



# HIMALAYA TREKKERS

Website: [www.himalayatrekker.com](http://www.himalayatrekker.com)

Email: [info@himalayatrekker.com](mailto:info@himalayatrekker.com)

Contact: +91 9836133166/+91 9831112469

WhatsApp: + 91 9477877559/+91 9456138211

Below is a list of personal articles which are required for a trek on the Himalayas. This guide helps you to give an idea about the things that you need to bring in as a trek member. Depending upon the number of days of trek, the articles quantity may vary and this list is made considering the trek duration being 5 to 7 days (week long treks). Always try to avoid unnecessary toiletries which are heavy and of little use on mountain. Pack light.

For selection of personal gear/equipment and how to pack read the articles carefully, before buying an item:

<https://himalayatrekker.com/trek-essentials/selection-of-equipment>

<https://himalayatrekker.com/packing-rucksack>

Item	Quantity	Remarks
Sleeping Bag	1	<b>HT will provide.</b> Bring your personal one rated for high altitude in case you have. Personal one is always better for hygiene.
Sleeping/Carry Mattress (Foam/Rubber)	1	<b>HT will provide.</b>
Micro spikes/Anti slip grip & Gaiters		<b>HT will provide if required.</b>
<b>Rucksack/Back Pack</b>	1	<b>A Must item.</b> Between 40 to 50 Litres. Don't buy more than 60L unless you are in expeditions. These will be heavier and can cause discomfort if not fully loaded!)
Rucksack cover (Waterproof)	1	<b>Advised.</b> MUST for protection from rain/dust/stain etc.

		(Alternately you can keep your clothing and warm jacket inside polythene pack. Do get the pack(s) back to home and re use/recycle).
Daypack/Knapsack	1	<b>Optional</b> (Can carry along with you with water bottle, food, camera and wind/water proof etc.) if you want to offload your Rucksack in permissible routes.
Trekking Shoe/Boot	1	<p><b>A MUST item.</b> A good quality <b>trekking shoe/boot must have the following specs :</b></p> <p>i) A sticky rubber sole with lug (indentations for better grip).  ii) Ankle support (Medium or high ankle).  iii) Waterproofing membrane. (A must for high altitude and winter treks).</p> <p>Get a pair and “break-in” well in advance that you don’t face any sores/blisters once you are on mountains.</p>
T-shirt (Base layer while you are hiking)	3/4	<p><b>A must item and as per need.</b> Take at least one Dry fit/Quick dry type which can ventilate sweat/moisture wicking. These are made of synthetic materials.</p> <p><b>Cotton T-shirts are NOT advised and avoid especially when you walk.</b></p>
Warm Jacket (Mid layer clothing for warmth)	1	<b>A Must item.</b> Warm Fleece Jacket/Synthetic fill (Some refer as Hollow Fill) Jacket/Down feather Jacket.

		<p>While hiking you will not require this unless you are hiking in cold conditions. Use this when you cool down at campsite)</p>
<p><b>Windproof Jacket/Wind Cheater (Outer layer clothing for protection from wind and rain/snow fall)</b></p>	1	<p><b>A Must item.</b> A hooded one made of water resistant/repellent material is highly advised.</p> <p>Use this along with Base layer (t-shirt) while hiking unless it is warm and sunny weather. Wear this always as outer later to protect from wind chill be while hiking or at camp site.</p>
<p>Thermal wear (Base Layer once you reach campsite)</p>	1 pair	<p>Upper and lower (Woolly cot). <b>Must for winter treks.</b></p>
<p><b>Trek pant</b></p>	2 pair	<p><b>A MUST item.</b> Can be Track pants (avoid cotton), 3 quarter/Cargo or Convertible kind.</p> <p><b>One Dry fit/Quick dry track pant is advised.</b> Water repellent/proof quality is a plus.</p> <p>For altitude above 5000m/16400ft you should use wind proof and water proof trek pants.</p>
<p><b>Raincoat/Poncho/Waterproof clothing</b></p>	1	<p>Waterproofing is <b>MUST</b> during your trek in the Himalayas, be it in summer or winter.</p> <p>This can be achieved by any of the following: ii) Use your windproof jacket and hiking pant having water</p>

