



TREKKING GEAR LIST

Expert Guidance for Safe and Successful Expeditions



ACKNOWLEDGMENT

We truly believe that trekking can change people's lives for the better. For any sport to grow, the gear needed for it must be affordable and easy for everyone to get. This book brings together professional experience and guidance collected over many years, carefully updated and reviewed each year. It also proudly stands as our very first publication.

We have included a detailed gear list for you to look over, based on equipment that has been successfully used on many past Trekking and Expeditions. You do not need to have every item exactly as shown—think of this list as a helpful guide rather than a strict rule. By following the advice and recommendations in this guidebook, you can plan your trip in a safe, comfortable, and smooth way, ensuring a more enjoyable trekking experience.

We have designed this book to be easy to read and follow, with clear pictures and illustrations to guide you step by step. Our goal is to make sure you understand everything without confusion or doubt. If at any point you have questions, face difficulties, or need further clarification, you are always welcome to write to us via email. We are happy to help and support you on your journey.

HEAD WEAR



SUN CAP

Any cap or hat that protects your head and face while on the mountain is suitable. It can be of any style or design, as long as it provides sun, wind, and cold protection.



FLEECE HAT/ WARM HAT

It should cover your head and ears while allowing air to pass through for breathability, keeping you warm and comfortable



NECK GAITER

It should cover your ears and neck for protection. Many are now available with UV resistance, helping to shield the most exposed skin from sun and wind.





UPPER BODY



THERMAL TOP BASE LAYER

A base layer is the clothing worn closest to your skin, acting like a “second skin” to help regulate body temperature. Base layers and thermal underwear provide warmth while wicking away sweat, keeping you comfortable on the move. We recommend lightweight and comfortable options to wear beneath other layers.



FLEECE JACKET

In extremely cold temperatures, fleece jackets can be used as an insulating underlayer. Wear it beneath a heavier coat for optimal warmth.



GORE TEX JACKET

Gore-Tex or softshell jackets are essential for mountaineers, providing protection from rain, snow, and wind. They should be waterproof, breathable, and windproof to keep you comfortable in harsh mountain conditions.



DOWN JACKET

This down jacket, also called an expedition jacket for altitudes below 6,000 m, is designed for extreme cold. It should be filled with high-quality down (+800 fill power) and include a hood. Down insulation is preferred over synthetic for maximum warmth.



COTTON T-SHIRT

Short-sleeve base layers made of full synthetic materials wick moisture and dry quickly; you can also carry an extra cotton T-shirt. Long-sleeve base layers are close-fitting for comfort beneath other layers.



LOWER BODY



THERMAL BOTTOM BASE LAYER

A thermal layer provides warmth while wicking away sweat to keep you comfortable on the move. We recommend a lightweight and comfortable option to wear beneath other layers.



FLEECE TROUSER

Fleece is made from polyester, often using recycled plastics, which are turned into fine fibers and woven into cloth. Unlike down or cotton, fleece is naturally water-repellent and will keep you warm even when wet, making it ideal for outdoor activities.



GORE TEX PANT

Gore-Tex or softshell pants are essential for mountaineers, providing protection from rain, snow, and wind. They should be waterproof, breathable, and windproof to keep you comfortable in harsh mountain conditions.



MID WEIGHT PANTS

Hardshell pants are designed to protect you from rain, snow, and wind. They are used as an outer layer over other clothing and are made from durable, weather-resistant materials.



LIGHT WEIGHT QUICK DRY TREKKING PANTS

These lightweight pants are worn over your thermal layer for climbing and trekking. They are comfortable, flexible, breathable, and allow easy movement on the trail or during climbs.



GAITERS FOR TREKKING BOOTS

Gaiters are made of tubular fabric worn over boots to prevent snow, dirt, and debris from entering. For high mountains, taller gaiters are recommended, while shorter gaiters are suitable for well-known trekking routes and alpine terrain.



UNDER WEAR

Choose moisture-wicking, quick-dry underwear made from synthetic materials like polyester or merino wool. Avoid cotton, as it retains moisture. These materials keep you dry and comfortable by wicking sweat away from your skin and drying quickly.



HANDS WEAR



THIN FLEECE GLOVES

Liner gloves are lightweight gloves that provide an extra layer of hand protection in the mountains. We recommend choosing a pair that fits snugly for maximum comfort and warmth.



WIND STOPPER/SCREEN TAP GLOVES

These gloves are specially designed to protect your hands from wind and snow. We recommend gloves with touch-screen sensitivity so you can use your mobile devices at high altitudes without removing them.



FOOT WEAR



NORMAL SOCKSPANTS

These socks are specially designed for high mountains, providing warmth and comfort. They should be made of synthetic fibers (no cotton). The extra length helps keep your feet warm and improves blood circulation during long expeditions.



TREKKING SHOES

These shoes are a lighter alternative to full trekking boots, designed specifically for short trails and easier routes on the mountain.



HIKING/SPORTS SHOES

These are non-technical boots used for walking and stay in the camp, it should be warm, waterproof.



SLIPPER

For comfortable and safe movement around the camp, choose shoes with good traction.



