HIMALAYA SACRED
TREKS & EXPEDITION

ROLWALING 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

☐ Gloves

FOOT WEAR

☐ Thin, Thick, & Woolen Each Pair of Socks

☐ Trekking Gore-Tex Boots

☐ Lightweight Shoes/Sandals

ACCESSORIES

☐ Sleeping Bag (-20°C) (Optional)

☐ 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

HIMALAYA SACRED

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