



HIMALAYA TREKKERS

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Below is a list of personal articles which are required for a trek on the Himalayas. This guide helps you to give an idea about the things that you need to bring in as a trek member. Depending upon the number of days of trek, the articles quantity may vary and this list is made considering the trek duration being 5 to 7 days (week long treks). Always try to avoid unnecessary toiletries which are heavy and of little use on mountain. Pack light.

Rain/Snowfall is common and varies one trek to another in different seasons. **ALWAYS wrap your clothing/non waterproof stuff inside waterproof polybag while packing in your backpack. Plastic material is most efficient evil on mountain for waterproofing. Use additional waterproofing even if you have a rain cover for your backpack.**

For selection of personal gear/equipment and how to pack read the articles carefully, before buying an item check:

<https://himalayatrekker.com/selection-of-equipment>

<https://himalayatrekker.com/packing-rucksack>

Item	Quantity	Remarks
Sleeping Bag	1	HT will provide. Bring your personal one rated for high altitude in case you have. Personal one is always better for hygiene.
Sleeping/Carry Mattress (Foam/Rubber)	1	HT will provide.
Micro spikes/Anti slip grip & Gaiters		HT will provide if required.
Rucksack/Back Pack	1	A Must item. Between 40 to 50 Litres. Don't buy more than 60L

		unless you are in expeditions. These will be heavier and can cause discomfort if not fully loaded!)
Rucksack cover (Waterproof)	1	Advised. MUST for protection from rain/dust/stain etc. (Alternately you can keep your clothing and warm jacket inside polythene pack. Do get the pack(s) back to home and re use/recycle).
Daypack/Knapsack	1	Optional (Can carry along with you with water bottle, food, camera and wind/water proof etc.) if you want to offload your Rucksack in permissible routes.
Trekking Shoe/Boot	1	A MUST item. A good quality trekking shoe/boot must have the following specs : i) A sticky rubber sole with lug (indentations for better grip). ii) Ankle support (Medium or high ankle). iii) Waterproofing membrane. (A must for high altitude and winter treks). Get a pair and “break-in” well in advance that you don’t face any sores/blisters once you are on mountains.
T-shirt (Base layer while you are hiking)	3/4	A must item and as per need. Take at least one Dry fit/Quick dry type which can ventilate sweat/moisture wicking. These are made of synthetic materials. Cotton T-shirts are NOT

		advised and avoid especially when you walk.
Warm Jacket (Mid layer clothing for warmth)	1	A Must item. Warm Fleece Jacket/Synthetic fill (Some refer as Hollow Fill) Jacket/Down feather Jacket. While hiking you will not require this unless you are hiking in cold conditions. Use this when you cool down at campsite)
Windproof Jacket/Wind Cheater (Outer layer clothing for protection from wind and rain/snow fall)	1	A Must item. A hooded one made of water resistant/repellent material is highly advised. Use this along with Base layer (t-shirt) while hiking unless it is warm and sunny weather. Wear this always as outer later to protect from wind chill be while hiking or at camp site.
Thermal wear (Base Layer once you reach campsite)	1 pair	Upper and lower (Woolly cot). Must for winter treks.
Trek pant	2 pair	A MUST item. Can be Track pants (avoid cotton), 3 quarter/Cargo or Convertible kind. One Dry fit/Quick dry track pant is advised. Water repellent/proof quality is a plus. For altitude above 5000m/16400ft you should use wind proof and water proof trek pants.
Raincoat/Poncho/Waterproof clothing	1	Waterproofing is MUST during your trek in the Himalayas, be it

		<p>in summer or winter.</p> <p>This can be achieved by any of the following:</p> <p>ii) Use your windproof jacket and hiking pant having water repellent/prooing quality.</p> <p>ii) A Poncho/Raincoat.</p>
Balaclava/Woolen skull cap/Monkey Cap	1	<p>A Must item for protection from cold.</p> <p>Made of woolen/synthetic warm material.</p>
Sun cap/Wide-brimmed Hat/Bandana	1	For protection from sun while you hike.
Under garments/Inner wear	As per need	
Hiking Socks	3/4 pair	<p>Use full length socks (Don't use tennis socks).</p> <p>100% Cotton socks are NOT recommended as these absorb sweat and dry slowly.</p> <p>A pair of woolen material is nice to have especially in winter treks.</p>
Woolen gloves	1 pair	A Must item.
Waterproof gloves	1 pair	Optional. Useful especially on high altitude treks where snow/ice is encountered.
Camp sandal	1 pair	Can be a strap on sports sandal or a Hawaiian sleeper.
Walking Sticks/Trekking Poles/Ski Poles	1 pair/Single	<p>Nice to have, reduces the pressure on knees and gives balance specially while descending.</p> <p>Advised at least one pole for</p>

		treks involving snow/ice.
Knee cap	1 pair	Optional. Makes a difference especially if you have knee injuries/problems (Neoprene added variant is better).
Water bottle/Hydration pack	1	Must. Good quality plastic bottle.
Sunglasses	1	This is must for all the high altitude treks and winter treks. Polarised/Anti-glare is always a better option in snow with UV400 (UV A & B) protection. Trekkers using spectacle can order custom make powered sunglasses.
Torch/Head Lamp with extra batteries	1	Must. Head torch keeps your hands free.
Sunscreen lotion	1	Optional. At least 30/40 SPF.
Chap Stick/Cold & Moisturising cream		Optional. As per need. Use small tubes/bottles.
Tooth brush and tooth paste	1	Carry smallest available tube of tooth paste.
Soap/Soap strip	1	Carry small pocket size soap, or Soap strip.
Hand sanitiser	1	Optional. Small bottle
Tissue roll (Toilet paper)	1	This is a must item as water may not be available in the vicinity.
Towel	1	Medium size (light weight).
Anti-Fungal Powder	1	Optional. This helps to keep the socks and the trek shoe drier and odour free to an extent. Carry smallest container.
Camera with extra cells	1	Optional. Normally there is no charging point on the Himalayan trek routes, carry spare batteries/power bank.

Dry food items	Kit	Must. Carry some dry fruits, chocolate/energy/protein bars and Glucon D/Tang/Getorade
Personal First-Aid Kit	Kit	Optional - Anti septic cream, Betadine/Dettol/Savlon, Band aid, cotton, crepe bandage, safety pin etc.
Medicines Kit (This is a simple guide line and a doctor's consultation is recommended.)	Kit (Mandatory)	<p>a) General medicines comprising of headache, fever, vomiting, stomach upset and pain killer (Volini gel/spray)</p> <p>b) Anti Diarrhoeal</p> <p>c) Antibiotics - (choose broad spectrum antibiotics for treating a variety of infections – carry a course of each)</p> <p>d) Mild analgesics - (Aspirin/Paracetamol etc but DONOT take Codeine based painkillers).</p> <p>e) Strong analgesics (Co-Proxamol/Ponstan/Temgesic, use with care).</p> <p>f) Anti-inflammatory (Nurofen or diclofenac sodium)</p> <p>g) Diamox – This helps in acclimatisation (a proper dosage is must if taken. Drink lot of water as this is a diuretic drug.</p>
Lunch Box	1	MUST item. You need not to carry plate/bowl/mug/spoon from home. We will provide these as required during meals. You must carry a lunch/tiffin box (compartmentalised or in all in one) to keep the packed lunch item we will provide when required on treks.

P.S.: You may use and share common kit for toiletries and medicines if travelling in a group.

For more suggestions/queries write in to info@himalayatrekker.com

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