



Tara Himalayan Vision

Spiritual experience travels in Asia

This list is a general guide to the things you might take . your list will vary depending on the type of trek and on the terrain, weather conditions and time of year.

Clothing

Trekking boots and spare laces
Hat(warm), scarf and gloves
Hiking shoes, sandals
Wool-blend socks(for snow),cool max socks(for warmer) and underwear(three pairs)
Fleece jacket
Quick-drying t shirts (two or three) and long sleeved shirt with collar
2 Pairs light weight trousers
1 Pair shorts
1 Fleece / warm sweater
1 Sweatshirts / light sweater
1 Swimming costume / bathing suits
1 Medium size towel
1 Washing kit including washing powder, small clothesline and pegs, insect repellents etc. & personal toiletries
Swiss type of army knife
Toilet paper, biodegradable soap/shampoo
Personal medication.
Sunglasses, sun hat and sun cream; lipbalm
Spare plastic bags for wrapping clothes

Equipment

Backpack and daypack
Sleeping bag and silk liner
Maps
Water bottle
Led head torch (flashlight) and spare batteries
Blister kit (moleskin,tape scissors)on hand at all times
Insect repellent(for lower elevations)
Gaffer/duct tape for repairs



For treks above 3000m

Thermal underwear and down jacket/gore tax jacket
Waterproof trekking trousers

Note: It is advisable that your cold weather clothing will keep you comfortable down to – 10 degree Celsius

Optional equipment

Camera, memory card and battery charger(or spare batteries)
Smart phone or tablet/ kindle and charger (multicharger)
Backpack cover waterproof
Trekking poles
Antibacterial gel or premoistened towelettes (baby wipes)