



S.No

**Basics Gear**

- |   |                          |                             |  |
|---|--------------------------|-----------------------------|--|
| 1 | <input type="checkbox"/> | Back pack & rain cover      | (50 - 60 ltr) with comfortable shoulder straps   |
| 2 | <input type="checkbox"/> | Day pack + rain cover       | 20 - 30 ltr (If hire a mule or porter)   |
| 3 | <input type="checkbox"/> | Walking stick               | Advisable (At least one)   |
| 4 | <input type="checkbox"/> | Head torch                  | 1 Nos.   |
| 5 | <input type="checkbox"/> | Water bottle/Hydration pack | 2 bottles of one litre each<br>People who use hydration pack<br>1 hydration pack and 1 bottle of one liter<br>Carry at least one thermos flask |
| 6 | <input type="checkbox"/> | Snacks                      | Energy bars, dry fruits, electrol/ors  |
| 7 | <input type="checkbox"/> | Personal Medical Kit        | Consult your doctor  |

**Keep these handy**

- |   |                          |                            |        |
|---|--------------------------|----------------------------|--------|
| 8 | <input type="checkbox"/> | Waterproof and warm gloves | 1 Pair |
| 9 | <input type="checkbox"/> | Fleece/woollen gloves      | 1 Pair |

### Think about your head

- |    |                          |              |   |
|----|--------------------------|--------------|---|
| 10 | <input type="checkbox"/> | Sun cap      | 1 Nos. (One that covers the neck as well)   |
| 11 | <input type="checkbox"/> | Woolen cap   | 1 Nos   |
| 12 | <input type="checkbox"/> | Balaclava    | 1 Nos.  |
| 13 | <input type="checkbox"/> | Neck-gaiters | 1 Nos.  |
| 14 | <input type="checkbox"/> | Sunglasses   | Dark with side cover, it should be U/V protected.<br>People who wear spectacles-<br>(A)- Use contact lenses. (Not for Chadar trek)<br>(B)- Photo chromatic glasses. |

### Be comfy at the trek

- |    |                          |                                   |  |
|----|--------------------------|-----------------------------------|--|
| 15 | <input type="checkbox"/> | T-shirts                          | 2 Full sleeves (Non-cotton)                        |
| 16 | <input type="checkbox"/> | Fleece T-shirts                   | 1 Nos  |
| 17 | <input type="checkbox"/> | Fleece jacket                     | 1 Nos. (Alternative: a woollen sweater)            |
| 18 | <input type="checkbox"/> | Down feather / Hollofil jacket    | 1 Nos.   |
| 19 | <input type="checkbox"/> | Wind & waterproof (jacket & pant) | 1 Pair.  |
| 20 | <input type="checkbox"/> | Thermal inners (upper and lower)  | 1 Pair   |
| 21 | <input type="checkbox"/> | Trek pants                        | 2 Synthetic (avoid shorts, fitting denims, capris) |
| 22 | <input type="checkbox"/> | Poncho                            | 1 Nos.   |

### Mind your step

- |    |                          |                    |  |
|----|--------------------------|--------------------|--|
| 24 | <input type="checkbox"/> | Trekking shoes     | 1 Pair (Waterproof, high ankle with good grip) |
| 25 | <input type="checkbox"/> | Floater/flip-flops | 1 Pair (Optional)                              |
| 26 | <input type="checkbox"/> | Cotton socks       | 5 pairs  |
| 27 | <input type="checkbox"/> | Woollen socks      | 3 pairs  |
| 28 | <input type="checkbox"/> | Gaiters            | 1 Pair (TTH team will notify you if required)  |

### Personal Utilities

- |    |                          |                      |                          |                           |
|----|--------------------------|----------------------|--------------------------|---------------------------|
| 29 | <input type="checkbox"/> | Sunscreen cream      | <input type="checkbox"/> | Toothbrush and toothpaste |
| 30 | <input type="checkbox"/> | Moisturizer          | <input type="checkbox"/> | Lip balm                  |
| 31 | <input type="checkbox"/> | Antibacterial powder | <input type="checkbox"/> | Quick dry towel           |
| 32 | <input type="checkbox"/> | Hand sanitizer       | <input type="checkbox"/> | Toilet Paper & wipes      |