



# Himalayan Trekking Gear CHECKLIST

*Think before you pack*



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# GO WILD EXPEDITION

This is your condensed, all-in-one Himalayan trekking checklist. It is designed for both teahouse and camping treks, across regions like Nepal, Sikkim, Ladakh, and Himachal. Use this list to double-check essentials before you pack your bag.

## Prepared By :

**Office :** Yuksom West Sikkim

**Contact :** + 91 9609834977

**Email :** [info@gowildexpedition.com](mailto:info@gowildexpedition.com)



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## Clothing System

- Moisture-wicking t-shirts (2 to 3)
- Thermal base layer (top and bottom)
- Fleece jacket (1)
- Insulated down or synthetic jacket (1)
- Waterproof and windproof shell jacket (1)
- Waterproof shell pants (1)
- Trekking pants (2)
- Convertible shorts or lightweight bottom (optional)





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## **Footwear and Socks**

- Waterproof trekking boots (well broken-in)
- Lightweight camp shoes or sandals (1 pair)
- Trekking socks (3 to 4 pairs, wool or synthetic)
- Warm woollen socks (1 to 2 pairs for night use)





## Gear and Equipment

- 40 to 60 liter backpack (with rain cover)
- 20 to 30 liter daypack (if using porter)
- Sleeping bag (temperature rating based on season)
- Sleeping bag liner (silk or fleece)
- Trekking poles (1 pair, adjustable)
- Headlamp with extra batteries
- Water bottles or hydration bladder (2 liters total capacity)
- Water purification method (filter, tablets, or UV pen)
- Sunglasses with 100 percent UV protection
- Power bank (minimum 10,000 mAh)
- All essential documents: passport, permits, insurance (in waterproof pouch)



## Head, Neck, and Hand Protection

- Sun hat or wide-brimmed cap
- Wool or fleece beanie
- Buff or neck gaiter
- Lightweight liner gloves
- Waterproof insulated gloves

## Toiletries and Hygiene

- Toothbrush and toothpaste (travel size)
- Biodegradable soap or body wash
- Quick-dry microfiber towel
- Sunscreen (SPF 30 or higher)
- Lip balm with SPF
- Wet wipes (unscented)
- Hand sanitizer
- Nail clipper and tweezers





## First-Aid and Health Kit

- Antiseptic wipes
- Bandages and gauze pads
- Blister plasters or moleskin
- Medical tape and scissors
- Pain relief tablets (e.g. ibuprofen)
- Anti-diarrheal medicine
- Antihistamines
- Oral rehydration salts
- Broad-spectrum antibiotics (doctor prescribed)
- Acetazolamide (Diamox) for AMS prevention
- Dexamethasone and Nifedipine (for emergency altitude care, if needed)
- Personal prescription medicines





## **Women-Specific Essentials**

- Quick-dry underwear and sports bras
- Menstrual hygiene products (pads, tampons, menstrual cup)
- Ziplock bags for used product disposal
- Female urination device (optional)





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## **Seasonal Add-Ons**

### **Winter (December to February):**

- Sleeping bag rated to minus 20°C
- Insulated pants or fleece base layer
- Thermos flask for hot drinks
- Microspikes or crampons
- Gaiters for snow protection
- Full face balaclava

### **Monsoon (June to August):**

- Full-body poncho or extended rain shell
- Waterproof dry bags for internal gear
- Leech socks and insect repellent
- Extra socks and quick-dry shirts
- Antifungal foot powder





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**Spring and Autumn (March to May,**

**September to November):**

- Sleeping bag rated to minus 10°C
- Standard three-layer clothing system
- Lightweight down jacket
- Buff and beanie for high-altitude passes

**Note:**

Print this checklist and use a pen to check off items as you pack. For digital users, consider saving it as a note or exporting to a simple spreadsheet or checklist app.





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## Packing Test Questions

**For every item, ask:**

1. Will I use this daily?
2. Is this essential for safety/hygiene/survival?
3. Can I rent/borrow this at base town?

**If answer is NO to all three → LEAVE IT**

## SUSTAINABLE TREKKING PRACTICES

- Choose recycled/biodegradable materials
- Avoid single-use plastics
- Pack out ALL trash
- Use biodegradable soap
- Carry reusable bags





Brought to you by Go Wild Expedition, a locally rooted trekking company based in Sikkim, this compact guide is designed to help you pack smart for Himalayan adventures across Nepal, India, and Bhutan. Inside, you will find a complete all-season gear checklist, expert layering advice, region-specific recommendations, and essential health and hygiene tips tailored for high-altitude conditions. Whether you are planning a teahouse trek or a remote camping route, this checklist offers a clear, practical approach to prepare with confidence.

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