



INFUSION TRIP
FEEL THE REAL VENTURE

ESSENTIAL TREKKING GEARS

FOR A THRILLING ADVENTURE EXPERIENCE





ACKNOWLEDGEMENT

For any adventure activities, the right choice of right gears plays a vital role to prevent you from any hazardous incidents. Whether, it's an adverse weather or rough terrain, days or nights, high himalayas or plain land, forest or river basins, the gears and gadgets will add an extra comfort on adventure activities.

Here, we Infusion Trip Adventure offers a guidance of essential trekking gears based on the experience of trekkers, trekking guide and mountaineering guide.

We request you to view this illustration as a reference as the gear can be different and is not compulsory as mentioned and shown in the guidance book.

TIPS FOR BACKPACKING

A. MAKE A GEAR CHECKLIST

BASED ON THE DESTINATION, ROUTES, SEASON AND DURATION, PREPARE A FINAL CHECKLIST THAT WILL HELP YOU TO REMEMBER EVERYTHING YOU NEED.

B. DO NOT OVERPACK

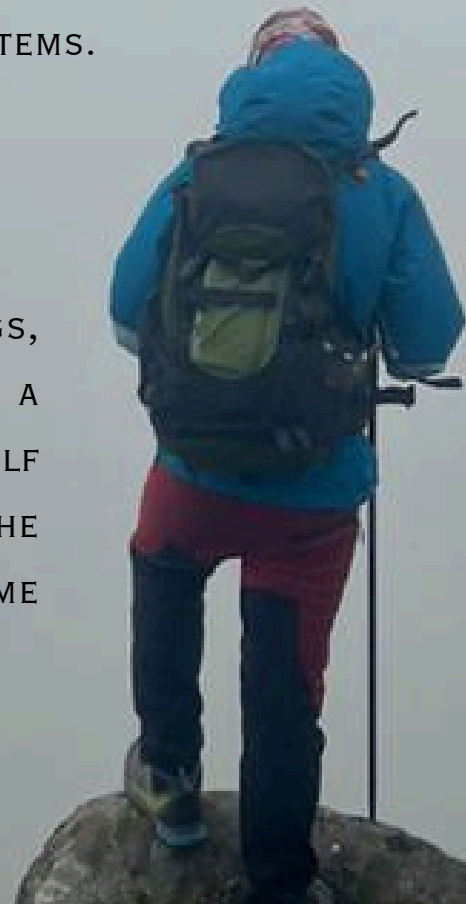
ONLY PACK THE STUFFS THAT ARE USED DURING THE TRIP, UNNECESSARY ITEMS OR LARGE QUANTITY WILL BURDEN ON THE WEIGHT OF BACKPACK. SO, IT'S BETTER TO CARRY IMPORTANT THINGS OR AVOID THE ITEMS YOU CAN EASILY GET DURING THE TRIP.

C. SEPARATE BAGS FOR VALUABLE ITEMS

IT'S ALWAYS A GOOD IDEA TO KEEP ESSENTIAL ITEMS LIKE YOUR HOUSE KEYS, WALLET, PASSPORT, IN A CARRY-ON, JUST IN CASE THE UNTHINKABLE HAPPENS. BUT DO NOT CARRY JEWELRY ITEMS.

D. CHECK THE BAGGAGE POLICY

NOWADAYS MANY AIRLINES CHARGE FOR CHECKED BAGS, AND THEY CHARGE EVEN MORE FOR BAGS OVER A CERTAIN WEIGHT. IF YOU DON'T WANT TO FIND YOURSELF OUT-OF-POCKET, CHECK AHEAD OF TIME ON THE AIRLINE'S WEBSITE, AND WEIGH YOUR BAG AT HOME BEFORE YOU LEAVE.





**EXPLORE THE GREAT OUTDOORS
WITH CONFIDENCE AND COMFORT
USING THE BEST TREKKING GEARS.**

A. GENERAL

01. DUFFLE BAG

DURABLE BAG FEATURED WITH WATERPROOF MATERIALS, EASY TO HANDLE, BRIGHT COLOR AND SPACIOUS.



02. TREKKING BAG OF 30-40 L

TO CARRY YOUR FREQUENTLY-NEEDED PERSONAL ITEMS, ESSENTIAL HIKING CLOTHES, WATER BOTTLES, PERSONAL MEDICINES KITS, CAMERA BATTERIES, ETC.



03. SLEEPING BAG

CHOOSE THE RIGHT 'WARMTH TO WEIGHT RATIO', LIGHT DOWN INSULATION ACCORDING TO THE SUITABLE TEMPERATURE AND THE LINER IF NECESSARY.



