



The Greatest Expedition Partner

Ultimate Packing Checklist

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Clothing

- **Base Layers:** 2-3 pairs (moisture-wicking)
- **Mid Layers:** Fleece jacket or insulated jacket
- **Outer Layers:** Waterproof and windproof jacket & pants
- **Trekking Pants:** 2 pairs (convertible recommended)
- **Shorts:** 1 pair (optional)
- **Trekking Shirts:** 2-3 (moisture-wicking, quick-drying)
- **Thermal Underwear:** For colder nights
- **Socks:** Trekking socks (4-5 pairs), liner socks (optional)
- **Gloves:** Lightweight gloves and waterproof/windproof mittens
- **Hat:** Wide-brimmed sun hat and warm beanie
- **Neck Gaiter/Buff:** For sun and dust protection
- **Hiking Boots:** Broken-in, waterproof trekking boots

Equipment

- **Backpack:** 50-70 liter trekking backpack with rain cover
- **Sleeping Bag:** Rated for temperatures expected on the trek
- **Trekking Poles:** Adjustable and lightweight
- **Headlamp:** With extra batteries
- **Water Bottles/Reservoir:** Hydration is key!
- **Water Filter/Purification Tablets:** Essential for safe drinking water
- **Sunglasses:** With UV protection
- **Sunscreen:** High SPF
- **Lip Balm:** With SPF
- **First-Aid Kit:** Comprehensive kit with necessary medications
- **Duct Tape:** For gear repairs
- **Dry Bags/Waterproof Bags:** To protect electronics and clothing

Personal Items

- **Toiletries:** Toothbrush, toothpaste, soap, shampoo, etc. (travel-sized)
- **Quick-drying Towel:** Lightweight and compact
- **Hand Sanitizer:** Alcohol-based
- **Toilet Paper:** Biodegradable
- **Wet Wipes:** For cleaning
- **Personal Medications:** With prescriptions if needed
- **Snacks:** Energy bars, dried fruits, nuts, chocolate
- **Camera:** With extra batteries/memory cards
- **Book/E-reader:** For downtime
- **Journal & Pen:** To record your experiences

Himalayan Trekking Essentials

- **Altitude Sickness Medication:** Consult your doctor
- **Diamox (Acetazolamide):** If recommended by your doctor
- **Electrolyte Supplements:** To replenish lost salts
- **Blister Treatment:** Moleskin or blister pads
- **Waterproof Backpack Cover:** Extra protection for your gear
- **Cash:** Local currency for expenses along the trail
- **Passport & Visa:** Make copies and keep them separate
- **Travel Insurance Information:** Policy number and emergency contact details
- **Trekking Permits:** If required for your chosen trek
- **Map & Compass/GPS:** Know your route

Important Considerations

- **Weight:** Keep your backpack as light as possible. Every ounce counts!
- **Layers:** Dress in layers to adjust to changing temperatures.
- **Waterproof:** Protect yourself and your gear from rain and snow.
- **Acclimatization:** Allow sufficient time to acclimatize to the altitude.
- **Respect the Environment:** Pack out everything you pack in.