

High Altitude Trekking Program

Personal luggage to be carried in a back pack

Sr. No.	Description	Quantity	Tick when packed
1	Ruck sack with rain cover(50to 60 ltrs capacity)	1	
2	Additional bag for dumping extra luggage	1	
3	Comfortable clothing	2+1 sets	
4	Under garments, Towel, Hand towel		
5	Thick pullover/Fleece jacket	1 each	
6	Monkey cap/Balaclava & Buff	1 each	
7	Woolen hand gloves, Water proof gloves	2+1	
8	Woolen socks/stockings	1 each	
9	Socks	3	
10	Snow/Sun glasses (Dark with side cover & UV protection)	1with cover	
11	Cap (Provided by Mountain Quest)	1	
12	Trekking shoes	1	
13	Rain suit / Poncho	1	
14	Live torch with cell, Head torch	1	
15	Water bottle1 liter/ Hydration bag	1	
16	Sunscreen cream(SPF25)&Cold cream	1each	
17	Toiletries (soap, tooth paste, tooth brush, toilet paper roll, etc.)	1 set	
18	Personal medicines(Prescribed by your doctor, if any)		
19	Butter paper, Hand sanitizer		
20	Waist line (Provided by Mountain Quest)	1	
21	Slippers / Floaters (During travelling)	1	
22	Binocular / Camera if you have (Carry at your own risk)		
23	Diary, Pen, Identity proof (Passport / Driving license/Aadhar card)		
24	Walking sticks	Optional	

Bring along a Big Smile & Positive Attitude

Note:

Valuables like mobile, camera, etc. should be carried at your own risk.

Everything should be properly packed.

Slippers / Floaters are strictly not allowed while walking on the Trek route.

Participants are advised to carry only one piece of luggage. You have to carry your luggage at your own up to the camp site. Participants are also advised to avoid half or ¾ pants, half sleeve or sleeveless T-shirts.

Participant will strictly not be allowed to make/receive phone calls/ texting/ listen to music while walking on the trail as it can pose danger to themselves and to other participants.