

## THINGS TO BE PACKED FOR MY 6-8 DAY TREK

1. Backpack (55-65 litres)
2. Day pack (20 litres)
3. Trekking pole
4. Trekking shoes
5. 3 pairs of Trek pants
6. 3 full sleeve collared t-shirts
7. 1 woolen sweater
8. 1 fleece jacket
9. 1 pair of inner thermals
10. 5 pairs of sports socks
11. 1 woolen monkey cap/balaclava (should cover ears)
12. Sunglasses (Blacks, greens, blues)
13. 1 sun-cap/head scarf
14. 1 Light towel
15. Chap stick/lip balm
16. Cold cream and SPF 40+ sun screen
17. Leak proof tiffin box, a plate, a spoon and a mug
18. 2 one liter water bottles
19. Minimum toiletries and toilet paper
20. Small repair kit (safety pins, needle, a spool of thread, string)
21. Led torch with 2 extra batteries
22. Slippers (for walking around campsite)
23. Personal Medicine kit containing
  - a) Diamox - 10 tablets (to prevent AMS)
  - b) Crocin – 6 tablets (fever)
  - c) Avomine – 4 tablets (motion sickness)
  - d) Avil 25mg – 4 tablets (allergies)
  - e) Combiflam – 4 tablets (Pain killer)
  - f) Disprin – 6 tablets (headache)
  - g) Norflox TZ & Lomofen– 6 tablets each (diarrhea)
  - h) Digene - 10 tablets (acidity)
  - i) Omez/ Rantadine – 10 tablets (antacids)
  - j) Crepe bandage – 3 to 5 meters
  - k) Gauze - 1 small roll
  - l) Band aid – 10 strips
  - m) Cotton – 1 small roll
  - n) ORS – 10 packets
  - o) Betadine or any antiseptic cream
  - p) Moov spray (aches, & sprains)