



ADVENTHRILL

S.No	Basics Gear	
1	<input type="checkbox"/> Back pack & rain cover	(50 - 60 ltr) with comfortable shoulder straps
2	<input type="checkbox"/> Head torch	1 Nos.
3	<input type="checkbox"/> Water bottle/Hydration pack	2 bottles of one liter each People who use hydration pack 1 hydration pack and 1 bottle of one liter water
4	<input type="checkbox"/> Personal Medical Kit	Consult your doctor
Keep these handy		
5	<input type="checkbox"/> Waterproof and warm gloves	1 Pair
Think about your head		
6	<input type="checkbox"/> Sun cap	1 Nos. (One that covers the neck as well)
7	<input type="checkbox"/> Woolen cap	1 Nos.
8	<input type="checkbox"/> Neck-gaiters	1 Nos.
9	<input type="checkbox"/> Sunglasses	Dark with side cover, it should be U/V protected. People who wear spectacles- (A)- Use contact lenses. (Not for Chadar trek) (B)- Photo chromatic glasses.
Be comfy at the trek		
10	<input type="checkbox"/> T-shirts	4 Full sleeves (Non-cotton)

11	<input type="checkbox"/>	Fleece T-shirts	1 Nos.
12	<input type="checkbox"/>	Fleece jacket	1 Nos. (Alternative: a woollen sweater)
13	<input type="checkbox"/>	Wind & waterproof (jacket & pant)	1 Pair.
14	<input type="checkbox"/>	Thermal inners (upper and lower)	1 Pair
15	<input type="checkbox"/>	Trek pants	2 Synthetic (avoid shorts, fitting denims, capris)
16	<input type="checkbox"/>	Poncho	1 Nos.

Mind your step

17	<input type="checkbox"/>	Trekking shoes	1 Pair (Waterproof, high ankle with good grip)
18	<input type="checkbox"/>	Floater/flop-flops	1 Pair (Optional)
19	<input type="checkbox"/>	Cotton socks	5 pairs
20	<input type="checkbox"/>	Woolen socks	3 pairs

Personal Utilities

21	<input type="checkbox"/>	Sunscreen cream	<input type="checkbox"/>	Hand sanitizer
22	<input type="checkbox"/>	Moisturizer	<input type="checkbox"/>	Antibacterial powder
23	<input type="checkbox"/>	Toilet Paper & wipes	<input type="checkbox"/>	Toothbrush and toothpaste
24	<input type="checkbox"/>	Lip balm	<input type="checkbox"/>	Quick dry towel

