

# What to Pack to Himalayas

- Down Vest
- Sport Bras
- Thermal Tops/Bottoms
- Lightweight Down Jacket
- A waterproof Jacket
- Fleece Jacket
- Long sleeve shirts / tops
- Trekking Pants
- Waterproof/Windproof Pants
- Fleece Tracksuit Pants
- Gloves
- Scarf
- Underwear
- Shorts
- Short sleeve tops
- Swimsuit (optional - Delhi hotel got swimming pool)

## Footwear

- Trekking Boots
- Gaiters
- Socks
- Camp Shoes/ Sandals

## Headwear

- Sun Hat
- Baseball Cap / Visor
- Wool or fleece hat
- Bandana or Scarf
- Sunglasses

## Gears

- Sleeping bag (for 0 degree or less)
- Inner sleeping bag liner (cotton/silk)
- Inflate-able pillow / travel pillow / pillow case
- Inflate-able mattress (optional)
- Duffel bag - minimum 65L to max 90L
- Daypack / rucksack (just to fit waterproof clothes, water bottles and snacks)
- Plastic bags / dry bags for documents and clothes
- Trekking Poles
- Trekking umbrella

## Personal & Medicals

- Water bottles
- Purification tablets (optional in case you don't like the taste of chlorine)
- Sunscreen & lip balm
- Wet wipes
- Painkiller
- First Aid Kit with plasters
- Toiletries
- Hand Sanitiser
- Towels
- Spade
- Tissues
- Plastic bags for tissues

## Accessories

- Head torch / lamp
- Camera
- Binoculars (optional)
- Power bank / chargers
- Solar panel chargers (optional)