



# MAKAUT NATURE & ADVENTURE CLUB

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## Easy & Easy to Moderate Winter Treks Requirements

Basic Gear		
1	Backpack with rain cover	(50 - 60 ltr) with comfortable shoulder straps
2	Day pack with rain cover	20 - 30 ltr (If off-load opted)
3	Walking stick	Advisable (At least one)
4	Water Bottle / Hydration pack	1thermos flask, 1 normal bottle, Avoid hydration pack.
5	Small size tiffin/lunch box	1 Nos
6	Snacks	Energy bars, dry fruits, electral/ors
7	Personal Medical Kit	Consult your doctor
Clothing		
1	T-Shirt (Synthetic quick dry)	1 Full & 1 Half sleeves
2	Fleece T-shirt	2 Nos
3	Wind stopper / Fleece jacket	1 Nos
4	Windproof Jacket	1 Nos
5	Down feather / Hollow jacket	1 Nos
6	Thermal inner (Upper and Lower)	1 Pair
7	Trek Pant (Synthetic quick dry)	1 Nos
8	Wind stopper / Fleece Pant	1 Nos
9	Waterproof gloves	1 Pair
10	Fleece / woollen gloves	1 Pair
11	Poncho / waterproof Jacket and pant	1 Nos
Head Gear		
1	Head torch	1 Nos
2	Sun Cap	1Nos
3	Woolen cap	1 Nos
4	Balaclava	1 Nos
5	Buff / Neck-gaiters	2 Woollen
6	Sunglasses	UV with dark side cover, People who wear spectacles - (A)- Use contact lenses   (B)- Photo chromatic glasses
Foot Gear		
1	Trekking shoes	1 Pair (Waterproof, high ankle, good grip)
2	Kito/Slippers	1pair
3	Cotton socks	4 pairs
4	Woollen socks	3 pairs
5	Gaiters	1 Pair (Trek agency provides when required)
6	Micro spikes	1 Pair (Trek agency provides when required)
Utilities		
1	Sunscreen	1 Nos
2	Moisturiser	1 Nos
3	Chap-stick / Lip balm	1 Nos
4	Toothbrush and toothpaste	1 Nos
5	Toilet paper & Wipes	1 Nos
6	Hand sanitizers	1 Nos
7	Antibacterial powder	1 Nos
8	Quick dry towel	1 Nos