Trekking Gears & Equipment List
For below 19000ft

Travel Documents
- ◯ Valid Passport
- ◯ Credit Cards
- ◯ PP Size Photo (4 Pieces)
- ◯ Insurance Paper And Contact
- ◯ Address. Family Members / Company's Contact Address

Head wear
- ◯ Sun Cap Fleece Hat/ Warm Hat (1-2 Pcs)
- ◯ Trekking Buff (2 Pcs)
- ◯ Head lamps with extra batteries

Body wear
- ◯ Thermal Top Base Layer (2 Pcs)
- ◯ Fleece Jacket (1 Pcs)
- ◯ Gore Tex Jacket (1 Pcs)
- ◯ Down Jacket (1 Pcs)
- ◯ Cotton T-Shirt (2 Pcs)
- ◯ Quick dry tshirt(2 Ps)

Lower Body Wear
- ◯ Thermal Bottom Base Layer (2)
- ◯ Fleece Trouser (1pcs)
- ◯ Gore Tex Pant (1 pcs)
- ◯ Mid Weight Pants (1Pcs)
- ◯ Quick Dry Trekking Pants (2-3)
- ◯ Gaiters for trekking boot

Other Essentials
- ◯ Nail Cutter
- ◯ Umbrella / Rain Coat
- ◯ Hot Water Bag
- ◯ Pee Bottle
- ◯ Trails Maps
- ◯ Head Lamp
- ◯ Sunscream

Toiletries
- ◯ Toilet Paper
- ◯ Wet Tissue
- ◯ Toothpaste and brush
- ◯ Soap
- ◯ Towel
- ◯ Garbage Bag

Foot wear
- ◯ Normal Socks (2-3 Pairs)
- ◯ Trekking Shoes (Gore Tex)
- ◯ Slipper (1 Pair)

Hand wear
- ◯ Thin Fleece Gloves (2 Pairs)
- ◯ Wind Stopper / Screen Tap
- ◯ Gloves Trekking Poles