



Trek The Himalayas

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 People who use hydration pack 1 hydration pack and 1 bottle of one liter Carry at least one thermos flask
6	<input type="checkbox"/>	Snacks Energy bars, dry fruits, electrical/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		
11	<input type="checkbox"/>	Sun cap 1 Nos. (One that covers the neck as well)
12	<input type="checkbox"/>	Woolen cap 1 Nos.
13	<input type="checkbox"/>	Balaclava 1 Nos.
14	<input type="checkbox"/>	Neck-gaiters 1 Nos.
15	<input type="checkbox"/>	Sunglasses Dark with side cover, it should be U/V protected. People who wear spectacles- (A)- Use contact lenses. (Not for Chadar trek) (B)- Photo chromatic glasses.
Be comfy at the trek		
16	<input type="checkbox"/>	T-shirts 2 Full sleeves (Non-cotton)

17		Fleece T-shirts	1 Nos.
18		Fleece jacket	1 Nos. (Alternative: a woollen sweater)
19		Down feather / Hollofil jacket	1 Nos.
20		Wind & waterproof (jacket & pant)	1 Pair.
21		Thermal inners (upper and lower)	1 Pair
22		Trek pants	2 Synthetic (avoid shorts, fitting denims, capris)
23		Poncho	1 Nos.

Mind your step

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

Personal Utilities

29		Sunscreen cream	Hand sanitizer
30		Moisturiser	Antibacterial powder
31		Toilet Paper & wipes	Toothbrush and toothpaste
32		Lip balm	Quick dry towel

