



Pre-Trek Checklist

Welcome! We hope to make your trek with us a pleasant one, and we look forward to having you join us. Here are some details and suggestions to help make your trek enjoyable. The Himalayan regions of India and Nepal experience great climactic extremes, and temperatures can vary from 30 to 40 degrees between afternoon and evening. The average daytime temperature in the mountains on a sunny day is about 60 degrees. The best way to ensure your comfort on the trek is to layer.

Suggested items to bring include:

Sleeping bag—A good quality 3-season down or fiberfill bag with a rating of 5 to 15 degrees C.

Sleeping Pad—Thermarest sells good quality pads.

Large duffel bag—This is for the majority of your gear that a porter will carry for you.

Day pack—Bring a comfortable pack to carry your personal items such as water bottles, water purifier, camera, snacks, hat, and a change of clothes.

Yoga mat

Money belt or pouch—Always carry your valuables, including plane tickets and passport, on your person.

First Aid Kit/Medicine—It is extremely helpful to have the basic items such as: blister treatments, antibiotics or Artemesia Quassia Supreme, Neosporin or natural alternative, band-aids, aspirin etc., on your person.

(If you will be carrying prescription medications, customs in India and Nepal may require you to show proof that they have been prescribed to you. Make sure that your name is the one on the container)



Water bottle—*We recommend bringing 2 one-liter bottles to carry your water.*

Water purification—*Filter or Iodine tablets.*

Boots—*These can make or break your trek. Be sure to bring a pair of sturdy trekking boots with good ankle support that are well broken in. Try to have 150 miles on your boots before taking them on trek!*

Socks—*Bring a couple pairs of wool trekking socks and liner socks.*