

## GENERAL CHECKLIST

The following basic checklist should help you with your packing for any of our trips. Please remember that you should always try to keep the weight of your clothing equipment down to a minimum. Your packed trek bag, should weigh no more than 10-12 kilograms. Please remember this is just a checklist and you do not necessarily need to bring everything that is listed below. Use your own experience and judgment to make your decision.

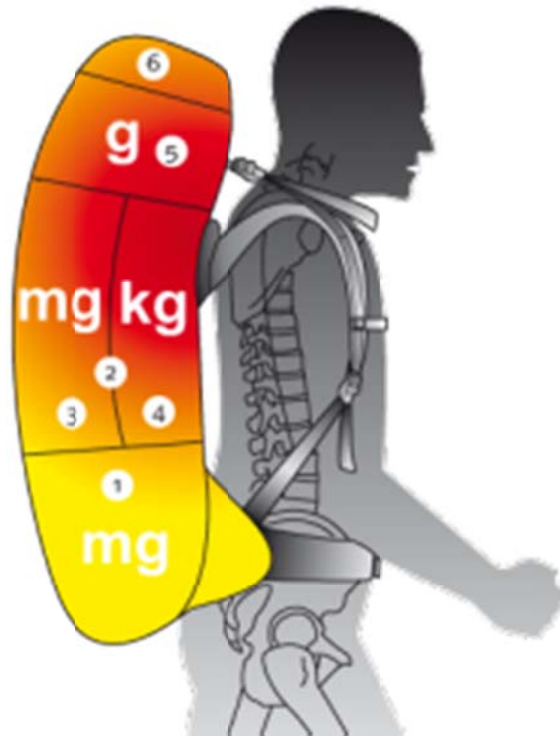
- 1) – **Ruck sack** (60 Ltr.) & ruck sack plastic cover.
- 2) - Lightweight thermal tops & inners
- 3) - Rain cheater or Rain coat
- 4) - Sweater /wind cheater
- 5) - adequate Undergarment
- 6) - Lightweight cotton long trousers/pants /track pants-3 or 4
- 7) - Sun hat or scarf
- 8) - T-shirts full Sleeves 3 or 4
- 9) - Thin, lightweight socks-daily 1pair for all trekking days.
- 10) - Sunglasses with UV protection
- 11) - Head lamp (eg. Petzl)/ Handy Torch with extra batteries
- 12) - Small lock to lock trek bag
- 13) - Basic First Aid Kit .
- 14) -**1 Big Plastic bag** - for keeping items dry inside trek bag & few small spare ones.
- 15) - **Daypack** =1 small sack for 2 water bottles, 1 torch, dry fruits packet, chocolates, chikkis,1 Napkin, Rain cheater/wind cheater, medicines if any, 1 tiffin box for pack lunch if any.
- 16) - Water bottles (2)
- 17) - Toiletries pouch
- 18) - Small wash towel /Light weight quick dry “Pancha”
- 19) - Footwear appropriate to the trip -1 pair trekking shoes, 1pair sandals /walkers /slippers(To use on camp site)
- 20) -1 Fevistick, few safety pins, banded patty.
- 21) -Personal Medicines if any.

## TOILETRIES POUCH:-

- 1) Toothbrush-paste
- 2) Soap strips/hand-wash
- 3) Deodorant, Nail clippers
- 4) Face and body moisturizer
- 5) Good quality Lip balm
- 6) Feminine hygiene products
- 7) Small mirror

**DO NOT CARRY:** - Any Ornaments, shorts or jeans for trekking purpose. If want to carry any valuable items like camera, tabs, headphones etc. then carry at **YOUR OWN RISK.**

## HOW TO PACK A RUCK SACK



- 1) Light articles are placed in the bottom compartment - such as spare clothing.
- 2) Pack kitchen equipment, food, spare clothing, and personal objects into the main compartment.
- 3) Pack the equipment that is needed least frequently as far towards the bottom as possible
- 4) Heavy articles should be placed at the top and close to the back.

The first-aid kit and weather protection should be within easy reach in the top part of the rucksack.

5) Articles that are not used very often, such as money, keys and papers, are placed in the document pocket on the inside of the top compartment.

6) All of the items that are needed more frequently are packed in the top and exterior pockets: toilet paper, extra clothing, maps, compass, snacks etc.

Large, bulky items water bottle, rain cheater are affixed to the **outside** of the rucksack with compression/packing straps.

**IMP:** - The rucksack's point of balance should be as close to the body as possible at shoulder height. The rucksack shouldn't be heavier than  $\frac{1}{4}$  of one's own body weight.