

Personal Packing List

Note: Himalayan Adventures will provide the items in the packing list that are underlined.

- Backpack (min. 60-65/70-75 litres)
- Sleeping mat (min. 15 - 20 mm thick)
- Sleeping bag + inner sheet (liner)
- Trekking boots or other solid shoes.
- 2 trousers (loose fitting), cotton or other light fabric (no jeans/leggings/tights)
- 1 pair of long Johns/thermal wear (lower)
- 1 long-sleeved thermal wear (upper)
- 3 - 4 T- shirts (must cover shoulders)
- 1 long-sleeved shirt, fleece sweatshirt, hoodie or tracksuit jacket
- Thick sweater; wool, fleece or puff jacket (down)
- Wind and waterproof jacket (lightweight)
- Rain pants (water resistant/water proof)
- 3 - 4 pairs of thin socks
- 1 pair of thick outer socks
- Warm hat, scarf and gloves
- Baseball cap or other suitable sun hat/scarf/bandana
- 3 - 4 pairs of underwear
- Ear plugs (optional)
- Rubber/plastic sandals
- 1 small-size towel, soap, toothbrush, toothpaste, deo, hairbrush.
- Toilet paper + hand sanitizer (small bottle)
- Water bottle, cup, plate, spoon
- Torch/flashlight + extra set of batteries
- Sunglasses, sunscreen (factor 20+ SPF), lip balm and moisturising cream
- MPP (Multi Purpose Plastic)
- Small Bible
- Camera + extra card/batteries (no iPhones/Smartphones)
- Small notebook + pen

Note! The clothes in this list include what you will be wearing when leaving for the trek. Extra clothes/luggage can be stored in Ranikhet while on the trek.