

Trek Essential

- Backpack (60ltr 70ltr) with comfortable shoulder straps, frame, and backpack cover (line the bag with polythene).
- Waterproof Trekking shoes –Mandatory high ankle with good grips, (Recommended Quechua).
- Synthetic /waterproof Track Pants (Do not bring shorts, tight jeans, Capris.)
- Tshirts 3 full sleeve.
- 1 Fleece jacket will be a good idea; a woollen sweater would be an alternative.
- 1 Windproof jacket.
- 1 Heavy jacket.
- Thermal Inners.
- 2 pairs cotton socks and 2 pairs woollen socks.
- 2 pair water proof hand gloves.
- Sun protection cream.
- Woollen cap/ Balaclava.
- Sun Cap.
- Sunglasses – Dark with side cover, it should be UV protected.
- People who wear spectacles
 - Use contact lenses.
 - Photochromic glasses.

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- Head Torch with extra batteries.
- 2 Water bottle one litre each.
- Lip Balm/ cold cream.
- Toilet kit/ toilet Paper / wipes.
- Quick dry TowelIt should be light / thin.
- Personal Medical Kit.
- Walking Stick – Mandatory (At least one).
- Gaiters advisable for Pre Monsoon Trek.