

PLEASE REMEMBER

- ✳ Your baggage limit for domestic and low cost airline flights is 20kgs only.
- ✳ As also is the limit for the trek. Excess baggage weight is charged extra by Sherpas and porters. So pack smart!!!
- ✳ Many of your walks through Himalayas are in valleys that are narrow and receives blasts of wind that cool over nearby glaciers. Hence temperatures often hit below freezing late in the evening.

• **Back Pack**

- 1 Big Back Pack at least 60Ltrs size to carry all your belongings. (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!)
 - This will pack your sleeping bag too along with all travel essentials. So keep large enough space at the bottom for this in case you do not have a sleeping bag and plan to acquire one on the trek or given one. (A packed sleeping bag is usually 9 inches in diameter and about 1Ft wide.)
 - We plan to lug your big baggage on a mule or hand it to a porter to carry. Hence your back pack must have sturdy built, no loose straps and at least one outer pocket to carry essentials.
- 1 small day pack to carry your daily essentials along on the trek. This should be comfortable, sturdy and wrap around your torso well. Check for the following Features:
 - Size - at least 25Ltrs
 - Must have a broad and preferably padded or cushioned waist strap
 - A sternum strap. This is also the chest strap and allows the back pack to wrap closer to your body for better ergonomics.
 - Facility to hold a 2Ltrs hydration pouch
 - At least one large outside pockets for 'quissentials' like camera, sunglasses, sun block, tissues, etc.
 - Most often we will hand you a lunch box for the daily trek. Hence remember to keep space to accommodate the same.
- Make sure you have back pack covers to protect it from the beating of the trail and travel.

• **Waist Pouch (Not Compulsory)**

- This may be handy to carry small valuables, small cameras, change, money, emergency items like vitamin tablets, lighters, keys, taps, extra rolls, etc.

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

- Underwear (at least 3 sets extra)
 - These will tend to get wet due to moisture, occasional rains, sweat and sometimes crossing streams / rivers.
- Trousers (at least two – other than what you wear)
 - Pack in cotton pants and not denims! Denims are extremely bulky to carry and when wet due to sweat or wading, are very heavy and uncomfortable to wear on. Track pants can be very comfortable but will have to be supplemented with over pants 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 the 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 (DryFit – Nike) are quick to dry and a couple of them can be worn over one another to form insulating layers to protect against extreme cold. Similar material is available at various other brand outlets like Puma as also Westside.
- About Woollens
 - A woollen sweater will come in handy in case the weather turns extreme.

- Woollens are bulky to carry but you will not regret lugging them along particularly if you do not have good resistance to cold.
 - A fleece jacket provides equal warmth and does not add too much weight as well as wicks away most of the sweat easily.
 - Multiple layers of T-Shirts will do the job equally good without adding too much load to your pack.
 - Alternative - a windproof jacket may do the job equally well but will not be able to “wick” the internal moisture away, hence you may have to combine it with a Climalite or similar wear underneath.
 - 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 as they change from trousers to shorts quickly.
 - Balaclava / Monkey Cap / Ear Band
 - All made of wool or fleece, these will come in handy for extreme weather and while heading into winds.
 - Ear Band may be insufficient in protecting your head from cold and winds.
 - Cap
 - The sun is not going to beat you down in Nepal. But 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 walking in cold conditions and save from hypothermia.
 - Rain Jacket

There is nothing you will wish you got along on treks in the Himalayas than good rain gear.

 - When we say good, it must stand up to the test of heavy rains and high winds without any seepage on the inside.
 - Look for one with an attached hood.
 - A good rain jacket serves dual purpose:
 - firstly it will come in handy during rains and
 - secondly this will contribute to keep you warm.
 - If you are carrying a wind proof jacket (most will not take heavy rains and you may freeze) and want to supplement it with rain protection, consider buying a **Rain Poncho**. These are light and cheap, either made of Plastic or Tarpauline material and will cover yourself and your day pack.
 - Towel
 - Sure you will not forget this. And do you know of the “Pancha”, “Munda”? This thin lungi / sarong kind of wipe cloth (Available in Dadar, Girgaon, Matunga - Mumbai) is lightweight, takes little space and dries faster. Turkish could just be too much luxury to carry around!
- **Footwear**
 - Socks
 - Woollen socks (at least 1 pair) will be helpful during the walks over high passes and cold nights. Also get cotton towel ones (2 pairs) for easy walks and back-ups. Thinner nylon socks (1 pairs) will give added protection (insulation) and bulk to your feet when the walks get chilly.
 - 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. Shoes should last you the trek, have a thick leather upper and deep treads. You may want to treat your shoe leather with wax coating to make them resistant to water.
 - For more suggestions and advice on buying trekking shoes go to:
 - <http://www.odati.com/gearadvice.php>
 - Brands: Salomon, Millet, North Face, Lowa, Asolo, Merrel, Vasque, Quechua, Lafuma, Scarpa, Meindl, Raichle, Hi-Tec etc...
 - 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**

