



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](#)

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