












General Kit List for High Altitude Treks / Expeditions

Sr.No	Things to Carry	Photo for reference	Qty.	Remarks
Clothing				
01	Thermals		01-02 Pair	To be used at high altitude at night.
02	Full sleeves Tshirt/ Shirt		2	We suggest wearing a full sleeves, dry fit T-shirt to avoid sunburn for town and Basecamp
03	Track Pants		2	Full pants are compulsory for such treks to protect yourself from harsh weather conditions.
04	Midlayer Top		01	A mid-weight, form-fitting, lightweight fleece layer for use over baselayers or as a baselayer in cold conditions.
05	Lightweight Insulated Jacket		01	You need a Warm jacket to protect yourself from cold at a Higher altitude
06	Down Jacket		01	Down jacket is a special mountaineering jacket used especially for harsh weather treks like Everest Base camp or Annapurna Base Camp, training courses and expeditions
07	Raincoat / Rain Jacket / Poncho		01	The weather in Himalayas is quite unpredictable so we always recommend carrying a rain jacket or poncho with you
08	Spare set of clothes		As per requirement	For campsite stay
09	Hard Shell and Soft Shell Jackets and pants		01 each	Stretchy, comfortable, non-insulated softshell pants and Jacket. Non-insulated, fully waterproof shell pants that must fit comfortably over your baselayer bottoms and softshell pants and jacket.

Sr No	Footwear			
11	Trekking Shoes		01 pair	<p>The trekking shoes should be durable, and designed for outdoor activities like mountaineering and hiking. The shoes should provide comfort and protection for long time from harsh weather. They are different from regular running shoes or partywear shoes, so make sure you are buying appropriate ones.</p> <p>Suggested brands : CTR, Quechua, Forclaz</p>
12	Light weight Floaters/ sandals		01 pair	For campsite stay
13	Regular Socks		3-4 pairs	Thin socks to be used while trekking. We suggest keeping extra pairs. Avoid cotton socks.
14	Woolen Socks		4-5 pairs	Woolen socks are specially used at night while resting or sleeping to prevent feet from being exposed to cold or to be used for harsh weather treks like EBC or ABC to layer on regular socks.
Trekking Gears				
15	Ruck sack		01	The ideal ruck sack for a 10 day trek is around 45-50 ltr (large enough to carry all your luggage). If you are going for any high altitude course or expedition, then carry 60 to 65 ltrs so that you can accommodate sleeping bag/mattress, other technical gears in the backpack.
16	Duffle Bag		01	An approximately 150-liter expedition-ready duffel bag used to transport all gear.
17	Sunglasses and Skii Goggles		01	For shorter duration and roughly upto 12000 ft altitude, we recommend buying sunglasses with dark shades and which fully cover eyes. For extended duration of treks, at a very high altitude such as EBC, ABC, KGL, Kilimanjaro, Aconcaguaetc., we recommend buying sunglasses with UV protection. Please keep spare sunglasses in case you are going for any high altitude course or expedition
18	Head Torch/ Hand Torch		01	We suggest buying head torch so that your hands will be free. Also have one extra set of batteries If you are going for any high altitude course or expedition, keep one extra torch

19	Woolen Cap		1-2	A woolen cap or scarf is compulsory to protect your head from heavy winds and cold weather
20	Sun cap / Hat		01	Sun cap/ hat can be used during the day time while Hiking / trekking
21	Balaclava		01	during windy/snowy conditions
22	Buff		2-3	During Trek. Good for protection against wind and UV rays.
23	Lightweight Linear Gloves		1	Woolen gloves are important to protect your hands from cold
24	Softshell Gloves and Insulated Shell Gloves		1 Each	During cold/windy/snowy conditions
Other Accessories				
25	Water Bottle		02	1 thermos and 1 toughened plastic bottle BPA free
26	Trekking Poles		01	Trekking poles are useful while ascending and descending both, we suggest to have it as an important personal equipment. It is particularly useful while descending as the weight on knees is bared by poles
27	Personal Medical Kit		01	As per the prescription
28	Personal Toiletry Kit		01	As per the necessity.
29	Dry Snacks			Food items: dry fruits, candies, chikkis, chhocolate bars, glucose powder To be used during the trek. Don't bring too much. It should be just enough to keep you going.

Other Personal Clothing to be carried by Participant as per Requirement

Links for reference :

[Decathlon : https://www.decathlon.in/](https://www.decathlon.in/)

[Gokyo : https://www.gokyo.in/](https://www.gokyo.in/)

[CTR : https://ctrshoeshop.com/product-category/trekking-shoes/](https://ctrshoeshop.com/product-category/trekking-shoes/)

[Peak \(for rucksacks\) : https://gipsytents.com/](https://gipsytents.com/)