EQUIPMENT



WALKING STICK/TREKKING POLE

Trekking poles, also called hiking or walking sticks, are useful accessories that help maintain your walking rhythm and provide stability on rough or uneven terrain



POCKET/SWISS KNIFE

For climbing and mountaineering, knives should be small, lightweight, and simple. On longer expeditions, a compact multi-tool can be helpful for repairing gear, while on shorter trips, a basic blade-only knife is usually sufficient.



SLEEPING MATERIAL



DOWN SLEEPING BAG

This sleeping bag is specially designed for high-altitude climbs up to 8,000 meters. Down insulation is preferred over synthetic because it provides better warmth while being lighter and less bulky.

Extreme Comfort -400C



THERMAREST MATTRESS (CELL FOAM)

A sleeping pad is a closed-cell foam mat designed for outdoor use. It provides extra insulation and comfort when sleeping on snow, glaciers, or frozen ground.



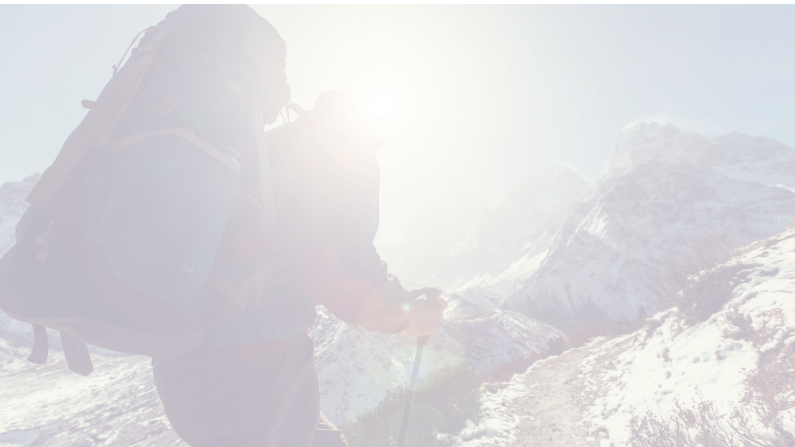
INFLATABLE PILLOW

Inflatable pillows save space in your pack, but they have some downsides. They can feel too hot, may not stay in place, and it can be hard to get a “real” pillow feel when over-inflated. They are better than nothing, but not ideal for everyone.



SLEEPING BAG LINER

Sleeping bag liners are placed inside your sleeping bag to provide extra warmth and keep your bag clean by preventing dirt from reaching it.



BAG PACK



RUCKSACKS

A rucksack is a lightweight, single-day-use backpack ideal for summit climbs. It should have enough space to hold essentials like a pouch for crampons and oxygen. This bag is perfect for carrying only what you need to the summit.

Net Volume: 35L-50L



WATER PROOF STUFF SACKS

This pouch protects your belongings from snow, rain, and water damage. You can safely store your passport, travel documents, and other important items inside your backpack. Medium and large sizes are also useful for keeping your laundry organized.



SUN STUFF & OTHER ESSENTIALS



SUN CREAM

Use a high-SPF sun cream to protect your skin from harmful UV rays, sunburn, and damage during trekking at high altitudes.

Ref: Banana Boat/Nivea Sun Cream -50 SPF



MOISTURISER/LOTION

Carry a hydrating lotion with sun protection to keep your skin soft and prevent dryness or sunburn during the trek.

LIP GUARD

Use a zinc-based, SPF lip balm to prevent dryness, cracking, and sun or snowburn during high-altitude treks.

*Ref:
-30 to -50 SPF*

EATING AND DRINKING

Some essential items to carry on your trek include a water bottle (1 litre), a thermos mug (1–1.5 litres), a spoon and fork, and a bowl. These basic items will help you stay hydrated and enjoy your meals comfortably during the journey.



TOILETRIES

The hygiene items needed in daily use such as toilet paper, wet tissue, toothpaste, such as Nail Cutter, Umbrella/Rain Coat, Hot toothbrush, soap, shampoo, towel, garbage Water Bag, Pee Bottle, Tenacious Tape Repair bag etc. Kits, Camera, Power Bank etc.

MISCELLANEOUS

MEDICAL/FIRST AID

During your trek, it is useful to carry medicines that may come in handy for various situations.

For pain and fever, you can bring Brufen or Ibuprofen, Paracetamol, and Codopar, which helps with headaches and chest pain. To prevent or treat infections, Azithromycin 500 mg can be taken for chronic tonsillitis, fever, or nose and throat infections (for a 5-day course), and Flupen 250 mg helps prevent wound infections. For altitude-related issues and breathing difficulties, Diamox can help with altitude sickness, and Salbutamol 4 mg can be used if you feel breathless. To manage allergies or cold symptoms, carry Cetirizine, Allegra 120/180 mg, and Ondem for nausea. For wound care, bring handy plasters, crepe or crack bandages, and tincture of iodine. It is also important to carry electrolytes to stay hydrated, and Minil 10 mg can be useful for palpitations or anxiety. Always consult your doctor before taking any medicine and make sure to carry enough for the entire trek.

