

Packing list for the trek in Bhutan

TECHNICAL CLOTHING

- Down parka
- Warm fleece jacket
- Comfortable trekking boot
- Lightweight shoes
- Rain gears
- 4 pair trekking socks
- 2 long sleeve capilene shirts
- 2 capilene bottoms (mid & heavy weight)
- 2 trekking shirts (non-cotton is best!)
- Trekking pants (zip off shorts are nice)
- 1 pair shorts
- 1 bandana
- Warm gloves
- Flip flop (or similar shoes)
- Warm hat
- Sun hat
- 2 pair sunglasses

EQUIPMENT

- Small daypack
- Waterproof duffel for gear
- Warm sleeping bag (-20 degree celcius)
- Trekking poles
- Mud guard
- Headlamp and a normal torch
- Camera and extra batteries
- Earplugs
- 2-liter water bottles
- Small towel
- Various size plastic bags to keep gear dry and separate

OTHERS

- Anti bacterial hand gel for disinfecting hands
- Medical kit that includes motion sickness tablets, diamox, etc.
- Lightweight toilet articles (shampoo, soap-travel size)
- Sunscreen, lip screen and insect repellent
- Water purification tablets (iodine or chlorine)
- High calorie snacks and energy bar
- Some books to read at camps