

Tropos Family Trek Packing List

Slogan reminder: *Exploring the Way – making Himalayan adventures safe, fun, and memorable for the whole family.*

Clothing – Parents

- Base layers:** moisture-wicking t-shirts, long-sleeve tops
 - Mid layers:** fleece or warm jackets
 - Outer layers:** waterproof windbreaker/jacket with hood
 - Trekking pants:** lightweight, quick-dry; 1–2 pairs
 - Thermal leggings:** for high-altitude mornings/evenings
 - Shorts/casual pants:** for lower-altitude days or evenings
 - Hat/cap:** sun protection
 - Warm hat & gloves:** fleece or wool
 - Buff/neck gaiter/scarf**
 - Underwear & socks:** 2–3 extra pairs
 - Comfortable trekking shoes:** well-broken-in
 - Camp shoes/sandals** for evenings
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Clothing – Children

- Same as for parents
 - Extra **warm layers**, since kids feel cold faster
 - 1 extra pair of **comfortable shoes**
 - Gloves, hat, and scarf for high-altitude days
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Gear & Accessories – Parents

- Daypack/small backpack** (20–25L)
 - Water bottles/hydration pack** (1–2L capacity)
 - Trekking poles** (recommended for stability)
 - Sunglasses** (UV protection)
 - Headlamp/flashlight** + extra batteries
 - Personal toiletries:** toothbrush, toothpaste, biodegradable soap, travel towel
 - Sunscreen & lip balm** (SPF 30+)
 - Camera/phone + charger**
 - Travel documents:** passport, permits, insurance
 - Snacks/energy bars** for trekking
 - Medication / first-aid kit:** personal meds + basic blister treatment
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Gear & Accessories – Children

- Small daypack** with water bottle
 - Trekking poles** (optional, depending on child's age)
 - Sun hat/cap**
 - Child-friendly sunscreen**
 - Warm jacket/fleece**
 - An extra pair of socks and underwear**
 - Favorite snack/small treats**
 - Small comfort toy/book** (optional for long walks)
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Optional Items for All

- Camera or GoPro for family memories
 - Travel pillow/small blanket for flights and buses
 - Lightweight rain poncho
 - Walking stick for children who want extra stability
 - Notebook/journal for kids
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Tips for Packing Families

1. **Layering is key:** weather changes quickly in the Himalayas.
 2. **Don't overpack:** weight can slow children and parents alike.
 3. **Label everything:** helps keep track of small items on shared treks.
 4. **Use compression bags** for organized backpacks.
 5. **Separate daily essentials** in a small bag for day hikes.
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TROPOS ADVENTURES
EXPLORING THE WAY