

BASIC TREKKING WEARS & GEARS CHECK LIST

Footwear

- Light hiking boots with Gore-Tex lining
- Strap Sandal
- An extra pair of light runners

Trekking wear

- Polypro or Capaline long underwear (2 sets)
- Pile jacket and pants (pants must have full separating side zips)
- GoreTex shells (top and bottoms, bottoms must have full separating side zips)
- Down jacket (medium to heavy weight)

Mittens & Gloves

- Light synthetic gloves - (Capaline or polypropaline)
- Wool (or pile) mitts and Gore-Tex overmitts

Socks

- Wool or pile socks (4pr light liners, 4pr heavy liners)

Headgear

- LED Headlamp
- Sunglasses
- Wool or pile hat

Sleeping

- Sleeping bag (expedition quality, rated to 0 or -15F)
- Sleeping pads

Camping

- Backpack
- Water bottle/bag (1.5 liter)
- Sunscreen (maximum block)
- Lip sunscreen

Traveling Kit

- Large duffel bag for transporting all your gear at airports, by porters, and on animal back.
- Toiletry bag
- 3 sets of Travel clothes
- Personal first aid kit
- Small day pack: for trekking days (optional)