

## GEAR LIST FOR TREKKING

### Head

- Sun Cap
- Fleece Hat/Warm Hat (1-2 Pcs)
- Neck Gaiter (2 Pcs)
- Head Lamp with extra batteries

### Upper Body

- Thermal Top Base Layer (2 Pcs)
- Fleece Jacket (1 Pcs)
- Gore Tex Jacket (1 Pcs)
- Down Jacket (1 Pcs)
- Cotton T-Shirt (3 Pcs)
- Wind Breaker /windproof jacket (Optional)

### Lower Body

- Thermal Bottom Base Layer (2 Pcs)
- Fleece Trouser (1pcs)
- Gore Tex Pant (1 pcs)
- Mid Weight Pants (1Pcs)
- Light Weight Quick Dry Trekking Pants (2-3 Pairs)
- Underwear (4-5 pcs)
- Gaiters for trekking boots

### Hands

- Thin Fleece Gloves (2 Pairs)
- Wind Stopper / Screen Tap Gloves
- Normal down gloves

### Foot Wear

- Normal Socks (5-6 Pairs)
- Trekking Shoes/Hiking Boots (Gore Tex)
- Slipper (1 Pair)
- Camp Shoes (1 pair)
- Trekking Crampons (Spikes)

### Sleeping Stuffs

- Sleeping Bag -20 °C to -30 °C
- Liners for Sleeping Bag

### Bag Packs

- Rucksacks 35L - 45L (Day Bag)

### Sun Stuffs

- Banana Boat/ Nivea Sun Cream (-50 Spf)
- Lip Guard 30-50 (Spf)
- Sun Glasses (Uv Protection)

### Eating & Drinking

- 1 Ltr. Water Bottle
- 1/ 1.5 Ltr. Thermos (Optional)

### Toiletries

- Toilet Paper / Wet Tissue
- Toothbrush & Toothpaste
- Soap/ Shampoo
- Towel

### Miscellaneous

- Nail Cutter
- Umbrella / Rain Coat
- Hot Water Bag (Optional)
- Power bank (Back up battery)
- Trekking poles-1 pair