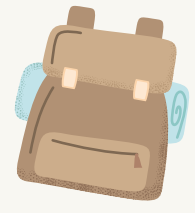


# PACKING 101 - THINGS TO CARRY FOR KASHMIR GREAT LAKES TREK



## BAGS

- Rucksack - 60-70 litres
- Backpack - 20-30 litres day bag
- Bag covers - for both



## FOOTWEAR

- Trekking shoes (Water Proof)
- Campside sandals
- Dri-fit socks - 3 to 4
- Woolen socks - 1



## CLOTHING

- Dri-Fit T-Shirts - 4-5 (for the trek)
- Fleece jacket - 1
- Down jacket/Padded jacket - 1
- Thermals - 1 pair for the night
- Sports bra for ladies - 2
- Underwear - 5
- Trekking pants - 2
- Pair of campsite clothes - 2



## TOILETRIES

- Face masks
- Toothbrush and Toothpaste
- Moisturizer
- Deodorant
- Facewash
- Sunscreen (SPF 50 and above) & Lip Balm
- Comb
- Menstrual Cup/Tampons/Sanitary Pads
- Sanitizer (that can last for 10 days)
- Laundry bag and garbage Bags



## ACCESSORIES

- Raincoat/ Rain poncho
- Sun cap with neck cover/Round hat
- Sun goggles
- Toilet Roll - 2
- Washcloth or wet wipes (2 packs)
- Tiffin Box with spoon & fork
- Head lamp/torch for campsite use
- Power bank - 2 fully charged
- Utility kit - Safety pins
- Camera and accessories



## FOOD

- Dry fruits or protein bars of your choice



## MEDICINES

- Personal medication
- Combiflam - 1 strip
- Paracetamol - 3 to 4
- Cetirizine - 3 to 4
- Digene/Laxative - 1 strip
- Knee brace or tie up bandage - 1



## DOCUMENTS

- Original & 2 Photocopy of Photo ID - Aadhaar/Passport/Drivers License
- Medical certificate
- Indemnity bond
- COVID -ve test report