

# Essentials for Himalayas



Waterproof duffle bag or Troon Drybag (65L or bigger)



Day backpack with waterproof cover and extra drybags (10L)



Sleeping & insert bag, inflatable mattress, head torch, towel, water bottle or water tank (some backpacks have a water tank included)

# Clothes for Himalayas



Waterproof jacket, light down jacket optional, hats/caps (UV reflective)



Water resistance trousers, fleece, several pair of hiking socks



Thermal clothes (e.g. icebreaker - doesn't smell and lightweight)