



NAR PHU & TILICHO LAKE TREK GEAR CHECKLIST

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)

- Fleece Trouser
- Gore-Tex Pant

HAND WEAR

- 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
- Lightweight Shoes/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
- Camera (Optional)
- Small Type Chain Crampon (Optional)
- Solar Panel & Battery Pack (Optional)

TRAVEL GEAR

- Passport, Documents & Copies
- International Electrical Adapter
- PP-Size Photo (4 Pieces)
- Insurance Paper & Contact Address