



# Trekking Gear Check List

Clothing			
Underwear		Warm hat	
Trekking socks, liner socks		Sun hat	
Quick dry short-sleeved shirts/ T-shirts		Buff/neck gaiter	
Base layer – tops (synthetic or merino)		Glove liners	
Base layer – bottoms (synthetic or merino)		Insulated gloves	
Trekking pants (convertible type is handy)		Fleece pants	
Synthetic fleece jacket		Laundry bag	
Insulated down jacket			
Waterproof-windproof jacket			
Waterproof-windproof pants			
Rain poncho (covers daypack)			

Trekking Gear		Electronics	
Daypack (20-35L) with padded hip belt		Phone with offline maps	
Waterproof cover for daypack		Power bank (10K - 40K mAh)	
Duffel bag (75-100L) for porters		Charging cables for all devices	
Hiking boots ( <b>broken in</b> )		Universal adapter	
Hydration bladder, water bottles (2-3L)		Kindle or E-reader	
Sunglasses (UV400 protection)		Satellite phone (optional)	
Trekking poles			
Headlamp with extra batteries		Miscellaneous	
Waterproof bags/dry sacks		Small note pad and pen	
Gaiters		Book	
Micro-spikes (for boots)		Clothesline & pegs	
Waterproof sandals		Zip lock bags	
Running shoes/trainers		Extra laces	
Sleeping Gear		Travel Documents	
Sleeping bag (rating: -10°C   -15°C  -20°C)		Valid passport	
Sleeping bag liner		Valid visa	
Inflatable pillow		Extra passport sized photos	
Insulated sleep pad (if camping)		Medical/emergency insurance	
Ear plugs		Emergency contact details	
Eye mask		Credit card, cash	

## Hygiene & Personal Care

Hand sanitizer, hand wash		Diamox (if prescribed)	
Wet wipes		Blister care (moleskin, plasters)	
Sunscreen (SPF 50)		Pain relief medication	
Lip protection (SPF 20-50)		Anti-diarrheal medication	
Shampoo, soap with case		Antibiotic medication	
Toothbrush/toothpaste/floss		Cold/flu medication	
Travel towel		Throat lozenges	
Laundry soap		Antiseptic wipes / liquids / creams	
Toilet paper		Eye drops	
Electrolyte tablets, ORS		Band-aids, steri-strips	
Water treatment tablets		Sterile gauze pads, bandages	
Water filter		Medical tape	
Energy bars, other snacks		Nail clippers, small scissors, tweezers	
		Prescription glasses (spare)	

## Notes

Blank area for notes.