

ESSENTIAL THINGS TO CARRY FOR THE TREK



"... in that flash I realized it's impossible to fall off mountains you fool and with a yodel of my own I suddenly got up and began running down the mountain ..."

ADRENALINE RUSH ADVENTURE

BASIC GEAR

Back pack & Rain Cover	(50-60 ltr) with comfortable straps)
Day pack & Rain cover	20-30 ltr (if hire a mule or porter)
Torch with extra batteries	1 Nos.
Water bottle	2 water bottles/ Thermosteel
Snack	Gulcose/Ors, Dark Chocolates Energy Bars, Biscuits etc.
Personal Medical Kit	Consult Your Doctor

CLOTHING ESSENTIALS

Thermal Wear	2 Pair (Upper and Lower)
Jacket	1 Fleece Jacket, 1 Down Feather Wind& Waterproof
T- Shirts	2 Full Sleeves, 2Half Sleeves (Fleece T- Shirt/Non-Cotton) Wind& Waterproof
Trek Pants	2 Pairs Avoid Shorts/Denims/Capri's) Wind& Waterproof
Sweater	1 Fleece, 1 woollen
Poncho/Raincoat	1 Nos.
Handkerchief/Towels	Carry as per your need
Gloves	1 woollen,1 waterproof

Adrenaline Rush Adventure

PROTECT YOUR HEAD

Sun Cap	1 Cap (One that covers the neck as well)
Woolen Cap	1 Nos.
Balaclava	1 Nos.
Neck Gaiters	1 Nos.
Sunglasses	Dark with side cover. It should be U/V Protected. People who ware spectacles- (a) Use contact lenses (Not for Chadar Trek) (b) Photo Chromatic Glasses.

PERSONAL UTILITIES

Sunscreen Cream	Antibacterial powder
Moisturiser	Toothbrush and Toothpaste
Toilet Paper and Wipes	Quick Dry Towel
Lip Balm	Dry Bags
Hand Sanitizer	Body Lotion

MIND YOUR STEPS

Trekking Shoes	1 Pair (Waterproof, high ankle with good grip)
Floaters/ flip flops	1 Pair(Optional)
Cotton Socks	5 to 6 Pairs
Woollen Socks	3 to 4 Pairs