

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. 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 sturdy straps
Day Pack with rain cover	Minimum 10-30 liters with shoulder straps
Trekking Shoes	Light weight Trekking Shoes with good grip and ankle support (Waterproof advisable)
Torch	Torch with extra batteries (Head torch advisable)
Water Bottle	Water Bottle or Hydration Pack – 1 Liters atleast
Sun Glasses	Dark Glasses for sun reflection protection

CLOTHING ESSENTIALS	
ITEMS	DESCRIPTION
Woolen Wear	Warm Jackets or Woolen Sweater (preferably water proof for snow or rains)
Thermal Wear	Thermal wear or fleece jacket both upper and lower
Track Pants	Track suits or Trekking Trousers – 3 pairs (Avoid shorts and denims during trekking)
T- Shirts	Keep minimum 3-4 pairs of comfortable lightweight T-Shirts (Full Sleeves advisable)
Warm Cap	Woolen Cap / Headband to keep your head warm
Gloves	Pair of non-woolen gloves
Socks and Inner Wear	Socks – 3 pairs (a pair of woolen socks advisable) and inner wear as per personal requirement
Rain Coat	Rain coat or Poncho(advisable) as it covers your ruck sack as well

PERSONAL UTILITIES	
ITEMS	DESCRIPTION
Bath Towel	Quick dry lightweight bath towels
Sun screen	Sunscreen Lotion minimum 15 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	Combiflam, Pain Killer spray, Headache and Stomach ache medicines, Crepe Bandage
Cold and Flu	Paracetamol, Metacin, Vicks balm
Motion Sickness	Vomistop or equivalent for vomiting or motion sickness
Optional	Camphor, Diamox (for altitude sickness), Nasal Spray, Ear and Eye Spray, Electral/ORS, Insect Repellent, Antibacterial powder

MANDATORY DOCUMENTS	
ITEMS	DESCRIPTION
Photo Identity Proof	Original Photo Identity Proof 2 Photocopies of the government photo id card 2 Passport size photos (Aadhaar Card/ Driving License/ Voter Id/ Passport) (For students – in absence of above bonafide certificate with photo)

COMFORTING ESSENTIALS - OPTIONAL	
Walking Stick	Trekking pole or walking stick for easy trekking experience
Snacks	Dry Snacks (Not Fried), Biscuits, Energy Bars or Glucon-D
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
Warm Wear	Wind proof jackets / feather jacket for extra cover Neck gaiter / Balaclava / Bandana – to keep your head, face and neck extra protected
Foot Wear	Floater/ Flip – Flops for journey or comfort

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 zerox copy to be handed over to the camp leader, prior to the trek
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!!