

Suggested Kit List

	Footwear:	Qty	Unit	Remark
1	Trekking Shoes	1	Pair	Preferably shoes with ankle support. Hunter shoes not recommended; Suggested brands: Quechua, wildcraft, action trekking etc.
2	Floaters	1	Pair	No slippers
3	Normal Socks	3	Pairs	preferably synthetic/woolen.
4	Woolen Socks	2		
	Clothing:	Qty	Unit	Remark
4	T- Shirt (Full Sleeves)	2	No	Preferably Synthetic (Sports jersey/ dry fits)
5	T- Shirt (half Sleeves)	2	No	
6	Fleece Jacket & Down Jacket	1 each	No	Look for a high FF down jacket. Use during Trek & at Night
7	Wind proof jacket	1	No	To be used during the trek
8	Track pant / Trousers	2	No	Use during Trek. Quick Dry pants preferred. Very thin pants not preferred.
9	Inner wears	4	sets	During Trek. Bring Separate set for stay in hotel as per use.
10	Thermal inner set	1	set	To be used at high altitude at night.
11	Gloves (Thin woolen)	2-3	pair	Normal use if cold conditions persists
12	Gloves (water resistant)	1	pair	during windy/snowy conditions
13	Balaclava	1	Pairs	Trekking/ night use
14	Buff	2	No	During Trek. Good for protection against wind and UV rays.
15	Sun hat (normal design or round design)	2	No	For use during Expedition & at BC
16	Casual cloths	2	Pair	Use at hotels
17	Towel	1	No	Big size light weight - for use during Trek
18	Handkerchief / Small napkins	2	no.	Normal use
19	Rain coat/ Jacket/ poncho	1	no.	Thin size
	Accessories	Qty	Unit	Remark
20	Sunglasses:	1	No	Preferably good quality dark BLACK glasses. You can keep extra.
21	Head Torch	1	No	Good Quality with one set of batteries
22	Food items: dry fruits, candies, chikkis, chhocolate bars, glucose powder			Used during the trek. Don't bring too much. It should be just enough to keep you going.
23	Trekking poles / Walking sticks	1	Pair	If required
	Camping Gear	Qty	Unit	Remark
24	Backpack during Trek	1	No	45-50 l rucksack is suitable
25	Water bottle (Nalgene or equivalent)	1-2	No	No Cold drink bottles (Nalgene bottles are recommended as they can store boiling hot waters)
26	Personal medication and toilet kit			As per the prescription and necessity.

