

TREKKING GEAR CHECKLIST

GENERAL

- DUFFLE BAG
- TREKKING BAG (30-40L)
- SLEEPING BAG
- RAIN COAT OR RAIN JACKET
- WATER BOTTLES

CORE BODY

- T-SHIRTS (SHORT AND LONG SLEEVES)
- FLEECE JACKETS
- WINDPROOF JACKETS
- DOWN JACKETS

INNER BODY

- THERMAL SET
- UNDER GARMENTS (QUICK-DRY)

HYGIENE AND FIRST AID

- SUNSCREEN/LIP BALM
- TOILETRIES KIT
- HAND SANITIZER
- PAPER SOAP
- HAND WARMERS, ENERGY BOOSTER
- PERSONAL MEDICINES
- PERSONAL FIRST AID KIT BAG

UPPER BODY - HEAD/EYES/EARS

- SHADE HAT/BASEBALL CAP/WOOLEN CAPS
- BUFF OR BALACLAVA
- EARBUDS
- HEADLAMP
- SUNGLASSES OR SPECTACLES

LOWER BODY - LEGS

- HIKING SHORTS
- SHOFT SHELL PANTS
- TREKKING PANTS
- DOWN TROUSERS

MISCELLANEOUS

- WATERPROOF BAG
- CAMERA ACCESSORIES
- WATERPROOF WALLET/POUCH
- TRAVEL ADAPTOR
- TREKKINGS POLES

OPTIONAL

- READING BOOKS, PLAYING CARDS
- STATIONERY ITEMS I.E. PEN, PENCILS, NOTEBOOK, ETC.
- BINOCULARS
- DRY SNACKS
- NORMAL COSMETICS ITEMS

FOOT ACCESSORIES

- TREKKING SHOES
- SANDALS OR FLIP-FLOPS
- SOCKS
- GAITERS
- MICROSPIKES

HAND ACCESSORIES

- INNER GLOVES
- WINDPROOF GLOVES
- WOOLEN GLOVES
- ARM SLEEVES

INFUSION TRIP ADVENTURE



INFO@INFUSIONTRIP.COM



+977-9860804860



WWW.INFUSIONTRIP.COM



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