

Trekking Gear Checklist

Equipment required for TREKKING		
Equipments	Quantity	Remarks
Waterproof hiking shoes	1 pair	
Changing shoes / sandal	1 pair	
Socks	4 pairs	
Trekking trousers	2 piece	
Thermal set	1 pair	
T-shirts	3 piece	
Inner wear set	4 pair	
Sweater	1 piece	
Warm Fleece jacket	1 piece	
Baseball hat	1 piece	
Warm hat	1 piece	
Waterproof / windproof Jacket (or good quality down jacket)	1 pair	
Good gloves for Trek	2 pair	
Sleeping bag	1 piece	\$2 per day on rent
Personal Back pack (35-40liter)	1 piece	
Duffle bag	1	Peak Promotion will provide you
Down Jacket	1	\$2 per day on rent
Sun glass	1 piece	
Sun block cream	1 tube	
Head lamp / torch	1 piece	
Water bottle - 1 liter bottle	1 piece	
Trekking poles	1 pair	
Tooth brush & tooth paste		
Extra batteries for head lamp / torch and camera		
Extra memory cards (if digital camera)		
Battery charger (if digital camera)		
Towel	1 piece	
Rain Poncho	1	