

Seek the Sacred Himalayan Journey Packing List

Clothing

- Casual cargo pants in quick dry fabric X2
- Light weight Fleece jacket
- Warm jacket
- Rain coat/poncho
- Full sleeves t-shirt x2
- Short sleeves t-shirt /top x2
- Sun hat
- Woolen hat, gloves and scarf
- Bandana / light Scarf
- Shorts and t-shirt to swim
- 2- 3 casual outfit (full length pants / skirts / dress)
- Marino wool base layer

Footwear

- 1 Pair of lightweight hiking boots/shoes: should be well broken in and comfortable
- 1 Pair of comfortable sandals/flip flop
- 3-4 pairs of socks

Gear

- Day Pack
- Ruck sack
- Rain cover for the ruck sack and day pack
- Head Torch
- Quick dry towel
- Sunglasses

- Sun block
- Water bottle
- Face wipes
- Personal first aid
- Mosquito spray
- Personal toiletries (small amount)
- Power bank
- Camera
- Journal
- Walking stick
- Sleeping bag

***Optional:**

- Little gifts for school children and hosts (sweets, pen, pencils, etc.)
- Tipping is really appreciated in India.
- Binoculars (wild life watching)