturiser/Lotion

### TOILETRIES

- ♦ Toilet Paper/Wet Tissue
- ♦ Toothpaste/Toothbrush
- ♦ Soap/Shampoo/Hand Disinfectant

♦ Renting Availalbe