

PACKING CHECKLIST

Tick each item as you pack. Your main luggage travels in a duffel carried for you — keep your daypack light.

FOR YOUR HEAD & FACE

- ☐ Warm woollen cap
- ☐ Balaclava
- ☐ Bandana or buff

FOOTSTEPS OF AN EXPLORER

- ☐ Ankle-high trekking boots
- ☐ Camp shoes / sneakers
- ☐ Waterproof gaiters
- ☐ 3× lightweight socks
- ☐ 3× heavyweight woollen socks

HANDS THAT CONQUER

- ☐ 2× liner gloves
- ☐ Waterproof insulated gloves

CLOTHING — THE ARMOUR

- ☐ Thermal base layer set
- ☐ Quick-dry trekking pants
- ☐ Gore-Tex jacket & trousers
- ☐ Waterproof jacket / poncho
- ☐ Fleece jacket
- ☐ 3–4× full-sleeve T-shirts
- ☐ Down / insulated jacket

BACKPACKS & TREKKING GEAR

- ☐ 20L daypack
- ☐ Duffel bag (provided by us)
- ☐ Trekking poles
- ☐ Filter water bottle
- ☐ Thermos flask
- ☐ Sleeping bag (high-altitude)

PERSONAL CARE

- ☐ Hygiene kit (toothbrush, sanitiser)
- ☐ Medicine kit + altitude tablets
- ☐ Sunscreen SPF 50+
- ☐ Towels, tissues, wet wipes

ILLUMINATION & VISION

- ☐ Headlamp + extra batteries
- ☐ Cat. 4 polarised sunglasses (100% UV)
- ☐ Backup sunglasses

SOUL NOURISHMENTS

- ☐ Camera
- ☐ Music player
- ☐ Books / playing cards
- ☐ Passport

PREPARATION GUIDE

This is a **beginner-friendly trek** — no special training or prior experience needed. Being fit, healthy and willing to make an effort is what matters most.

Train for 2–3 months: walk uphill or take stairs with a backpack to build endurance, and be comfortable on your feet with a pack. **Jogging** is a great way to boost cardiovascular stamina. We'll create a WhatsApp group to support your preparation.

For additional advice and coordination, join our **WhatsApp group** — we support you throughout your preparation. Contact us at info@nomadsofaltitude.com