04. RAIN JACKET OR RAINCOAT

RAIN JACKETS OF MATERIAL: GORE-TEX, NGX, PERTEX. ADJUSTABLE HOOD, WATERPROOF AND BREATHABLE



05. WATER BOTTLES AND HYDRATION BLADDER

A GOOD QUALITY OF 1 L OF WATER BOTTLE, ODOUR RESISTANT, DIRT AND DUST RESISTANT, COLD AND HEAT RESISTANT. LEAK PROOF WATER HYDRATION BLADDER OF 2 L WITH DRINKING TUBE AND TUBE INSULATOR.



06. A GOOD PAIR OF TREKKING POLES



B. UPPER BODY - HEAD/EYES/EARS

DURING THE TREKKING, THE PROTECTION OF HEAD PARTS IS ESSENTIAL AS IT IS MORE SENSITIVE. CARELESS ON USING PROTECTIVE DEVICES OR EXPOSURE OF THE HEAD PARTS ON EXTREME CONDITION CAN CAUSE TO THE LOSS OF ORGAN OR SEVERE DISEASES OR EVEN DEATH. SNOW BLINDNESS, HEAT STROKE, HACE, AMS, FACE BURN, ETC. ARE THE SEVERE DISEASES THAT CAN OCCUR IF WE DO NOT USE RIGHT GEAR FOR THE HEAD PARTS.

01. HAT

- SHADE HAT
- BASEBALL CAP
- WOOLEN CAP VARYING THICKNESS



02. BUFF OR BALACLAVA

COMFORTABLE, WINDPROOF, AND WATER RESISTANT PREVENT FROM MIST, DUST AND COLD. BUFF CAN BE USED AS HEADBAND OR WRISTBAND.



03. EARBUDS

TO HAVE GOOD SLEEP WITHOUT DISTURBANCE FROM THE SOUND FROM THE RIVERS AT NIGHT TIME.



04. HEADLAMP

GOOD QUALITY OF LUMENS AND LIGHT BEAMS, CHARGEABLE LITHIUM AND SPARE ALKALINE BATTERIES, ADJUSTABLE HEAD STRAPS, COLD-WEATHER USAGES,



05. SUNGLASSES OR SPECTACLES

UV PROTECTION SUNGLASSES WITH STRAPS, SPARE EYE GLASSES OR CONTACT LENSES IF YOU USE REGULARLY



C. CORE BODY

THE PROTECTION OF CORE BODY IS VERY CRUCIAL. THE EXPOSURE OF CHEST, STOMACH, HEART CAN BE HAZARDOUS AS THEY ARE VERY SENSITIVE. DURING THE TREKKING, SEVERE DISESASES SUCH AS PNEUMONIA, HAPE, DIARRHEA, ACIDITY, NAUSEA, VOMITING CAN BE SEEN IF THE CORE BODY ARE NOT WELL PROTECTED. GOOD QUALITY OF CLOTHES ARE ESSENTIAL. THE LAYERS OF CLOTHES DEPEND UPON THE WEATHER AND SEASON.

01. T-SHIRTS

COMFORTABLE, QUICK DRYING SYNTHETIC HALF T-SHIRTS FOR SUMMER, A PAIR OF LONG-SLEEVES T-SHIRTS OF NYLON OR MERINO WOOL



02. FLEECE JACKETS

GOOD INSULATION WITH SYNTHETIC FABRIC, SOFT AND PLUSH, DURABLE LIGHTWEIGHT OR HEAVIER BASED ON THE SEASON.



03. WINDPROOF JACKETS

WINDPROOF FEATURED WITH DENSE MULTI LAYER FABRIC MATERIALS THAT PROVIDES INSULATION, BALANCE OF WIND RESISTANCE AND BREATHABILITY



04. DOWN JACKETS

RAINN JACKETS OF MATERIAL: GORE-TEX, NGX, PERTEX. ADJUSTABLE HOOD, WATERPROOF AND BREATHABLE



D. INNER BODY

THE CLOTHES OF INNER BODY ARE IN DIRECT CONTACT WITH THE SKIN. THE UNDERGARMENTS PLAYS A VITAL ROLE FOR ABSORBING THE SWEAT. THUS THE QUALITY OF THESE CLOTHES MATTERS AS THEY ARE USED FOR A LONG TIME IN A DAY.. SOMETIMES, AT THE HIGHER ELEVATION, THERMAL SETS SHOULD BE USED FOR 3/4 DAYS WITHOUT CHANGING. THUS, THESE THINGS SHOULD BE PLANNED.

