



## Things to get

1. Backpack (60 - 65 L) with sturdy straps and supporting frame.
2. Day Pack (20 L ) -- optional. This is required if you want to offload your backpack on the trek. Useful for summit/pass day.
3. Trekking shoes – no sports shoes. You need traction on snow and sport shoes with their PVC soles are hardly the choice. Ensure the shoes are well broken in before the trek. Forclaz 500, Forclaz 100 and Woodland are good choices. A guide on how to choose a trekking shoe is here.

Note: You can buy Decathlon products here.

4. Ladies with smaller feet size find it a problem to get a shoe. Forclaz 100 has special trekking shoes for women.
5. Trekking pole is mandatory. You can buy a trekking pole from Decathlon or from Rediff.
6. 3 pair of track pants (at least one should be synthetic (quick-dry) kind). Or 3 pair of cotton pants with lots of pockets. Track pants are light and we highly endorse them. Plus when things get cold you can wear one over the other.
7. 3 cotton tees with collar. No bright colours like reds and fluorescents. Stick with lighter tones. There are plenty of birds to be seen on the trek and you don't want to scare them with your sense of dress.
8. 2 Full sleeve sweater. A fleece jacket would be an alternative.

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9. A full sleeve thick jacket or something similar.
10. 1 pair of thermal inners (useful when we are on snow) but optional.
11. 4-5 pair of usual sports socks, at least one woolen pair.
12. Wind cheater (to escape a quick burst of rain). Or a light rain coat or a poncho.
13. Woolen hand gloves + synthetic glove (water proof).
14. Sun glasses – curved ones will cover your eyes well. No blue coloured sunglass — they don't block UV. Blacks, greens, browns are fine. Avoid multi tone sunglasses. The brand of the glasses or the price does not matter. What matters is that they are dark and not blue in colour. Sunglasses prevent snow blindness. Sunglasses are mandatory for this trek.
15. People who wear spectacles, choose one of these:
  1. Use contact lenses.
  2. Photo chromatic glasses
  3. If either of the above is not possible, wear your spectacles and carry a big sunglass that can be worn over your spectacles.
16. Sun cap and/or head-scarf. Special hiking caps with sun flaps that protect from UV is available with Indiahikes. They cost Rs 220. To order mail us [exchange@vishvetfoundation.org](mailto:exchange@vishvetfoundation.org)
17. Light towel (should be thin, quick drying kind).
18. Chapstick or lip balm.
19. Cold cream & **sun screen lotion** (SPF 40+). While sun screen help prevent sun burns, a better option is to stay covered.
20. 2 Water bottles (1L each). Do not get any packaged water bottle like Bisleri, Aquafina and others.
21. A plate, spoon and coffee mug.

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22. Torch with 2 extra set of cells. Buy LED torches. They last longer, are more durable and give good light.
23. Personal toilet kit (minimal) and toilet paper.
24. If you are a group of friends traveling together, you can share your medical kit - 1 for 3 people. Personal medicine kit containing:
  1. Crocin - 10 tablets
  2. Avomine - 10 tablets
  3. Avil 25mg - 10 tablets
  4. Diamox - 16 tablets
  5. Combiflam - 10 tablets
  6. Crepe bandage - 3-5 meters
  7. Band aid - 10 strips
  8. Digene - 10 tablets
  9. Gauze cloth - 1 small role
  10. Leukoplast - 1 small
  11. Cotton - 1 small role
  12. Dettol lotion - 1 small bottle
  13. ORS - 5 packets
  14. Betadine cream
  15. Moov spray
  16. Nebasulf/ Soframycine powder
25. Slippers/sports sandals (for walking around campsite).
26. Camera, memory-cards, batteries etc.
27. While packing, use plastic bags to compartmentalize things and carry few extra plastic bags.
28. Some trekkers feel loss of energy more than others. While there is adequate food provided on the trek, you can carry dry fruits or chocolates.

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## **DON'Ts**

1. Leave your denims behind – these are ill suited for treks.
2. Snacks, colas, alcohol and personal food – No need to overburden yourself with food.
3. Do not carry any disposable plastic bottles like (Bisleri, Aquafina), plastic wrapped/packaged items. Do not bring any non bio degradable material.
4. Don't get any sleeping bags. We are going to carry high altitude sleeping bags with us. We would also be carrying Alpine tents, ice-axes, and other equipment required for such treks.
5. After packing, weigh your gear. It should be in the range of 8-9 kg – preferably on the lighter side. Anything heavier, you will need to iterate and remove what is not essential.
6. Carry light and what is essential. As an example, toothpaste should be bought in small size (that can last you 10 days). If you are not sure you need to carry “XYZ” or not, ping us please.

## **Along with the above list, please ensure you also carry the following documents**

1. An identification card (like driving license, voters ID card etc), along with a photocopy.
2. A passport size photo.
3. A medical certificate specifying the following points. Ask us for soft copy
4. Disclaimer certificate ask us for soft copy.

## **Trekking Gears available**

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It is often difficult for trekkers to find special trekking gears in India.

1. Trekking poles: Duralumin 4-step telescopic anti-shock with basket.

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