		repellent/proofing quality. ii) A Poncho/Raincoat.
Balaclava/Woolen skull cap/Monkey Cap	1	<b>A Must item</b> for protection from cold.  Made of woolen/synthetic warm material.
Sun cap/Wide-brimmed Hat/Bandana	1	For protection from sun while you hike.
Under garments/Inner wear	As per need	
Hiking Socks	3/4 pair	Use full length socks (Don't use tennis socks).  100% Cotton socks are NOT recommended as these absorb sweat and dry slowly.  A pair of woolen material is nice to have especially in winter treks.
Woolen gloves	1 pair	<b>A Must item.</b>
Waterproof gloves	1 pair	Optional. Useful especially on high altitude treks where snow/ice is encountered.
Camp sandal	1 pair	Can be a strap on sports sandal or a Hawaiian sleeper.
Walking Sticks/Trekking Poles/Ski Poles	1 pair/Single	Nice to have, reduces the pressure on knees and gives balance specially while descending.  <b>Advised</b> at least one pole for treks involving snow/ice.
Knee cap	1 pair	Optional. Makes a difference especially if you have knee injuries/problems (Neoprene added variant is better).
Water bottle/Hydration pack	1	<b>Must.</b> Good quality plastic

		bottle.
<b>Sunglasses</b>	1	<b>This is must</b> for all the high altitude treks and winter treks. Polarised/Anti-glare is always a better option in snow with UV400 (UV A & B) protection. Trekkers using spectacle can order custom make powered sunglasses.
Torch/Head Lamp with extra batteries	1	<b>Must. Head torch keeps your hands free.</b>
Sunscreen lotion	1	Optional. At least 30/40 SPF.
Chap Stick/Cold & Moisturising cream		Optional. As per need. Use small tubes/bottles.
Tooth brush and tooth paste	1	Carry smallest available tube of tooth paste.
Soap/Soap strip	1	Carry small pocket size soap, or Soap strip.
Hand sanitiser	1	Optional. Small bottle
Tissue roll ( Toilet paper)	1	<b>This is a must item</b> as water may not be available in the vicinity.
Towel	1	Medium size (light weight).
Anti-Fungal Powder	1	Optional. This helps to keep the socks and the trek shoe drier and odour free to an extent. Carry smallest container.
Camera with extra cells	1	Optional.  Normally there is no charging point on the Himalayan trek routes, <b>carry spare batteries/power bank.</b>
Dry food items	Kit	<b>Must.</b> Carry some dry fruits, chocolate/energy/protein bars and Glucon D/Tang/Getorade
Personal First-Aid Kit	Kit	Optional - Anti septic cream, Betadine/Dettol/Savlon, Band aid, cotton, crepe bandage,

<p>Medicines Kit</p> <p>(This is a simple guide line and a doctor's consultation is recommended.)</p>	<p>Kit (Mandatory)</p>	<p>safety pin etc.</p> <p>a) General medicines comprising of headache, fever, vomiting, stomach upset and pain killer (Volini gel/spray)</p> <p>b) Anti Diarrhoeal</p> <p>c) Antibiotics - ( choose broad spectrum antibiotics for treating a variety of infections – carry a course of each)</p> <p>d) Mild analgesics - (Aspirin/Paracetamol etc but <b>DONOT</b> take Codeine based painkillers).</p> <p>e) Strong analgesics (Co-Proxamol/Ponstan/Temgesic, use with care).</p> <p>f) Anti-inflammatory (Nurofen or diclofenac sodium)</p> <p>g) Diamox – This helps in acclimatisation (a proper dosage is must if taken. Drink lot of water as this is a diuretic drug.</p>
<p>Plate/Mug/Spoon etc.</p>	<p>Lunch Box</p>	<p><b>No need</b> to carry plate/bowl/mug/spoon from home. We will provide these as required during meals. You should carry a lunch/tiffin box (compartmentalised or a whole) to keep the packed lunch we provide when required.</p>

**P.S.: You may use and share common kit for toiletries and medicines if travelling in a group.**

For more suggestions/queries write in to [info@himalayatrekker.com](mailto:info@himalayatrekker.com)

<http://www.himalayatrekker.com>