01. THERMAL SET

MOISTURE-WICKING AND BREATHABLE, QUICK DRYING, STRETCHY, MADE UP OF SYNTHETIC FABRIC LIKE MERINO WOOL



02. UNDER GARMENTS

AT LEAST THREE PAIRS OF COMFORTABLE, MOISTURE WICKING, QUICK DRY, ODOR RESISTANT , FLATLOCK SEAMS, FLAT ANTI ROLL WAISTBAND UNDERWEARS

- GOOD QUALITY OF SPORTS BRA FOR FEMALE TREKKERS



E. LOWER BODY - LEGS

THE COMFORTABLE GEAR ON LOWER BODY WILL BE EASY FOR SMOOTH WALKING. ACCORDING TO THE WEATHER, HIKING SHORTS, LONG SLEEVE TROUSERS CAN BE USED. DIFFERENT LAYER OF TROUSERS SHOULD BE WORN ACCORDING TO THE WEATHER OF SPECIFIC REGION.

01. HIKING SHORTS

COMFORTABLE, QUICK DRYING, BREATHABILITY, NYLON
HIKING SHORTS



02. SOFT SHELL PANTS

WEAR-RESISTANT, QUICK-DRY AND WATER-REPELLENT, FABRIC
CONTAINING NYLON OR POLYESTERS.



03. TREKKING PANTS

A GREAT PAIR OF HIKING PANTS OFFERS COMFORT, FREEDOM OF
MOVEMENT, ABRASION-PROOF, BREATHABLE, STRETCHABLE,
QUICK DRYING



04. DOWN TROUSERS

WITH WARM FLEECE, DOWN AND SYNTHETIC, INSULATED



F. FOOT ACCESSORIES

THE COMFORTABLE GEARS FOR WALKING IS AN ESSENTIAL PART TO BE CONSIDERED FOR SMOOTH WALK AND COMFORTABLE JOURNEY. WE NEED TO WALK WITH THE SAME BOOTS FOR MORE HOURS FOR SEVERAL DAYS. THUS, THE RIGHT CHOICE OF BOOTS, SANDALS, SOCKS IS REQUIRED.

01. SHOES

COMFORTABLE, WATERPROOF AND BREATHABLE MEMBRANE, BETTER GRIP ON HARD AND WET GROUND, GOOD ANKLE SUPPORT



02. SANDALS OR FLIP-FLOPS

COMFORTABLE WHICH ARE GOOD FOR WALKING AROUND TEAHOUSES



03. PAIR OF SOCKS

QUICK DRYING, COMFORTABLE FITTING WARM, A FEW PAIRS OF VARYING THICKNESS AS PER THE SEASON



04. GAITERS

WATERPROOF, ADJUSTABLE AND EASY OPENING AND CLOSING, GOOD FOR KEEPING DUST AND ROCKS OUT OF YOUR SHOES/BOOTS



05. MICROSPIKES

STRATEGICALLY SPACED, 3/8" HARD AND STAINLESS STEEL SPIKES, HELP YOU FROM SKIPPING, MOVE MORE QUICKLY, PROVIDE GRIP AND TRACTION, AND KEEP YOU SUPER SAFE ON SNOWY OR ICY TREKKING TRAILS.



G. HAND ACCESSORIES

THE APPROPRIATE GEAR FOR HAND SHOULD BE USED AS THE EXPOSURE OF HAND INTO THE COLD AIR CAN FREEZE THE FINGERS AND CSN CAUSE FROST BITE TOO. THUS, DIFFERNT LAYER OF GLOVES SHOULD BE USED ACCORDING TO THE WEATHER CONDITIONS. WOOLEN GLOVES ARE MANDATORY WHILE WALKING IN THE SNOW. DURING THE SUNNY DAYS, ARM SLEEVES SHOULD BE USED TO PROTECT SKIN BURNING OF ARMS.

01. INNER GLOVES

MOISTURE WICKING, LIGHTWEIGHT, PROVIDE WARMTH IN FINGER TIPS,



02. WIND PROOF GLOVES

WATERPROOFING AND WATER RESISTANCE, WINDPROOFING, DEXTERITY, DURABILITY, COMFORTABLE, FIT OVER INNER GLOVES



03. WOOLEN GLOVES

THICK AND WARM, WIND AND WATERPROOF MATERIALS, INSULATED WITH DOWN OVER FABRIC MATERIALS.



04. ARM SLEEVES

UV TAN PROTECTION, ANTI-SWEAT



H. MISCELLANEOUS

01. WATERPROOF BAG

TO KEEP WET CLOTHES



02. CAMERA ACCESSORIES

FOR PHOTOGRAPHY AND VIDEOGRAPHY. EXTRA BATTERIES, ACCESSORIES OF CAMERAS, CHARGERS AND OTHER EQUIPMENT AS PER YOUR INTEREST. EXTRA BATTERIES, ACCESSORIES OF CAMERAS, CHARGERS AND OTHER EQUIPMENT AS PER YOUR INTEREST.



