

TREKKING KIT

[Rucksack or kit bag](#) to put overnight trekking kit in for horses to carry (may get a bit beaten up)
[Waterproof sacs](#) to put over your pack and [plastic bags](#) to help segregate and organise things
[Day pack](#) (30 litres or so) to carry things you want access to during the day
[Sleeping bag](#) - 3 season up to about 3000 metres, 4 season above that
[Silk liner](#) for extra warmth
[Thermarest inflating mattress](#) (if you feel you need extra padding - thin mattresses are provided)

Clothing (generally, layers of clothing make sense as temperature changes regularly)
[Trekking trousers](#)
[Fleece pants](#) or [tracksuit](#) to wear in camp
[T-shirts](#), [long sleeve shirts](#), [sweatshirt](#)
[Thermal underwear \(top and bottom\)](#) for night use

Outerwear

[Down jacket](#) if above 3500 metres
[Fleece](#)
[Windproof jacket](#)
[Waterproofs](#)
[Scarf and gloves](#)

Footwear

[Hiking boots](#) (should be water repellent)
[Sandals](#) or [trainers](#) for use in camp
[Thick hiking socks](#) and [silk sock liners](#) to guard against blisters
[Gaiters](#) if trekking close to the monsoon season or in snow

Headwear

[Broad brimmed hat](#) or [baseball cap](#) for sun during the day with [bandana](#) for shading the neck
[Woollen hat](#) or [balaclava](#) for evenings
[Polarising sunglasses](#) - best to have the ones with side covers

Other

[Walking poles](#)
[Head torch](#) with [spare batteries and bulbs](#)
[Washing line](#)
[Small knife](#)
[Water bottles \(metal\)](#)
[Dextrose tablets, snack bars and energy drinks](#)

Medicines

[Medicine for diarrhoea eg Immodium](#)
[Rehydration sachets eg Dioralyte](#)
[Paracetamol or Nurofen](#)
[Plasters and Compeed for blisters](#)
[Antiseptic cream](#)
[Strepsils, Lemsip, cold and flu medicine](#)
[Sting relief](#)
[Insect repellent](#)

Toiletries etc

[Hand towel](#)
[Soap](#) and [biodegradable liquid](#) for laundry
[Toothbrush](#)
[Toilet paper, tissues, wet wipes](#)
[Matches](#) for burning paper used on the trail (there will be a toilet tent at camp)
[Sun cream \(including total sun block\)](#)
[Lip salve](#)
[Iodine tablets](#) - or you can just use boiled water and on shorter treks mineral water
[Tweezers](#)
[Camera, film](#) and [polarising filter](#)
[Books, iPod, playing cards](#) and other diversions for evenings eg [Yahtzee dice](#)