



# TREKKING

## EQUIPMENTS/GEARS CHECK LIST

### Travel Documents:

- Valid Passport
- Valid Visa
- 4 PP Size Photo
- Insurance (Medical & Emergency Rescue)
- Family/Company Contact Number
- Credit Card

### Upper Body:

- Short-Sleeved Shirts/T-shirts
- Lightweight Top/Thermo Coat
- Synthetic or Fleece Jacket
- Down Insulated Jacket
- Windproof Jacket
- Gore-Tex Jacket

### Miscellaneous:

- Umbrella/Rain Puncho
- Spare Batteries
- Water Proof Stuff Sacks
- Satellite Phone (If possible)

### Hand & Head:

- Lightweight Synthetic Liner Glove
- Wind Stopper Fleece Gloves
- Sun Cap
- Wool/Fleece Hat
- High Neck

### Toiletries:

- Hand Sanitizers & Hand wash
- Wet Tissues
- Toothpaste
- Toothbrush
- Bath Soap Shampoo
- Laundry Soap
- Garbage Bag

### Technical Devices/Gears:

- Headlamp with Spare Batteries
- Sleeping Bag -20
- Thermarest Cell Foam Mattress
- Sun/Glacier Glasses UV Protection
- Rucksacks (45-55L)
- Duffel Bag (90L)
- Water Bottles
- Thermos/Flask
- Pack Towel
- Trekking Pole
- Swiss Knife
- Slippers
- Trekking Boots

### Lower Body:

- Underwear
- Lightweight Long Underpants
- Trekking Pants
- Gore-Tex Pants
- Trekking & Climbing Socks (5 Pairs)

### First Aid Kit:

- Sunscreen (-50 Spf)
- Lips Guard (-20/-50 Spf)
- Water Purification Tablets
- Baby Wipes or Wet Towels
- Handy Plaster
- Crack Bandage
- Tincture Iodine
- Strepils
- Antibiotic
- Paracetamol
- Aspirin
- Sinex, Flexon Tablets
- Anti-Diarrhea
- Capsule/Eldoper
- Brufen/Ibuprofens
- Diamox
- Eye Drop
- Dexamethasone Tablets
- Zip-Lock Bags
- Triangular Bandage, Guage Pad
- Move, Sancho Balm
- Clovir, Oxymeter, Thermometer