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# Packing List for Trek

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## TECHNICAL CLOTHING

- ❖ Down parka
- ❖ Warm fleece jacket
- ❖ Comfortable trekking boot (we like lowa)
- ❖ Lightweight shoes
- ❖ Rain gears
- ❖ 4 pair trekking socks
- ❖ 2 long sleeve capilene shirts
- ❖ 2 capilene bottoms (mid & heavy weight)
- ❖ 2 trekking shirts (non-cotton is best!)
- ❖ Trekking pants (zip off shorts are nice)
- ❖ 1 pair shorts
- ❖ 1 bandana
- ❖ Warm gloves
- ❖ Flip flop (or similar camp shoes)
- ❖ Warm hat
- ❖ Sun hat
- ❖ 2 pair sunglasses

## EQUIPMENT

- ❖ Small daypack
- ❖ Waterproof duffel for gear
- ❖ Warm sleeping bag (negative 8-10 degree celcius)
- ❖ Trekking poles
- ❖ Mud guard
- ❖ Headlamp and a normal torch
- ❖ Camera and extra batteries
- ❖ Earplugs
- ❖ 2-liter water bottle (if camelback, bring also a nalgene)
- ❖ Insulated drinking mug
- ❖ Small towel
- ❖ Rain gears
- ❖ Various size plastic bags to keep gear dry and separate

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## OTHERS

- ❖ Anti bacterial hand gel for disinfecting hands
- ❖ Medical kit that includes – aspirin, motion sickness tablets, cough drops, diamox, bites/ burn cream and small bandage.
- ❖ Lightweight toilet articles (shampoo, soap-travel size)
- ❖ Sunscreen, lip screen and insect repellent
- ❖ Water purification tablets (iodine or chlorine)
- ❖ High calorie snacks and energy bars
- ❖ Prescription medications
- ❖ Some books to read at camp