



Chadar - Frozen River Trek

Extreme temperature variations, high altitude, snow glare & proximity to sun are certain factors which necessitate the need to for proper trekking equipment. In order to enjoy your experience in the mountains, we have recommended that you carry the following with you.

Apparels

1. Trekking Boots / Shoes (preferably up to ankle length & water resistant)
2. Gum Boots to walk on the Frozen River (can be procured from Leh).
3. Multiple pairs of cotton / woollen socks (at least 4 /5 pairs)
4. Track Pants for comfortable trekking, Denims to be avoided. (At least 2).
5. Thermal inners and Sweater/warm sweat shirt (2 each)
6. Full sleeves T-shirts (2 to 3 minimum)
7. Water proof Jacket/ wind sheeter.
8. Warm thermal jacket / Down jacket.
9. 01 Peak Cap + at least 1 Woollen Cap
10. 02 Pair of warm gloves. (Inner and Outer)

Accessories

1. Air bag / Duffel bag (No Suitcases)
2. Day Back Pack
3. Drinking Water Bottle 1 Litre
4. Torch + Batteries
5. Camera + Batteries
6. Knee / Ankle / Wrist Guards (if required)
7. Nail Cutter / Pocket / Pen Knife
8. Cold cream
9. Hand sanitizer
10. Chap-stick / Vaseline
11. Personal toiletries (Tooth Paste / Toilet Paper / Wet Wipes or Baby Wipes etc.)
12. Medical kit (With basic medicines for headache, upset stomach, sour throat, water purification tablets/drops, band aids, painkillers & Moov/ Iodex, Vicks Vaporub, D-Cold etc)
13. Any personal medication (Individual specific)
14. High energy snacks like Dry fruits, Bars of chocolate, Tang, glucose etc.
15. Good Quality Sun shades.
16. Sun block. (SPF40+)

If you are unable to procure any of the above mentioned items, then suitable arrangements will be made so that the same can be either bought or rented in Leh based upon actuals.