



# ADVENTURE PULSE

YOUR ADVENTURE MANAGEMENT CONSULTANT

## PACKING LIST

Here is a list of everything you'll need for your epic trekking adventure!

### APPAREL

#### Inner Layers -

- 1 pair of thermal uppers
- 1 pair of thermal leggings

Thermals are essential to trapping your body heat and staying warm at higher altitudes, so it's worth investing in a good set!

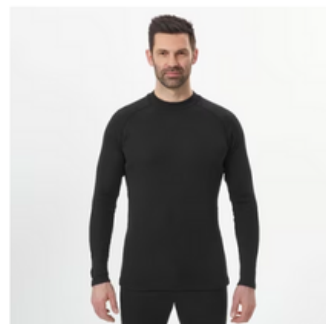


[Decathlon Men's](#)

[Decathlon Women's](#)

[Columbia Men's](#)

[Columbia Women's](#)



## T-shirts and Pants

- 6 to 8 t-shirts or long-sleeve shirt (cotton / dryfit)
- 2-3 pairs of trekking pants (no denim)

## Outer Layers -

- 1 Sweater/Sweatshirt



Any brand or material would work well.

- 1 Fleece Jacket



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- 1 Down Jacket



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- 1 Waterproof Layer  
(like raincoat or wind-cheater)



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## Footwear -

- 1 pair of trekking shoes.
- 1 pair of comfortable sandals/floaters/sneakers
- 6-8 pairs of cotton socks
- 2 pairs of thick/woollen socks (for night)



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## Warm Clothing -

- Gloves - liner and outer
- Sun hat
- Woollen cap
- Neck Buff



## Accessories -

- Duffel bag / Rucksack (60L+)
- Daypack / Backpack (20-30L capacity)
- Sleeping bag (can be bought or rented on the trek)
  
- 2x 1L Bottles (to carry drinking water)
- Lunchbox
  
- Torch + Batteries / Headlamp
- Knee/Ankle/Wrist Guards
- Trekking Poles
- Power Bank
  
- Personal Medical Kit
- Personal Toiletries Kit + Toilet paper roll.
  
- Sunblock
- Sunglasses
- Moisturiser
- Hand Sanitiser
- Trail Snacks