

**PERSONAL EQUIPMENT CHECK LIST****BAGS**

- Duffel style kit bag 90 L Maximum
- Rucksack 50 L Maximum

**SLEEPING EQUIPMENT**

- Sleeping bag (5 Season/-18 Degree C)
- Sleeping mat / Thermarest
- Hat comfortable for sleeping
- Socks / Socks for sleeping

**TREK CLOTHING**

- Strong, comfortable hiking boots
- Waterproof Gaiters
- Running shoes / sandals for camp
- Socks
- Trekking trousers
- Thermal long johns
- Fleece / warm trousers
- Waterproof over trousers
- Underwear
- Long sleeve shirt
- Long sleeve thermal base layer shirt
- Mid weight thermal long sleeve top
- Fleece jacket
- Down jacket
- Waterproof mountaineering jacket
- Warm and windproof gloves
- Lightweight thermal gloves
- Sun hat
- Warm fleece hat
- Balaclava

**ADDITIONAL EQUIPMENT**

- Walking Poles or Walking style Ice Axe
- Walking Crampons
- Sunglasses (2 Pairs in case of loss)
- Water bottles (2 x 1 litre)
- Head torch
- Wash bag & travel towel
- Personal first aid kit
- Sun screen
- Insect Repellent
- Thermarest repair kit

**MOUNTAINEERING EQUIPMENT****(Rolwaling Valley expedition only)**

- Plastic Mountaineering Boots
- Crampons adjusted to boots
- Ice axe (Walking Style)
- Mountaineering harness
- Climbing helmet
- Glacier glasses
- Down mitts

**OPTIONAL EXTRAS**

- Camera
- Binoculars
- Reading material
- Diary / Journal

Please check our [Frequently Asked Questions](#) for further details.

Contact Wilderness Trekking if you have any questions concerning your equipment or clothing.