

## TREKKING GEAR LIST



1. Base layer/thermals: It is important to have a good base layer/thermal for any trek as the weather in the mountain is unpredictable and weather can change any time. So, you should be prepared for any kind of weather condition



2. T-shirt: Moisture-wicking shirts are designed to pull sweat away from your skin to the fabric's outer surface, where it can evaporate more easily. 3-4 t-shirt recommended.



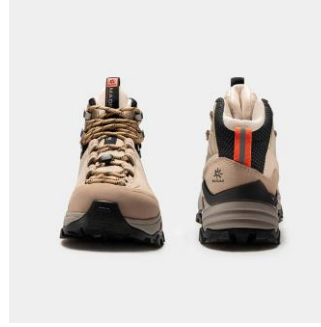
3. Mid layers/fleece: Fleece is equally important as it provides extra warmth to your body in cold weather especially in winter treks.



4. Down: Having good quality down jacket is very important. The good down jacket can keep you warm in very cold weather.



5. Hard shell: Hard shell is the outermost layer and is equally important. It protects you from strong wind and you hard shell can also be your waterproof layer which protects you from rain.



6. Trekking boots: Trekking boots are one of the most important gears. You need to bring a good quality trekking boot. Make sure that you break the boots before you come on a trek. If you have just bought a new pair of boots, we suggest you wear it for a couple of weeks because sometimes the new pair of boots causes blisters. Your trekking boot should be waterproof.



7. Socks: Moisture-wicking, cushioned socks are designed to enhance comfort and protect your feet during physical activities like trekking. These socks manage moisture, provide cushioning in key areas, and reduce friction, helping to prevent blisters and other foot-related issues. 3-4 pairs of socks recommended.



8. Sandals: Trekking sandals are specialized footwear designed for outdoor activities, offering a balance between the protection of hiking boots and the breathability of traditional sandals. They are built to handle various terrains while keeping feet cool and comfortable.



9. Gaiters: Gaiters are protective covers worn over the lower legs and shoes to shield against debris, moisture, snow, and mud. They are essential for trekking, hiking, and mountaineering, especially in rugged or wet conditions.

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10. **Gloves:** Gloves are another important gear that you need to have with you for any trek. In the cold weather your hands and feet tend to freeze faster than other parts of our body. So, it is important to have a very good pair of gloves.



14. **Head lamps:** You should always pack your headlamps for all your outdoor trips. Most of the trek goes to the remote areas and electricity may not be available all the time. So, we suggest you bring a good headlamp with an extra pair of batteries.



11. **Sun Hat and Beanie:** A warm beanie or hat is designed to provide insulation and retain heat, keeping your head and ears warm in cold weather conditions. Having both a wide-brimmed hat for sun protection and a warm beanie for cold weather ensures that you are prepared for varying weather conditions during your outdoor adventures.



15. **Water bottle:** All the guests are advised to bring two water bottles 1 litres each.



16. **Trekking poles:** Trekking poles helps you balancing your body in difficult terrain and it comes handy while crossing rivers. It also provides support to your knees and ankles.



12. **Sunglasses:** UV Sunglasses protect your eyes from the strong UV rays which are very strong in the higher altitudes. It also protects your eyes from snow blindness which can be very nasty.



13. **Suns cream:** The strong UV rays of the higher altitude also damage your skin and sunburn can cause cancer as well. So, we recommend all our guests to bring SPF 50 sunscreen for all the treks.



17. **Backpack:** It is important to have a good backpack with good back support as you will be carrying your day pack all day long. You will be carrying some stuff in your bags like water, extra layers, munchies etc. So, if you have a good backpack, you will hardly feel the weight on your shoulder as a good backpack distributes the weight very nicely.

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18. Sleeping bags: It is important to sleep well after a tiring day and to get good sleep one needs to have a good sleeping bag. If you do not sleep well in the mountains during the trek it is not good for your body. So, you should have a good sleeping bag. We suggest our clients bring minus 5-degree Celsius sleeping bag.



19. Duffle bag: We also request our clients to bring a duffle bag instead of a hard case trolley bag. Hard case trolley bags are difficult to load in the mules and tend to get damaged quickly.



20. First Aid Kit: You can bring a small first aid kit with some basic medicines like pain killers, sadirons, pills for diarrhoea cold, band aids etc.

**NOTE: If you trek in January, there might be snow. So, it will become very difficult and mostly slippery in the descents. We would suggest you to carry-**



1. Warm mittens: Warm mittens are a type of handwear designed to provide superior insulation and protection in cold weather. Unlike gloves, mittens group the fingers together, which helps to retain body heat more effectively. They are ideal for outdoor activities in winter, such as trekking, skiing, and mountaineering.



2. MicroSpikes / Crampons: MicroSpikes and crampons are traction devices attached to footwear to provide stability and grip on icy or snowy terrain. They are essential for safe navigation in winter conditions, offering varying levels of traction depending on the activity and terrain.

(recommended for treks with high passes)