

UNIVERSAL TREKKING CHECKLIST

All Conditions – Complete Gear & Preparation Guide

How to Use This Checklist:

✓ **Always Carry**

Essential for all treks

❄ **Winter Only**

Cold & snow conditions

☁ **Monsoon Only**

Rainy season treks

(T) **Technical Treks Only**

High-altitude, snow, or technical routes

(O) **Optional**

Comfort or non-essential items



Head & Face

- ✓ **Sun Cap / Hat** – Protects from sun & heat
- ✓ **Buff / Bandana** – Dust, cold, sweat & wind protection
- ✓ **Sunglasses (UV protected)** – Snow glare & harsh sun
- ✓ **Sunscreen SPF 50+** – Mandatory even in winter
- ✓ **Lip Balm (SPF)** – Prevents cracked lips
- ❄ **Woolen Cap / Beanie** – Heat retention in cold
- ☁ **Waterproof Hat / Cap** – Keeps rain off face



Upper Body (Layering System)

Layering is mandatory for all treks

- ✓ **Base Layer / Quick-dry T-shirt** – Sweat management
- ✓ **Full-sleeve Trek Shirt** – Sun & abrasion protection
- ✓ **Fleece Jacket / Mid Layer** – Core warmth
- ✓ **Windcheater / Outer Shell** – Wind protection
- ❄️ **Down / Heavy Insulated Jacket** – Sub-zero temperatures
- ❄️ **Upper Thermal Inner** – Cold insulation
- ☁️ **Waterproof Rain Jacket / Poncho** – Monsoon essential



Hands

- ✓ **Light Trekking Gloves** – Grip & mild cold protection
- ❄️ **Thermal Gloves / Mittens** – Prevent frostbite
- ☁️ **Waterproof Gloves (optional)** – Keeps hands dry

Lower Body

- ✓ **Trekking Pants (Quick-dry)** – Comfort & mobility
- ✓ **Extra Trek Pants** – Backup
- ✓ **Underwear / Sleeveless Inners** – Hygiene & comfort
- ❄️ **Lower Thermal Inner** – Cold insulation
- ☁️ **Rain Pants** – Prevent soaked legs

Feet (Critical Section)

- ✓ **Trekking Shoes (High-ankle preferred)** – Stability & grip
- ✓ **Trekking Socks (2–3 pairs)** – Blister prevention
- ✓ **Thick Socks** – Cold protection
- ✓ **Gaiters** – Keeps mud, snow & stones out
- ✓ **Slippers / Crocs** – Campsite use
- ❄️ **Woolen / Thermal Socks** – Extreme cold
- ❄️ **Snow Spikes / Micro-crampons (T)** – Icy terrain safety
- ❄️ **Booties for Night** – Warmth inside tents



Backpack & Bags

- ✓ **Main Backpack (40–60L)** – With rain cover
- ✓ **Day Pack / Small Backpack** – Short hikes / summit day
- ✓ **Backpack Rain Cover** – Mandatory for rain
- ☁️ **Plastic Liners / Ziplocks** – Keep gear dry



Sleep & Camp

- ✓ **Sleeping Bag (Trek-rated)** – Essential
- ✓ **Sleeping Mat (Optional)** – Ground insulation
- ❄️ **Extra Thermal Liner** – Extreme cold insulation



Technical & Safety Gear

(Only for technical / snow / high-altitude treks)

- ✓ **Trekking Poles** – Knee & balance support
- (T) **Climbing Shoes** – Technical sections
- (T) **Carabiner** – Safety & gear attachment



Food & Hydration

- ✓ Water Bottles (2–3L total)
- ✱ Thermos / Insulated Bottle – Hot water retention
- ✓ Electrolytes / ORS – Prevent dehydration
- ✓ Energy Bars / Dry Fruits / Chocolates
- ✓ Spoon / Cutlery / Mug



Tools & Electronics

- ✓ Headlamp / Torch (Extra batteries)
- ✓ Power Bank
- ✓ Mobile Charger
- (O) Solar Charger / Solar Light
- (O) Camera / GoPro + Accessories



Toiletries & Personal Care

- ✓ Quick-dry Towel (Small)
- ✓ Toilet Roll / Tissues
- ✓ Dental Care Kit
- ✓ Moisturizer / Vaseline / Ointment
- (0) Shaving Kit



Documents & Miscellaneous

- ✓ ID Proof (Passport / Voter ID / PAN / License)
- ✓ Permit Copies (Physical + Digital)
- ✓ Pen & Paper
- ✓ Small Locks (2)
- ✓ Spectacles / Extra Glasses
- ✓ Paper Cups / Glasses
- ✓ Cash (Limited ATM access)



Health & First Aid

Important Instructions for Trekkers

Carry all medicines in a **separate, easily accessible pouch**.

Do NOT self-medicate. Take medicines **only after consulting your trek leader or a medical professional.**

Inform your trek leader immediately if you feel unwell.

✓ Essential First Aid Items

- ✓ **Personal Medicines** – As prescribed by your doctor
- ✓ **Basic First Aid Kit** – Bandages, antiseptic, cotton
- ✓ **Blister Care (Tape)** – Prevents & treats foot blisters
- ✓ **Insect & Mosquito Repellent** – Essential in forests
- ✓ **Hand Sanitizer-Wet Wipes** – Hygiene when water unavailable



Medicines To Carry (As advised)

⚠️ Carry medicines in an accessible pouch. Avoid self-medication. Report headache, nausea, dizziness, or loss of appetite to your trek leader immediately.



✓ Diamox (1 strip):

Take half a tablet (125 mg) every 12 hours, starting from Delhi or before the ascent. Continue the course until you descend from Yamunotri. A preventive course of Diamox helps significantly reduce the risk of Acute Mountain Sickness (AMS) during high-altitude treks.



✓ Dolo 650 (5 tablets):

A paracetamol used to manage fever, headache, and mild body pain.



✓ Avomine (4 tablets):

Recommended if you are prone to motion sickness. Take one tablet about 30 minutes before starting your road journey.



✓ Combiflam (5 tablets):

Can be taken in case of sudden muscle strain, sprain, or leg twist. It is a pain reliever and also contains paracetamol.



✓ Digene (4 tablets):

Use if you experience indigestion or acidity. Inform your trek leader immediately, as digestive discomfort at altitude can sometimes indicate AMS.



✓ Home Remedies (Optional – Supportive Use Only)

These traditional remedies may provide mild, temporary relief during treks. They are **not a substitute for medical treatment**.

Carry Tip:

Keep **camphor (kapoor)** and **small elaichi** together in a small, separate pouch inside your backpack so they are easily accessible during the trek.