

THINGS TO CARRY:

Pack light and don't miss the essentials is the basic motto for any trekker, while packing for his/her next adventure trek. Rainfall/snowfall are uncertain in high altitude treks so pack your clothing and stuff in waterproof or plastic bags. We suggest you to buy your gears of good quality and pack your rucksack correctly to avoid clumsiness. The basic packing requirements are as follows, but don't forget to get along your adventure spirit:

GEAR ESSENTIALS	
ITEMS	DESCRIPTION
Ruck Sack and rain cover	Minimum 40-60 liters with comfortable straps and supporting frame
Day Pack and rain cover	Minimum 10-30 liters with shoulder straps for medical kit, water bottle and offloading your essentials
Trekking Shoes	Light weight Trekking Shoes with good grip and ankle support. Compulsory waterproof shoes. No Sports Shoes. Flip-flops or Floaters for journey or campsites. Gaiters are mandatory for snow treks.
Walking Stick	Trekking pole or walking stick. Telescopic and anti-shock trekking poles are advisable.
Torch	Torch with extra batteries (Head torch advisable)
Water Bottle	Water Bottle or Hydration Pack - 2 bottles, 1 liters each Carrying a pair of lunch box to keep pack lunch and thermal flask for personal hygiene is advisable
Sun Glasses	Dark Glasses for sun reflection protection, preferably UV protector. It also prevents snow blindness Photo chromatic glasses or lenses for those who have spectacles. Avoid contact lenses for too windy or snowy places.

CLOTHING ESSENTIALS	
ITEMS	DESCRIPTION
Woolen Wear	1 layer of Warm Jackets or Woolen Sweater 1 layer of Water Proof and Wind Proof Jacket
Thermal Wear	Thermal wear both upper and lower or fleece wear
Track Pants	Track suits or Trekking Trousers – 3 pairs We advise for quick dry and light weight trekking pants (Avoid shorts, capris and denims during trekking)
T- Shirts	Keep minimum 3-4 pairs of comfortable dryfit T-Shirts The collar and sleeves prevent sun burns on necks and arms. Atleast pair of full sleeves T Shirt to keep you warm.
Warm Cap	Woolen Cap / Headband to keep your head warm Neck gaiter / Balaclava / Bandana – to keep your head, face and neck extra protected

Sun Cap	To keep your head protected from high altitude and harsh sun strokes
Gloves	One pair of fleece/woolen gloves One Pair of waterproof / windproof gloves
Rain Coat	Rain coat or Poncho as it covers your ruck sack as well. (Ponchos are advisable)
Socks and Inner Wear	Socks – 4 pairs (2 pair of woolen socks and 2 pair of cotton socks) and other inner wear as per personal requirement

PERSONAL UTILITIES	
ITEMS	DESCRIPTION
Bath Towel	Quick dry lightweight bath towels
Sun screen	Sunscreen Lotion minimum 40 SPF and lip balm
Moisturizer	Cold Cream / body lotion or moisturizer for cold weather
Toilet kit	Toothbrush, Tooth Paste, Tongue cleaner, Face wash and Body wash, Hand Sanitizer and other personal essentials
Toilet Papers	Toilet papers or wipes for personal use

MEDICINAL ESSENTIALS	
ITEMS	DESCRIPTION
First Aid	Cotton, Dettol, Gauze Bands, Antiseptic Cream, Bandaid
Pain Killers	Pain Killer Medicines, Pain Killer Spray, Headache and Stomach ache medicines, Crepe Bandage
Cold and Flu	Paracetamol, Metacin, Vicks balm
Motion Sickness	Vomistop or equivalent for motion sickness
Optional	Camphor and cloves for altitude sickness, Nasal Spray, Ear and Eye Spray, Electral/ORS, Antibacterial powder, Insect Repellent, Energy Bars or drinks, Kneecap(if you are prone to knee injury)
List of Reference Medicines	Diamox (for altitude sickness), Crocin (fever), Nefidipine(High Blood Pressure), Avomine(Motion Sickness), Avil(Allergies), Combiflam(Pain Killer), Lomofen(Diarrhea), Digene(Acidity) or any equivalent

MANDATORY DOCUMENTS	
ITEMS	DESCRIPTION
Photo Identity Proof	Original Photo Identity Proof (Aadhaar Card/ Driving License/ Voter Id/ Passport) 3 Photocopies of the government photo id card 3 Passport size photos Medical Certificate in prescribed format. Download from the website Disclaimer Form original and photocopy to be filled by Trekker. Download from the website

COMFORTING ESSENTIALS - OPTIONAL	
Snacks	Dry Snacks (Not Fried), Biscuits, Dry Fruits, Energy Bars or Glucon-D/Tang/Getorade for instant energy in Mountain Sickness
Electronics	Mobile Phone and chargers Camera with extra batteries and memory card Power Banks since tents are not facilitated with private electricity or absence of electricity at remote areas

QUICK TIPS:

1. Suitcase or Trolley bags or duffle bags with wheels are not at all advisable
2. If buying new trekking shoes, kindly wear for a week to prevent shoe bite or blisters.
3. Documents photocopy to be handed over to the camp leader, prior to the trek.
Photocopy options are not available everywhere, kindly carry it in advance.
4. Please avoid carrying expensive and valuable items such as watches, jewellery and electronic items during treks. Company shall not be liable for any kind of loss or theft
5. Carry adequate amount of cash, since ATM's are not available everywhere due to remote destination
6. Carrying Plastic covers and zip locks are advisable in case of uncertain rains or snow.
7. Although we carry our first aid kits, we recommend you carrying a personal medical kit.

Mountains are calling and you must go as you adventure awaits !!