



## TREKKING PACKING CHECKLIST

### Important Items

- Shoes (Comfortable & Lightweight hiking boots)
- Shorts
- Water Purifier Bottle
- Trekking pants
- T-shirts (Lightweight & Quick-drying)
- Long-sleeved shirt
- Fleece Jacket
- Rain Jacket
- Down Jacket
- Extra socks
- Backpack (35 Litre)
- Sleeping bags (-10 degree celsius, depending on altitude or season)
- Cash (No ATMs in a remote part of trekking routes)
- Water Bottle with a minimum of 1 Liter (You can refill or buy new bottles in tea houses along the way)
- Sunscreen cream
- Insect repellent (depending on the season)
- Sunglasses
- Woolen or Cotton Hat (depending on weather)
- Private Travel and Medical insurance documents (to be shown before starting the trip)



## Light Gears Items

- Trekking poles
- Small first-aid kit (Band-Aids, Diamox (for altitude sickness), antiseptic cream)
- Any personal medicines
- Hand sanitizer
- Toilet Paper (you can buy along the way)
- Quick Dry Towel
- Soap and Shampoo
- Flashlight / Headlight (especially since electricity comes and goes pretty often)
- Dust mask
- Good Camera with extra batteries
- Power bank (can save your extra battery recharging cost)
- Binoculars (optional)
- Sleeping bag liner (if needed)
- Water purification tablets (if needed)