

Trekking Checklist

Happy feet

- Walking Socks 3 pairs
- Woollen socks -1 pair
- Trekking shoes
- Sandals / flip flops
- Anti chafing cream - to prevent blisters

Toiletries

- Toothbrush
- Toothpaste
- Hairbrush
- Facewash - will act as hand wash
- Sanitizer
- WARMEE warmers
- MEDICINES

Clothes

- Base layer- T shirts 3-5 depending on your days
- 1 long sleeves shirt/t shirt
- 1 fleece / softshell jacket
- 1 puffer/ down jacket (waterproof)
- 1 poncho for rain protection

Accessories

- Trekking poles(must)
- Beanies or woollen caps
- Cap/ hat for sun protection
- Sunglasses
- Gloves
- headlamps
- rain cover of bag
- day bag