- Small sewing kit
 - This will help to sew up those buttons and small gashes (in case!) to your clothing. Besides you can never underestimate the utility of a good long thread and a sharp needle!
- Penknife
 - Want to slice fruits? Or chop that loose lace? Your packet of “Haldiram’s” is acting difficult?! Or want to take out that thorn stuck in your shoes? There is more to a penknife than what you can think of!
- Match Box / cigarette lighter.
 - Yes! You do not smoke, or do you? But a matchbox can create fire, one of the five essential elements. Keep it, just as part of emergency kit. (Note: Lighters are not allowed on check-in baggage too but often goes undetected!).
- 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.
 - The cheapest variety is the Eveready Torch with the large LED. This Rs.100/- torch is very sturdy, has a long battery life and is lightweight. Downside is that you cannot wear it on your head to make it hands-free.
 - So you may consider buying a head torch.
 - Buy the one with LEDs as Halogen Bulbs (mostly on Maglites) consume huge power and you will then have to carry extra batteries.
 - You may even consider buying hybrid that has Halogen and LED in one head torch and this can be switched between modes with a click of a button. These are expensive.
 - Check for head straps that are broad and fit snugly.
 - The attractive unbranded Chinese variety are very cheap but will not last you long. They have poor electronics and plastic as also they may not withstand heavy rains or water.
 - Note:
 - LEDs illuminate the area uniformly and sometimes judging distances and terrain may become very difficult with the white light.
 - Krypton Bulbs compare with LEDs, have with a white light also save power and also available in the market. Torches with Krypton bulbs may be cheaper than LEDs but will consume more battery than LEDs besides being fragile.
 - Halogen Bulbs emit a yellow light and sometimes are easy to walk with as they cast a shadow and enhances the feature of the area better making it easier to judge features of the area better. Halogen lights are used where you need better focussed and long range visibility. These are preferred on summits and walking in the nights in mountains.
 - Head Lamps: Petzl, Black Diamond, Princeton
 - Hand Held: Everready, Maglits
- 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 essential during walks in the sun and the snow.
 - Pack your sunglasses correctly in a hard cover to prevent damage from travel stress.
 - You are likely to leave your sunglasses in tents, rooms, on beds and in difficult environment where they are prone to damage due to negligence or carelessness.
 - Avoid getting expensive fashion wear and large sunshades.
 - The best are the wrap-arounds.
 - Brands: Fast-Track, Mojo, Cebes, Bolles, Julbos, Oakleys, Nike, Ray-Bans
- 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.
- Please avoid cheap, flimsy and disposable 'Mineral Water' bottles as they will not last the trek.
- You may want to carry the soft-drink bottles but we recommend you to dispose them at the end of the trek as they are not built to carry water for long periods of time.
- Carry sturdy (Pearl-Pet, Sun-Pet) recyclable plastic bottles or better still...
- ...use a Hydration Pouch. These are 2-5Ltr capacity pouches that fit snugly into your daypacks. The pouches have a tube that can be attached to your shoulder strap so that you can sip water without taking off your back pack and can be on the move longer without breaks.
 - Check if your backpack can accommodate your Hydration Pouch
 - Check if your Bite-Valve on the tube end has a lock else water will leak steadily and spoil the belongings of your day pack besides leaving you thirsty
 - Many tubes have a gell insulation to prevent the tube from freezing. This may not be essential but desirable.
 - Some Brands of Hydration Pouches: Platypus, CamelBak, Gregory, MSR and many more.
- 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 every day. 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.
 - Film cameras are a no brainer with newer digital varieties in the market.
 - CR123 batteries for all those who have a requirement for such cells. (Remember, batteries tend to drain quicker in cold weather)
 - Digital Cameras need extra care and better packing. Remember to keep back the paraphernalia back home unless you plan to transfer the picks on the trip as these are cumbersome to maintain, prone to be lost as also add to the weight.
 - DSLR cameras – be sure that you have the patience and facility to carry it as these are heavy, extremely difficult to pack, add extra baggage, not quick to operate, come with large accessories, and sometimes a liability.
- **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 it's always handy; and have one along with an antacid to avoid getting acidity)
 - A few sachets of Electral
 - A strip of Diamox / a small bottle of Homeopathy medicine "Coca 200".
- **Toiletries**
 - Bath Soap
 - Detergent Soap
 - Sunscreen
 - Lip Balm / Petroleum Jelly
 - Tooth Brush
 - Tooth Paste
 - A resource not everyone 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 used to keep flies etc. away on the trail. Just in case!
- Small packet of salt
 - All of Himalayas and Nepal treks are not known to be infested with leeches when it rains, Some places like Sikkim and Arunachal are. Yet salt will help detach them in case they take a fancy to you.

What You Need Not Carry!!!

- Tote Bags
 - The ones you cannot carry on your back will be the biggest liability. Though we may hire pack animals for the trail, while travel and during some walks and emergencies, you may have to carry these all by yourself. You will curse yourself for choosing the tote bags or the shoulder travel bags. A backpack will certainly be a boon. Besides keeping both your hands free will help keep your balance and be used for grabbing supports / walking sticks etc.
- 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.
- Jeans / Denim trousers / jackets
 - These are a no-no for treks, as they will be either soaked by your own sweat or rains/river crossings. Wet denims are a liability to lug as they do not dry fast. Denims are thick and may provide only temporary respite from cold. Besides when wet with sweat they may chaff your skin. The fits most of the denim have, are uncomfortable for long cold treks.
- 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.