



# General Equipment Hiking Packing List

## Equipment Hiking Packing List

1. Hiking Boots
2. 2-3 Trousers
3. 2-3 Pair Socks,
4. 1 Warm jacket,
5. T-shirts (2-3 ) and 1 long-sleeved shirt,
6. Sunscreen (SPF 20+),
7. Day Light Backpack,
8. Torch (flashlight),
9. Camera, memory card, and battery charger( spare batteries),
10. Toilet Paper,
11. Quick-drying towel,
12. Warm hat,
13. Gloves,
14. Thermal underwear,
15. Sunglass,
16. Sleeping bag etc.
17. Down Jacket
18. Normal Crampons
19. Hiking stick
20. Woolen Hat
21. Gaiters (to keep debris out of your boots)
22. Trekking poles (helpful for stability and reducing strain on knees)
23. Duffle bag (around 40-60 liters)
24. Rain cover for your backpack or a waterproof liner

## Technology:

1. Camera or smartphone for capturing memories (with power banks and charging adapters)

## Personal Items:

1. Passport and necessary permits
2. Cash (local currency and small bills)
3. Snacks and energy bars
4. Water bottles or hydration system
5. Water purification tablets or filter
6. Toiletries (toothbrush, toothpaste, biodegradable soap, hand sanitizer, etc.)
7. Quick-dry towel
8. Sunscreen and lip balm with high SPF
9. Sunglasses with UV protection
10. Personal medications and a basic first-aid kit

## First Aid & Medicines

- Antibiotics
- Painkillers
- Cough Lozenges
- Plasters, Bandages & Zinc Oxide Tape
- Foot Powder
- Skin blister repair kit
- Antidiarrheal
- Altitude sickness drugs\*
- Water purification tablets or water filters
- Oral Rehydration Sachets
- Eye drops
- Ear plugs
- Prescriptions
- Sunscreen cream
- Lip Balm
- Insect repellent
- Hand sanitizer
- Wet Wipes/Baby Wipes
- High-calorie snacks (optional)
- Electrolytes, powder or tablets (optional)

**Note:** Depending on the trek you choose, some items might be available for rent or purchase in local towns along the trail. Keep in mind that packing light is crucial, but you also need to be prepared for varying weather conditions and changes in altitude.



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