

#TREKNOMADSRECOMMENDS

Skincare Tips for Long Treks

Practical Tips on taking care
of your skin on multiple-day
Himalayan treks



Cleansing

You may or may not be able to wash your face with a cleanser on the trail. However, cleansing is an important part of keeping your dirt free. Carry a light cleanser and clean your skin twice every day 0 morning and night. Don't wipe your face dry after using the cleanser, instead, let the water soak in.

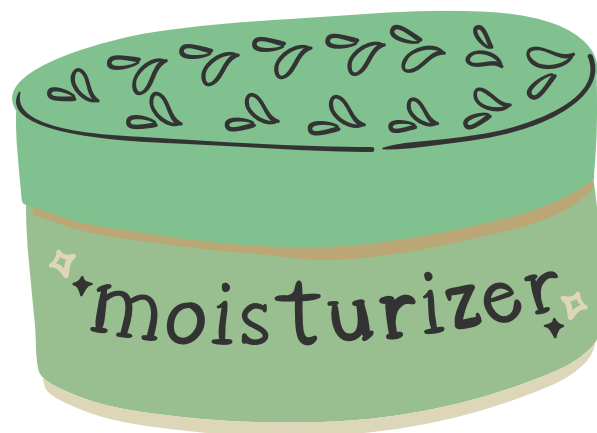
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Moisturize



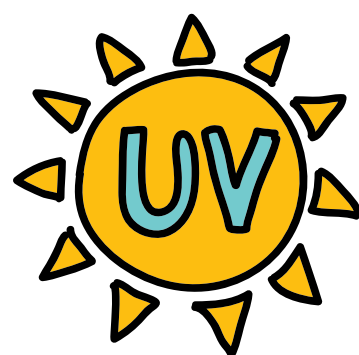
Hydrating your skin is especially important before you head outdoors. High altitudes can sap your skin of moisture, so you want to be sure that you're using an oil-free moisturizer. Apply this generously all over your face and neck. Remember, this will be your layer 1.



02

Sunscreen

The sunrays in the mountains are harsher on your skin than in the city, so wearing sunscreen on your trek is a **MUST!** Opt for a non-comedogenic sunscreen with an SPF of 50 or higher. Apply generously on your face, neck and all exposed parts of your body. Apply this 15 minutes before the start of your trek and reapply every 3 hours

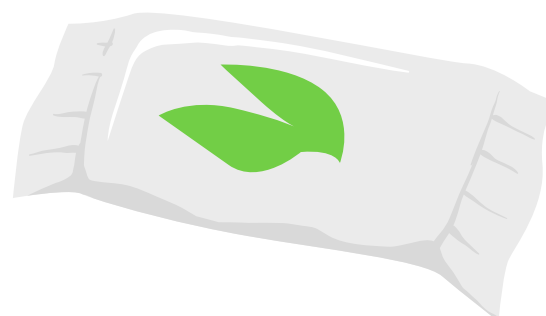


03

Face Wipes

Carry gentle facial wipes for a sweat-free face on those long days. Ensure that they are paraben-free, without alcohol, and unperfumed. You could also use a face towel to rid the sweat off your face/body by wetting it with some water.

Remember, if you're using a face wipe, dispose it in the waste bag and do not litter.



Lip Balm

Protecting your lips is as important as protecting your face. You may have experienced lip burn/ lip extreme dry lips on treks because of the weather conditions. The only way to prevent this is by applying generous amounts of lip balm on your lips every 3-4 hours.

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05



Sun hat

This is an extension to sunscreen. It gives additional sun protection and does a great job of keeping my head cool during direct sunlight hours. Look for ones that are easily packable, and provide an ultraviolet protection factor of at least fifty.

06



Hand Sanitizer

These items aren't skincare exactly, but proper hygiene will go a long way to keeping you – and your skin – as comfortable as possible when spending time outdoors. A small bottle of alcohol-based hand sanitizer will keep your hands clean and safe after bathroom breaks and before meals.

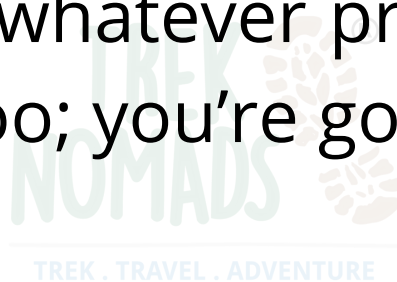
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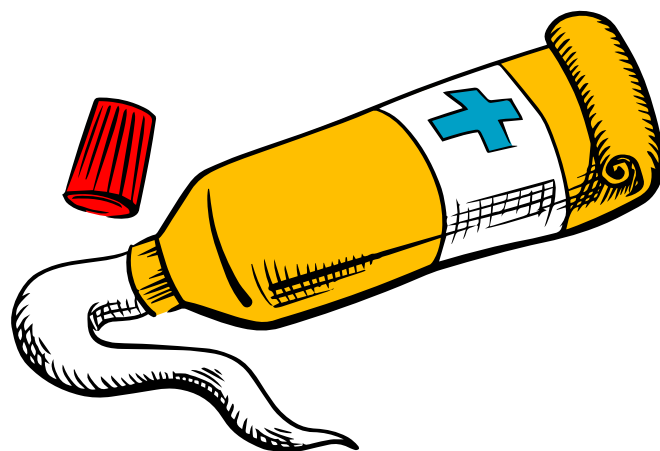


Chafing

Don't let chafing ruin your trek. Bring some non-petroleum-based anti-chafing ointment, or talcum powder for keeping your skin dry in chafe-prone areas. Make sure whatever product you choose is sweat-resistant, too; you're going to need it.



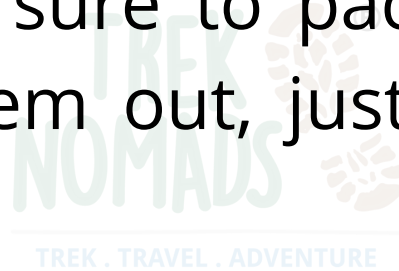
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Leave no Trace



Even if the soap and other daily products you bring with you are biodegradable, and made of organic ingredients, that doesn't mean you can just leave them behind. Be sure to pack up any wipes you use and carry them out, just like you would any other trash.



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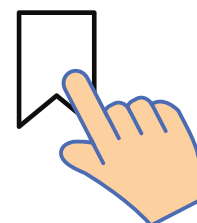
going →
ZERO
WASTE





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