



Trekking Checklist

1. Basic Essentials During Trekking

- Original and photocopies of an identity card (MANDATORY)
- Backpack with rain cover (50-60 litres)
- Day pack with rain cover (20-30 litres, if using a mule or porter)
- 1-litre water bottle or hydration pack
- Poncho, raincoat or umbrella (Ponchos are lightweight and easy to carry)
- LED torch/headlamp (with extra batteries)
- Floaters or sandals, waterproof trekking shoes (recommended for snow and rain)

2. Clothing & Other Essentials

- 2 pairs of quick-dry tees and track pants (avoid denim)
- 1 pair of T-shirts (half and full sleeve)
- 3 pairs of cotton socks, 2 pairs of woollen socks
- 2 full sleeve sweaters or fleece jackets
- 1 pair of thermal wear (carry two if on a long trek)
- 1 down feather jacket
- Sun cap, scarf, light towel, gloves (1 woollen, 1 waterproof)
- Plastic bags for wet clothes
- Woollen cap or balaclava that covers the ears (protection from cold waves), dark UV sunglasses
- Gore-Tex or similar hard shell for rain or snow, to be worn over mid-layers like fleece or downjackets

3. Eatables - Quick Energy During Trek

- Glucose, chocolates, biscuits, energy bars
- Toffees and dry fruits & nuts



4. Trekking Personal Kit

- Personal toilet kit and toilet paper, sanitizer, toothbrush & paste
- Lip balm, cold cream & sunscreen lotion (SPF 40+)
- Personal medicine kit (basic first aid kit and your regular medicines)
- Antifungal cream (if sensitive to sweating and prone to skin irritations)

5. Other Equipment and Accessories

- Headlamp or torch with extra batteries
- Trekking or hiking pole
- Camera with memory card and fully charged extra batteries

6. Personal Medical Kit

- Paracetamol (for fever)
- Anti-nausea medication (for travel sickness in hilly areas)
- Painkillers
- Band-aids
- Antacids (for stomach pain and digestion)
- Cotton rolls
- ORS or Electral (for dehydration)
- Antiseptic cream (for minor injuries)
- Moov/Volini spray (for strains, joint or muscle pain)
- Crepe bandage for sprained joints
- Any other regular medication

Important Tips

- Carry basic medications and a first-aid kit during the trek.
- Carry a bag to bring back all unconsumed items or wrappers. Do not litter.

