

Chadar Trek Essential kit list

1. Back pack (60 ltr -70ltr) - with comfortable shoulder straps, frame, and back pack cover (line the bag with polythene)
2. Any trekking / sports shoes + Gum Boots (Easily available in Leh at low price)
3. 2 wind and waterproof Track Pants (do not bring shorts, tight jeans, Capris)
4. T-shirts - 2 full sleeve
5. 1 Fleece T-shirt & 1 Fleece jacket; a woolen sweater would be an alternative.
6. 1 Wind proof jacket.
7. 1 Heavy/ Down/Feather jacket.
8. Thermal Inners 2 Pair
9. 4 pairs cotton shocks and 3pairs woolen socks.
10. 2 pair water proof hand gloves and 2 Pair woolen Gloves.
11. 1 Liter water bottle.
12. Woolen cap/ Balaclava. (Mandatory)
13. Sun Cap.
14. Sun glasses – Dark with side cover, it should be U/V protected. (Mandatory)
People who were spectacles- Avoid contact lenses, use photo chromatic glasses
15. Head Torch with extra batteries.
16. Sun protection cream & Lip Balm / cold cream.
17. Toilet kit/ toilet Paper.
18. Quick dry Towel- It should be light / thin.
19. Personal Medical Kit
20. Walking Stick – Mandatory (At least one)