



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 -

- 2-3 pairs of thermal uppers
- 2-3 pairs 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!

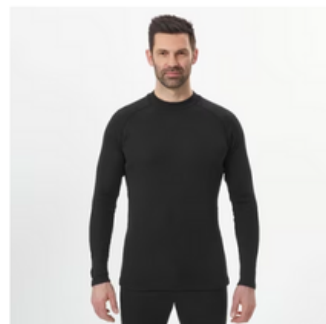


[Decathlon Men's](#)

[Decathlon Women's](#)

[Columbia Men's](#)

[Columbia Women's](#)



T-shirts and Pants

- 3 to 4 t-shirts or long-sleeve shirt (cotton / dryfit)
- 2 pairs of thick trekking pants (no denim)

Outer Layers -

- 2 Fleece Jacket



[Decathlon Men's](#)

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[Columbia Men's](#)

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- 1 Good Quality Down Jacket supporting upto -15 Degrees



[Decathlon Men's](#)

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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
- 2-3 pairs of cotton socks
- 3-4 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 / Suitcase
- Daypack / Backpack (20-30L capacity)
- 1L Thermas Bottle (to carry drinking water)

- Knee/Ankle/Wrist Guards (Optional)
- Trekking Poles
- Power Bank

- Personal Medical Kit
- Personal Toiletries Kit + Toilet paper roll.

- Sunblock
- Sunglasses
- Moisturiser
- Hand Sanitiser
- Trail Snacks

Climbing Gear

Will be provided by Adventure Pulse

- Climbing Shoes
- Crampons
- Harness