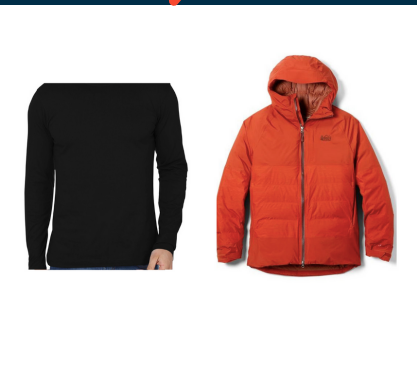


# Trek Packing List

Warm Winter Jacket / full sleeves T- shirt



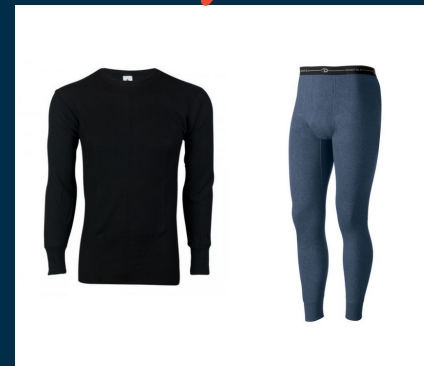
Trekking pants



Poncho or Raincoat



Warmer, Upper & Down



Gloves / Socks



UV protection glasses



Trekking shoes



Wet-wipes / Sunscreen



Sun hat



Toilet paper

## ESSENTIAL & REQUIRED CLOTHING

- Warm Winter Jacket – can be rent
- Fleece top or jacket (to wear under jacket above)
- Poncho or Raincoat
- Gloves
- Warm hat
- Essential & required footwear
- Trekking shoes or boots (preferably water proof, ankle support recommended)

## **Pants/T-Shirts**

- Long pants (Trekking pants, etc.) NO JEANS for Trikking
- Warm covers ups like fleece-lined tracksuit pants or ski pants
- Pair of T-shirts

## **T-Shirts/Sweaters**

- Cotton T-shirts
- Warm night T-shirt
- Warm, wool or similar type long-sleeved T- shirts or sweaters (e.g. polypropylene tops)

## **Hats**

- Sun hat that will stay on your head in the wind and save you from sun burn.
- Warm wool hat for mornings/evenings
- Strong sturdy Trekking shoes/boots
- Sneakers (for around the camp)
- Socks - wool/warm socks

## **Sunglasses & Sunscreen –bring from home**

- Sunscreen
- With UV protection, preferably wrap-around glasses

## **Toiletry Items – can be bought/bring from home**

- Small quick-drying towels
- Toilet paper/tissues/wet-wipes
- Personal first-aid to include: Band-Aids, Tylenol, personal medication, (especially if prone to motion sickness or eye infections, etc.), anti diarrhea tablets, rehydration salts / packs, Contact lens items.
- Toothbrush/toothpaste
- Deodorant
- Shampoo
- Lip-gloss/salve
- Pads/tampons

## General Essential Items

- Healthy snack foods (Nutri Bars)- bring from home as per your choice
- Camera / polo ride camera –bring from home
- Lightweight flashlight or headlight –bring from home
- Spare batteries for camera, flashlight –bring from home
- Plastic or waterproof ziplock bags for camera, binoculars, etc. –bring from home
- MP3 player/iPod.
- 1 liter water bottle
- Bug repellent
- Plug/converter for electrical items—standard round pin socket for voltage 230v, 50ac
- A few plastic bags, various sizes for general purposes Bags
- 1 Carry-on backpack: a small, strong backpack to carry items during the trek—extra
- layer of clothing, first-aid kit/personal medications, camera, binoculars, water bottle, snacks, etc.
- Power Bank for mobile charging above 15000 mah.

**Note:** *The Quantity of your Trek Checklist's Item will be as per the Trek Duration for more clarification please contact to your Tour Expert.*



**We hope that you have the best tour experience.**



- Have any question?
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