

PLEASE REMEMBER

- ✪ Your baggage limit for most low cost airlines is 20kgs only.
 - ✪ As also is the limit for the trek. Excess baggage weight is charged extra by Sherpas and Porters. So pack smart!!!
 - ✪ Chadar treks are in remote and cold regions. Most of your walk is through valleys that are narrow and receive blasts of wind that cool over the frozen Zangskar. Hence temperatures on the trail will consistently hit below freezing throughout the day. Expect day temperatures to vary between +5^o to -10^o C and night temperatures to fluctuate between -25^o to -35^oC nights.
- **Back Pack (One) and Day Pack (One)**
 - 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!)
 - 1 small **day pack** to carry your daily essentials along on the trek. This should be comfortable, sturdy and wrap around your torso well. Size - at least 25Ltrs
 - 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, tapes, extra rolls, etc.
 - **Clothing** - Clothes are not expected to get dirty (at least due to grime) and you will not get to wash them at night halts. Besides, question your motivation to wash them in such cold weather! No laundry facility is available on trail.
 - Underwear (at least 3 sets extra)
 - Trousers (at least three – other than what you wear)
 - The water proof or water resistant variety
 - Shirt / T Shirts
 - Long sleeves shirts (at least 3)
 - These can be worn over half/full sleeve T-shirts (at least 3)
 - 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.
 - The fleece may be replaced suitably with down jackets or down suit if you have one.
 - 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.
 - Thermals and long- Johns - Compulsory. These will be essential to keep warm through the night and day. Get cotton thermals for days and woollen for the night, assuming you are inclined to change them everyday. Else, stick to Cotton thermals only.
 - Balaclava / Monkey Cap – Compulsory. You will have to get the ones that do not itch or irritate as you will wear this all day long! Covering your ears will be critical as you walk through the windy alleys of Zangskar.
 - Hand Gloves - Compulsory: You will need really good hand-gloves as your fingers tend to freeze in the wind and cold of the Chadar. Supplement your woollen gloves with over-mittens.
 - Neck warmer, scarf or a muffler will keep the wind from getting at your neck and throat region. - Compulsory
 - Rain Jacket
 - 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 / large napkin
 - **Footwear**
 - Socks
 - Woollen socks (at least 3 pairs)
 - Cotton towel ones (2 pairs)
 - Thinner nylon socks (1 pairs)

- Shoes
 - Most of chadar will be walked in Gumboot that can be brought in Leh before departure.
 - For better footwear, you will have to get sturdy snow boots shoes that can even take crampons.
 - 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 advise on buying trekking shoes go to: <http://www.odati.com/gearadvice.php>
 - Floaters / Sandals
 - Medical Tape / duct tape.
- **Miscellaneous**
 - Head Torch Very Critical
 - Lip Balm Very Critical
 - Goggles / Sun Shades Very Critical
 - Water Bottle / Hydration Pouch at least 2Ltrs Very Critical
 - Sun Block Cream Very Critical
 - Small sewing kit
 - Penknife
 - Match Box / cigarette lighter.
 - Pen & Paper
 - Plastic Bags / Ziplocks / Zipouches
 - Camera with extra rolls, Batteries (Check whether it will function in the cold weather)
 - Digital Cameras need extra care and better packing.
 - 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 / Elastoplast 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 / Oral Rehydration Solutions
 - At least 1 strip of Diamox / a small bottle of Homeopathy medicine "Coca 200".
 - **Toiletries**
 - Bath Soap
 - Detergent Soap
 - Tooth Brush
 - Tooth Paste
 - Shampoo sachets / Small bottle
 - Toilet Paper
 - Mosquito Repellent
 - Small packet of salt

What You Need Not Carry!!!

- Tote Bags
 - The ones you cannot carry on your back will be the biggest liability.
- Valuables
 - Sure you do not want to misplace them. Nor attract locals / tribes for the wrong reasons.
- 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.
- Electronics
 - Many electronics refuse to work below freezing or in cold conditions.
 - These also attract the attention of locals / porters and may induce them into theft.
- Heavy material
 - Such items may include things like, heavy key chains, chain locks, bulky perfume / deo-bottles, glass bottles for oil / liquids, etc.
- Aerosol cans and bottles are highly inflammable and can burn down tents in minutes if used in confined spaces and in presence of open flames. Do not pack them.