

## Things to Bring

Trekking bag or bag pack or buddy bags	12 kgs max	
Trekking Shoes		
Socks	2 pairs	
Trekking pants	1 pc	
Trekking shorts	2 pcs	
T-shirts/Longsleeves/Sweaters	4-5 pcs	
Hand gloves	2 pairs	For cold purposes or for trekking (gloves with grip)
Head gears	Bonnet/Cap	
Head lamp/lights with extra batteries	Each person	
Jacket Inner and Out (Keeping you warm; better to bring raincoats if you have)		
Lip balm		
Mosquito repellent		
Sunscreen		
Slippers or Trek Sandals (For resting your feet at campsite or when taking a dip at Hot Spring)		
Eating utensils (outdoor spoon & fork, plate or disposables)		
Trail foods		
Face Towel or Bath Towel		
Personal First Aid kit		diatabs, paracetamol, betadine, alcohol, etc
Camera or Video Camera		

## Optional

Scarf  
Leg warmers  
Sunglasses