

PLEASE REMEMBER

- ✪ YOUR BAGGAGE LIMIT FOR Low Cost Flights IS **20KGS ONLY**.

- **Back Pack**

- Get a nice big pack and a small one to carry your essentials along in case we plan to lug your big baggage on a mule. **(Decide the size of your pack at the end of the note. You will have a fair idea of how much you are going to carry!)**
- For a jeep Safari it is best to carry a Duffle bag or Soft Luggage. Avoid carrying hard luggage as these are difficult to load and pack

- **Clothing** - Clothes are not expected to get dirty (at least due to grime) and you may get them to wash them at halts for the nights.

- Underwear (at least 3-4 sets extra)
 - These will tend to get wet due to moisture, occasional rains, snow and sweat.
- Trousers (at least Three)
 - Pack in cotton pants or and not denims! Track pants can be very comfortable but will have to be supplemented with overpants or long-johns (thermals) for the night chills / temperatures.
- Shirt / T Shirts
 - Long sleeves shirts (at least 2) will help protect from sunburns at the same time protect against cold when heading into winds or resting on trail. These can be worn over half/full sleeve T-shirts (at least 3) that absorb sweat and are comfortable to wear. "Climalite®" T-shirts from Adidas are quick to dry and a couple of them can be worn over one another to form insulating layers to protect against extreme cold.
- Woollens / fleece
 - Woollen or fleece sweater will come in handy in case the weather turns extreme. A windproof jacket may do the job equally well but will not be able to "wick" the internal moisture away. Woollens are also bulky to carry but you will not regret lugging them along particularly if you do not have good resistance to cold. Multiple layers of T-Shirts(#) will do the job equally good without adding too much load to your pack.
- Shorts
 - There will be days when you are feeling a little too hot and the weather permits you to be in shorts for some time. Split pants may be an easy choice.
- Balaclava / Monkey Cap / Ear Band
 - All made of wool, these will come in handy for extreme weather and while heading into winds.
- Cap
 - With less air to guard the rays, the sun will beat you down in Nepal. A cap will be an essential part of your gear as it will help conserve some heat that is lost through the head especially while visiting cold places and save from hypothermia.
- Rain Jacket / Poncho
 - There is nothing you will wish you got along at high altitudes than good rain gear. This serves dual purpose; firstly it will come in handy during rains and secondly this will contribute to keep you warm. Look for one with an attached hood.
- Towel
 - Sure you will not forget this. And do you know of the "Pancha"? This thin lungi / sarong kind of wipe cloth (Available in Dadar, Girgaon – Mumbai as also in much of S India) is lightweight, takes little space and dries faster. Turkish towels could just be too much luxury to carry around!

- **Footwear**

- Socks

- Woollen socks (at least 2 pair) will be helpful during the visits over high passes and cold nights. Also get cotton towel ones (3 pairs) for easy walks and back-ups.
 - Shoes
 - Good firm shoes that are covered from all sides and having enough volume to be able to take two pair of socks worn one over the other.
 - Floaters / Sandals
 - Not always will you be wearing those shoes. Floaters/Sandals will be comfortable to travel in and moving about at the end of each day. However there may be days when you may still have to live in your shoes. Ensure that your floaters/sandals can be worn over at least one pair socks.
 - Medical Tape / duct tape.
 - Will come in to repair sheared footwear or to take care of those blisters and scratches.
- **Miscellaneous**
 - Torch with extra batteries.
 - Walking at night? No, but this will be one of the most often used extra in your kit. Make sure it works well, before you pack it in. And don't forget to pack extra batteries. These can be used in the personal stereos, torches, cameras etc.
 - Pen & Paper
 - Poetry or a book? Don't Know! But you may still want to take and give notes to many on the trail besides all the creative writing you may do!
 - Goggles / Sun Shades
 - These will be helpful during walks in the sun and the snow.
 - Water Bottle
 - At least 2 litres. Always top it up before you set on the trail. You may need more and we suggest you to take extra if you can take the load.
 - Plastic Bags / Ziplocks / Zipouches
 - These will be useful to pack in just about everything. They will also help to sort items in your backpack and will not mess with your packing everyday. Try the zip locks. They are great value and will keep all your clothes and valuables safe from moisture.
 - Camera with extra rolls
 - Who would not want to take back memories of all the wonderful places? But make sure that you have extra rolls that will last the whole trek.
 - CR123 batteries for all those who have a requirement for such cells. (Remember, batteries tend to drain quicker in cold weather)
- **Primary Medical Kit**
 - Some Band Aid strips / Johnson-plast / Elastoplasts tape
 - Cotton
 - Aspirin
 - Avomine (motion sickness)
 - Antacid tablets
 - Paracetamol / Metacin / Crocin (This works well for altitude as well)
 - Lomotil
 - Brufen (don't think the trail will be that painful, but its always handy; and have one along with an antacid to avoid getting acidity)
 - A few satches of Electral
 - A strip of Diamox / a small bottle of Homeopathy medicine "Coca".
- **Toiletries**
 - Bath Soap
 - Detergent Soap
 - Sunscreen
 - Lip Balm / Petroleum Jelly
 - Tooth Brush

- Tooth Paste
 - A resource not every one needs to carry. Pool the same to make your pack lighter.
- Shampoo sachets / Small bottle
 - The small bottle can be bought from a pool to share instead of each one carrying too much load. Besides empty sachet covers may just be an environmental eyesore!
- Toilet Paper
- Mosquito Repellent
 - May be needed in certain places. This may also be use to keep flies etc away on trail. Just in case!
- Small packet of salt
 - Sikkim is known to be infested with leeches when it rains. Salt will help detach them in case they take a fancy to you.

WHAT YOU NEED NOT CARRY!!!

- Valuables
 - Sure you do not want to misplace them. Nor attract locals / tribes for the wrong reasons.
 - On some occasions, when cold metal comes in contact with skin to cause metal bites. When the metal turns very cold (when temperatures drop below freezing) and sticks to the skin it freezes the skin moisture causing local frostbites. A very painful condition.
- Electronics
 - Many electronics refuse to work below freezing or in cold conditions. Cold electronics gadgets consume more battery and hence you will have to carry extra batteries and hence extra load. Each pencil cell battery will weigh about 50Gms and if you plan to carry even five extra pairs that add 500Gms, besides the problem of disposing them. Used batteries are considered to be one of the biggest environmental hazards.
 - These also attract the attention of locals / porters and may induce them into theft.
 - Protecting your electronics from the elements may pose another challenge.
- Heavy material
 - Any heavy material, which you feel may add load to your backpack. Consider the absolute necessity to carry such items and the occasions when and how many times you may use the same, before you pack them.
 - Such items may include things like, heavy key chains, chain locks, bulky perfume / deo-bottles, glass bottles for oil / liquids, etc.