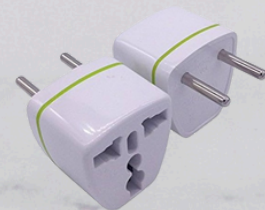
03. WATERPROOF WALLET/POUCH

TO KEEP PASSPORT, MONEY, AND TRAVEL DOCUMENTS



04. TRAVEL ADAPTOR

UNIVERSAL TRAVEL ADAPTER THAT IS FIT IN TYPE C, TYPE D OR TYPE M SOCKETS. LOCAL SOCKETS AS SHOWN IN PICTURE IS BENEFICIAL.

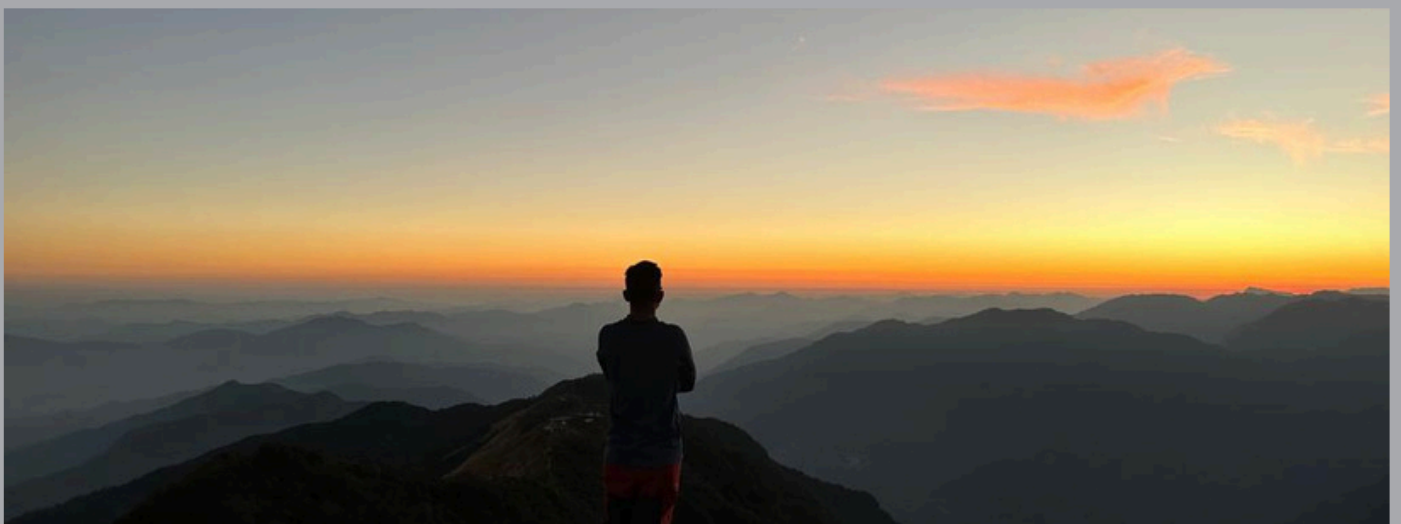


I. HYGIENE AND FIRST AID

1. SKINCARE (SUNSCREEN OF SPF 40+, LIP BALM)
2. TOILETRIES SUCH AS TOOTHBRUSH, TOOTHPASTE, SOAP, MOISTURIZER
3. HAND SANITIZER
4. HAND WARMERS, ENERGY BOOSTER
5. PERSONAL MEDICINES

J. OTHERS

1. READING BOOKS, PLAYING CARDS
2. STATIONERY ITEMS SUCH AS PEN, PENCILS, NOTE BOOK, ETC.
3. BINOCULAR
4. DRY SNACKS
5. NORMAL COSMETICS ITEMS



K. OPTIONAL

01. READING BOOKS, PLAYING CARDS

02. Stationery items such as pen, pencil, note book

03. Binocular

04. Dry snacks, Hand warmer, Energy booster tablet

05. Cosmetics items including sunscreen of SPF 40+...



EXPLORE MORE WITH US



INFUSION TRIP

FEEL THE REAL VENTURE



INFO@INFUSIONTRIP.COM



[+9779860804860](tel:+9779860804860)



WWW.INFUSIONTRIP.COM



[@INFUSIONTRIPADVENTURE](https://www.instagram.com/INFUSIONTRIPADVENTURE)