



Packing List for Himalayan Treks

Clothing

- 4 Pairs of full sleeves Tshirt
- 4 Pairs of Trek Pants
- Fleece or a thin wollen jackets
- Padded Jackets
- Hand Gloves
- Thermal Wear
- Thermal Cap
- 6 Pair Socks

Camping Essentials

- Rucksack Bag
- Head Torch
- Mug & Spoon
- Lunch Box
- Water Bottle

Weather Protection

- Sun Cap & Goggles
- Sun Screen
- Lip Balm
- Raincoat/Poncho
- Face Mask/Buff

Footwear

- Trekking Shoes
- Sandals & Slippers

Camping Essentials

- Thin Blanket for travel
- Refillable Pillow

Weather Protection

- Power Bank
- Charging Cable
- Camera
- Toothpaste + Brush
- Facewash
- Body Lotion
- Dusting Powder
- Plastic Bag
- Snacks/Chocolate
- Cash + ATM
- Original ID Proof
- Medical Certificate

Packing Guide:  [What to Carry for Himalayan Treks](#)

Rental Gear Guide:  [Rental Gears and Shop Items](#)

 [Download Rental List](#)