



CHUCHURA PADATIK

HIGH ALTITUDE TREK SOLUTION

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TRIP ESSENTIALS



CLOTHING

- **Layers:** Pack lightweight, fast-drying layers like T-shirts and long-sleeve shirts, a fleece or sweater, and a warm jacket.
- **Outerwear:** A waterproof and windproof rain jacket is essential for unexpected showers.
- **Pants/Shorts:** Include a couple of pairs of comfortable, lightweight long pants and a pair of shorts if desired.

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- **Footwear:** Bring sturdy, broken-in walking shoes or hiking boots, as well as sandals or flip-flops for downtime
- **Accessories:** A hat or cap, sunglasses, and a scarf or shawl are useful for sun protection and layering. Woolen socks are a good choice for keeping your feet warm and dry.

GEAR AND ACCESSORIES

- **Daypack:** A small daypack is useful for carrying essentials while on the road
- **Power:** A power bank is crucial for charging electronics on the go.
- **Hydration:** A reusable water bottle, ideally with a filter, is highly recommended as bottled water can be scarce.
- **Navigation:** A travel umbrella or a raincoat with a hood can provide rain protection. A headlamp or flashlight can also be useful
- **Other:** Consider a travel towel and a reusable shopping bag for souvenirs.

HEALTH AND HYGIENE

- **Toiletries:** Pack your usual toiletries, plus high-SPF sunscreen, lip balm with SPF, and insect repellent.
- **First Aid:** A basic first-aid kit with plasters, antiseptic wipes, pain relievers and any personal prescriptions is a must.
- **Hand Sanitizer:** Keep hand sanitizer handy for hygiene on the road.

DOCUMENTS AND MONEY

- **Identification:** Bring your passport and copies of important documents, such as your travel insurance information.
- **Money:** Carry local currency (Nepalese Rupees) and credit/debit cards
- **Contacts:** Have a list of emergency contacts readily available.

Any further queries you can call us

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