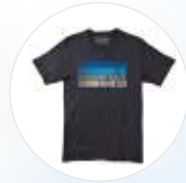


# HIMALAYA KIT CHECKLIST

## Be comfy at the trek



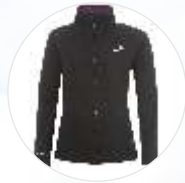
Track pants



T-shirts



Fleece T-shirts



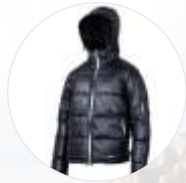
Fleece jacket



Thermal Inners



Poncho



Down feather/  
Hollofil jacket



Wind & Water proof  
jacket & pant

## Think about your head



Sun Cap



Woolen cap



Balaclava



Neck-gaiters



Sunglasses



Waterproof  
gloves



Fleece/woollen  
gloves

## Keep these handy

## Mind your step



Trekking shoes



Floaters/  
flip-flops



Cotton socks



Woollen socks



Gaiters



Gumboots

## TOILETRIES ETC.

- Sunscreen Cream
- Moisturiser/ Body Lotion
- Lip Balm
- Toilet Paper & Wipes
- Hand Sanitizer
- Antibacterial powder
- Toothbrush and toothpaste
- Quick dry Towel

## BASIC GEAR



Back pack &  
rain cover



Day pack +  
rain cover



Walking Stick



Head torch



Snacks



Water bottle/  
Hydration pack



Personal  
Medical Kit