

## Essential Things for Himalayan Trek – Check List

### Documents Related to Trek

- Medical Certificate
- Forest Entry Permission
- Booking Receipt and Membership Card
- Admit Card
- Passport Size Photographs
- Copy Of Trek Itinerary And Route Map
- Air, Rail, And Bus Tickets

### Medical Needs

- Personal Medicines and Contact Lens Fluid
- Tablets: Fever, Diarrhea, Vomiting, Headache, Cold and Flu, Pain Killers
- ORAL RE-HYDRATION POWDERS
- Pain Relieving Sprays, Adhesive Bandage
- Anti-Fungal Powders
- Portable Oxygen Cylinder

### Equipment and Gadgets

- Tents, Sleeping Bag and Sleeping Bag Liners
- Trekking Pole
- Trekking Shoes
- Head Torch or Normal Torch
- Thin Rope
- Mobile Phone

### Apparels and Other Miscellaneous

- Sweat Resistant Socks
- Track Pants
- Thermal Lower
- Woolen Socks
- Flip Flop Slippers
- Light Weight Quick Dry T-Shirts
- Inner wears
- Wind Proof Fleece
- Poncho
- Small Quick Dry Towel
- Water Proof Gloves
- Hat
- Multi-Position Head Band
- Sunglass
- Coffee Bug
- Lunch Box
- Water Bottle
- Extra Shoe Laces
- Swiss Knife
- Sewing Needle And Thread

### Toiletries and Cosmetics

- Tooth Brush and Paste.
- 3 in 1 Shower Gel
- Face wipes
- Tissues or Toilet Rolls
- Hand Sanitizer
- Lip Care and Sun Screen lotion