



Tarsar Marsar Lakes trek

Extreme temperature variations, high altitude, snow glare & proximity to sun are certain factors which necessitate the need to for proper mountaineering and 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. Multiple pairs of Cotton and woolen socks (at least 3-4 pairs of each)
3. Track Pants for comfortable trekking, Denims to be avoided. (At least 2/3)
4. Thermal inners and sweater/warm sweat shirt (1 each)
5. Cotton T-shirts (3 to 4 minimum)
6. Rain gear. Either a rain coat and trousers or a rain poncho.
7. Warm thermal fleece jacket.
8. 01 Peak Cap + at least 01 Woolen Cap
9. 01 pair of warm gloves with windproof outer layer.
10. 01 pair floaters

Accessories

1. Air bag / Duffel bag (No Suitcases). Preferably water proof / water resistant.
2. Day Back with rain proof cover. (25 to 35 ltrs)
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 , Vics Vaporub , D-Cold)
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+)