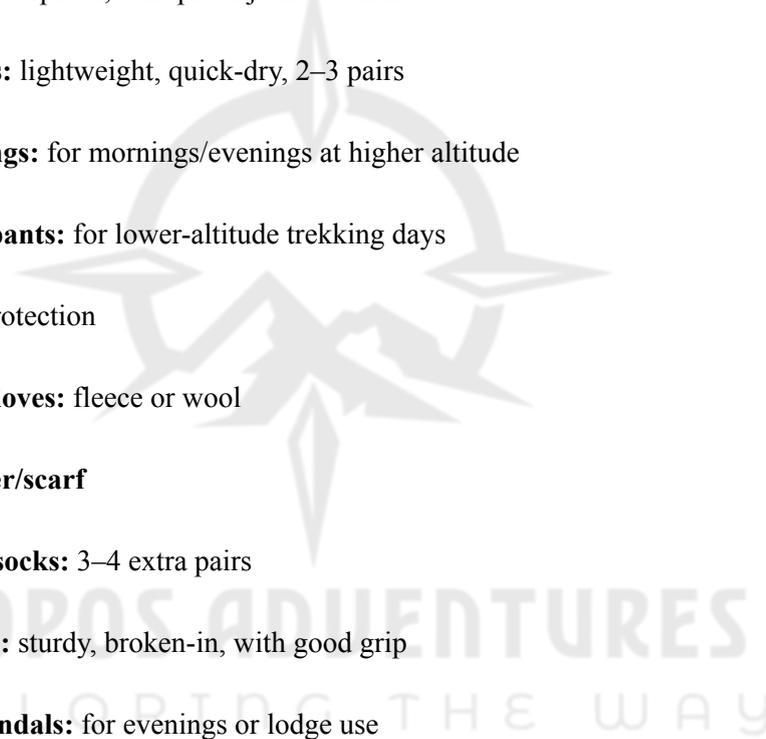


Tropos Trek Packing List

Slogan reminder: *Exploring the Way – personalized Himalayan journeys with flexibility and comfort.*

Clothing

- Base layers:** moisture-wicking t-shirts, long-sleeve tops
 - Mid layers:** fleece jacket or warm layer
 - Outer layer:** waterproof, windproof jacket with hood
 - Trekking pants:** lightweight, quick-dry, 2–3 pairs
 - Thermal leggings:** for mornings/evenings at higher altitude
 - Shorts/casual pants:** for lower-altitude trekking days
 - Hat/cap:** sun protection
 - Warm hat & gloves:** fleece or wool
 - Buff/neck gaiter/scarf**
 - Underwear & socks:** 3–4 extra pairs
 - Trekking shoes:** sturdy, broken-in, with good grip
 - Camp shoes/sandals:** for evenings or lodge use
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Gear & Accessories

- Daypack:** 20–30L for daily essentials
- Hydration system/water bottles:** 1–2L
- Trekking poles** (strongly recommended)
- Sunglasses:** UV protection
- Headlamp/flashlight** + spare batteries

- Camera/phone + charger**
 - Travel documents:** passport, trekking permits, insurance
 - Personal toiletries:** toothbrush, toothpaste, biodegradable soap, travel towel
 - Sunscreen & lip balm:** SPF 30+
 - Snacks/energy bars** for trail
 - Personal first-aid items:** meds, blister treatment, painkillers
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Optional Items

- Lightweight rain poncho or pack cover
 - Travel pillow for buses/flights
 - Small notebook or journal
 - Multi-tool or Swiss knife
 - Lightweight gloves or gaiters for cold or snow patches
 - Extra trekking socks
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Tips for Small Group Trekkers

1. **Layering is essential:** the weather can change dramatically in the Himalayas.
 2. **Pack light:** you'll carry your daypack daily; heavier gear can slow you down.
 3. **Use waterproof bags:** keep electronics and documents dry.
 4. **Break-in shoes before trek:** blisters are the #1 discomfort.
 5. **Carry personal essentials separately:** snacks, water, and sun protection easily accessible.
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