



**HIMALAYA
SACRED**
TREKS & EXPEDITION

LANGTANG GOSAIKUNDA LAUREBINA LA PASS TREK GEAR CHECKLIST

Fleece Trouser

Gore-Tex Pant

HAND WEAR

Gloves

Liner Gloves (1 Pair)

Fleece Gloves (1 Pair)

Mountaineering Gloves
with Removable Liners
(Optional)

FOOT WEAR

Thin, Thick, & Woolen
Each Pair of Socks

Trekking Gore-Tex Boots

Extra Shoes or Sandals

ACCESSORIES

Sleeping Bag (-20°C)

Trekking Bag / Day Bag

Duffle Bag

Trekking / Hiking Poles

Water Bottle or Camel
Bag

Hygiene Kit (Toilet Paper,
Wipes)

Thermos / Water Bottle

Personal Medications

Personal First Aid Kit

Books / Playing Cards

Toothbrush & Toothpaste

Towel

Soap & Sanitizer

Camera (Optional)

Small Type Chain
Crampon (Optional)

TRAVEL GEAR

Passport, Documents &
Copies

International Electrical
Adapter

PP-Size Photo (4 Pieces)

Insurance Paper &
Contact Address

HEAD WEAR

Sun Glasses

Sun Hat or Scarf

Head Light

Sun Screen

Lip Guard

UPPER BODY

Quick-Dry Shirts (Half &
Full Sleeve)

Fleece Jacket

Down Jacket & Gore-Tex
Jacket

Water Poncho / Raincoat

LOWER BODY

Trekking Trousers /
Cotton Pants (Long/Short)

HIMALAYA SACRED TREK & EXPEDITION

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