

Packing Checklist

Head & Face items	Description	Qty	Check
Sun hat/cap	Protects face, ears, & neck from strong sun rays.	1	
Warm beanie	Keeps your head & ears warm in cold weather.	1	
Buff/neck gaiter	Useful as a neck warmer, dust mask, & face cover.	1–2	
Headlamp	Needed for early starts & power cuts.	1	
High-SPF sunscreen	Protects exposed skin from harsh UV rays.	1	
SPF lip balm	Prevents dry, cracked, & sunburned lips.	1–2	
UV-protection sunglasses	Protects eyes from sun, glare, wind, & dust.	1 pair	

Upper Body items	Description	Qty	Check
Moisture-wicking T-shirts	Keeps sweat away from your skin.	2	
Long-sleeve shirts	Protects arms from sun, dust, wind, & cold.	2–3	
Thermal base layer tops	Adds warmth during cold day & night.	1–2	
Fleece jacket	Mid-layer for warmth during walks, & rests.	1	
Down jacket	Insulated feather-jacket for cold weather.	1	
Water/wind proof jacket	Protects from rain, snow, & wind.	1	
Raincoat or poncho	Extra rain protection.	1	
Bra	Provides support & comfort for women.	1–2	

Hand items	Description	Qty	Check
Liner gloves	Thin gloves for cold & layering under warmer gloves.	1 pair	
Insulated gloves / mittens	Keeps hands warm in cold mornings & high-altitude.	1 pair	
Waterproof gloves	Protects hands from rain, snow, & wet conditions.	1 pair	

Lower Body items	Description	Qty	Check
Quick-drying pants	Main walking pants; lightweight, flexible, & fast drying.	1–2 pairs	
Thermal leggings underwear	Adds warmth under pants or while sleeping.	1–2 pairs	
Insulated pants	Extra warmth for winter treks or very cold evenings.	1 pair	
Waterproof trousers	Protects legs from rain, snow, & cold wind.	1 pair	
Lodge pants/sleeping pants	Comfortable clean pants for tea houses & sleeping.	1 pair	
Underwear	Quick-drying underwear helps hygiene & comfort.	3–6	

Footwear items	Description	Qty	Check
Broken-in Trekking boots	Main footwear; prevents ankle injuries & blisters.	1 pair	
Wool / synthetic socks	Keeps feet warm, dry, & comfortable inside boots.	4–6 pairs	
Liner socks	Reduces friction & helps prevent blisters.	2 pairs	
Crampons/spikes	Adds grip on icy trails (for high passes treks only).	1	

Hydration items	Description	Qty	Check
Water bottles	Main water storage for daily use.	1 × 2 L	
Water purification tablets	Makes local water safer for drinking.	1	
Electrolyte sachets	Replaces salts & supports hydration.	Several	

☑ Necessary

⚠ Don't have one? We'll provide a used one.

Bags items	Description	Qty	Check
Duffel bag / Rucksack	Main bag for clothes, sleeping gear, & spare items.	50–60 L	
Daypack	Carries daily essentials you need while walking.	20–30 L	
Backpack rain cover	Keeps your daypack dry during rain or snow.	1	

Support Gear item	Description	Qty	Check
Trekking poles	Improves balance & reduces knee strain on descents.	1 pair	

Sleeping Gear items	Description	Qty	Check
Sleeping bag (–5° to –10 °C)	Keeps you warm in cold weather.	1	
Sleeping bag liner	Adds warmth & improves hygiene.	1	

Toiletries/Hygiene items	Description	Qty	Check
Biodegradable soap	For washing hands, body, or small clothing items.	1	
Toothbrush & toothpaste	Basic dental care for your teeth.	1 set	
Travel-size shampoo	Small & lightweight option for occasional showers.	1	
Quick-dry towel	Lightweight & dries faster than cotton towels.	1	
Wet wipes	For body cleaning when showers are unavailable.	1–2 packs	
Hand sanitizer	Maintain hygiene before meals & after toilet use.	1	
Toilet paper	May not be available in trail toilets or lodges.	1–2 rolls	
Period supplies	Sanitary pads and tampons for period.	As needed	

Medical items	Description	Qty	Check
First Aid Kit	Quick relief in remote mountain areas.	As needed	
Personal prescription	Required medicines for your health needs.	As advised	
Allergy medicine / inhaler	For allergies, asthma, or breathing-related needs.	If needed	
Diamox	Altitude medicine; use only after doctor consultation.	As advised	

Electronics items	Description	Qty	Check
Smartphone	For photos, communication, & emergency use.	1	
Camera / GoPro	For higher-quality photos & videos.	Optional	
Power bank	Keeps phone, camera, & headlamp charged.	1	
Charging cables	Required for phone, camera, power bank, etc.	As needed	
Universal travel adapter	Preferably a 2-pin adapter to charge your device(s).	1	

Snacks items	Description	Qty	Check
Energy / Protein bars	Quick energy during walking days.	Several	
Trail mix / nuts	Lightweight snacks with good calories & nutrients.	Small packs	

Essential items	Description	Qty	Check
Travel documents	Original/copies of passport, visa, insurance & permits.	2–3 copies	
Extra cash	For beverages, snacks, amenities & tips.	As needed	

Note: One porter is shared between two trekkers to carry duffel bag / day bag pack, with a maximum weight limit of 18 kg per porter (9 kg per trekker).