



Trekking Essentials

Personal gears required for Trek

Outdoor Adventure/ Trekking, requires one to be adequately equipped with the right kind of personal gear. You can start by investing gradually and build an appropriate gear for yourself. A good gear ensures safety and lasting durability. Each trek more or less requires the same set of gear so our suggestion is buy wisely as it will be guaranteed long term investment and can be used for your future treks.

Do remember to always 'Pack Light' depending upon the number of days of Trek, so that you can enjoy more without missing on the essentials.

Here's a quick Guide on Trekkers essentials (Things to carry) for a week long trek (no. of Days 2-7 only)

Basic Gear

Items	Capacity/ Qty	Important Points to Note	Checklist Please Tick when kept
Rucksack/ Bag pack	45 to 65 Ltrs	With comfortable shoulder straps	
Day pack	10 Ltrs	If you are opting for porter/ mule services	
Waterproof rain cover	1	For both Backpack and Daypack	
Water bottle	1 Ltr	Better if you carry 2 bottles/1Ltr each	
Trekking Pole	1	If you require, as it gives that extra support while walking	

Look like a Trendy Trekker/ Oh look! a Trekker : Clothing

Upper Wear

Items	Quantity	Important Points/ Remarks	Checklist

Sun cap	1	While on trek, sun can be a bit harsh at times	
Woolen Cap	1	Advisable during evening time	
Dry fit full sleeves T-shirt	1	Preferably synthetic/synthetic mix cotton	
Dry fir short sleeves T-shirts	2	Preferably synthetic/synthetic mix cotton	
Fleece/ Fleece Jacket	1	Alternative can be a woolen sweater	
Soft Shell Jacket	1	For Summers and mild Winters	
Hard Shell / Down Jacket	1	For harsh winters and sub zero temperatures	
Water and wind proof jacket	1	Mandatory for all seasons	
Thermal (upper)	1	Mandatory for winter Treks	
Waterproof Gloves	1 pair	Mandatory for winter & snow Treks preferably with inner fleece lining	

Bottom wear

Items	Quantity	Important Points/ Remarks	Checklist
Undergarments/Underwear	4-5	It advisable to change your undergarments daily thus avoiding rashes due to sweat	
Trekking pants/ Lowers	2	Please avoid shorts, fitting denims, capri's	
Water and wind proof trousers	1	Advisable if you can carry always	
Thermal Lower/ Bottom	1	Mandatory for winter Treks	

Happy Feet

Items	Quantity	Important Points/ Remarks	Checklist
Trekking Boots	1 pair	Preferably Waterproof, high ankle with good grip	

Cotton Socks	3-4 pair	For treks during summer	
Woolen socks	2 pair	Mandatory for winter treks	
Floater/ Flip-flops	1 pair	For river crossings & can be worn during evening at campsites	
Gaiters	We will Notify you if required	Gaiters are only used for snow treks	

Personal Utilities

Items	Quantity	Important Points/ Remarks	Checklist
Head torch / Basic Torch with extra batteries	1	Don't forget to keep extra batteries	
Hand towel/Towel	1	Quick Dry	
Toilet paper / Wet Wipes	1 pack	Can be used wipe sweat apart from its usual usage	
Sun screen lotion	1	Atleast SPF 30 & above	
Body Powder / Anti-Fungal	1 small pack	For feet and body	
Lip Balm	1 piece	To avoid chapped lips	
Personal Toiletries	1 each small packaging	Tooth Brush, Paste, Facewash, Body moisturizer, Scissors, Sanitary towels (for women),	
Personal Medical Kit	Medicines prescribed by your doctor	Basic First aid kit will be carried by our Guides	

Other Things to Keep Handy

Items	Quantity	Important Points to note / Remarks	Checklist
Snacks/Munchies	2 for each day	Energy bars, Dry fruits, Chocolates, Toffees	

Camera/ Go pro	1	Do keep extra batteries if possible	
Power Bank	1	Atleast 1000 mah & above	
Zip locks Pouches	5 pieces min	(for electronics and to keep used or wet clothes)	
A good book/ Sketch book/ Diary/ Pen(make a small stationery pouch)		For those who love to read, write experiences or draw as you will have ample time at your disposal once we reach our days campsite	

...LOADS OF ENTHUSIASM!! AND A PLEDGE TO GO GREEN

Important: Please Note since one is travelling in the wilderness there will be hardly any opportunity to buy anything once you hit the trail, so we request you to carefully pack everything into your bags. Also avoid carrying expensive watches, electronics, jewellery & unnecessary items on the trek since you will be walking long distances during the trek.

If you wish to opt for the Porter/ Mule services kindly let us know by dropping an email at hello@outdoormonks.com so that arrangements can be made prior, starting of the trek. This service will come with an extra charge.

Further, if you have any questions regarding 'things to carry or buy', please feel free to call us or you can also drop us an email with regards to the same.