



Trekking Packing List

- Rucksack with rain cover
- Good quality water repellent trekking shoes 1pair
- Trekking pole 1

Clothing

- Sun cap 1
- Woollen cap 1
- Sun glasses UV protected 2
- Face buff/ neck warmer 2
- Gloves fleece 1pair
- Gloves waterproof 1pair
- Vest 1per 2 days
- Body warmer 2
- Full sleeve shirts/t-shirts (quick dry/ cotton)2-3
- Fleece/ softshell jacket 2
- Good quality insulated/warm jacket 1
- Underwear 1 per 2 days
- Leg warmer 2
- Trek pants 2
- Socks normal 1per 2 days
- Socks woollen 2 pair

Other mandatory items

- Sunglasses 2pair
- Head/hand torch with spare batteries (prefer head torch)
- Rainwear/poncho 1 (prefer rain jacket and pant)
- Small 20-30 litres backpack 1

- Toiletries (must include sunscreen SPF 30+, lip balm, dusting powder, cold cream, mosquito repellent cream)
- Personal medical kit
- Lunch box with spoon
- Dry bags/ zip lock
- Crocs/sandals 1 pair
- Water bottle 1ltr 2
- Camera

Documents need to carry

- Original photo identity card with 1 photocopy
- Disclaimer certificate (hard copy)
- Medical certificate