

## **Packing list: What do you take on a multi-day trek in the Himalayas?**

### **Clothing**

- Two quick-drying T-shirts
- T-shirt for sleeping
- A T-shirt with long sleeves
- A fleece sweater
- 6 underpants + 2 sports bras
- A rainproof windstopper
- Thermal trousers
- A thermal shirt with long sleeves
- Zip-off trousers
- Sport placement (optional)
- Wollen bonnet
- Gloves
- Fleece buffer
- 3 pairs of thick socks
- Hiking shoes
- Flip flops
- Knee brace (optional)
- Sunglasses
- Cap
- Hiking stocks
- Extra pair of laces

### **Sleeping gear**

- Travel sheet
- NOMAD® down sleeping bags

### **Food and drink**

- Energy bar for every day
- Camel bak 2L (water bag)
- Water purification tablets

### **Electronics**

- Portable battery
- Phone
- Camera + extra battery + lenses
- E-reader
- Main light

### **Toiletry bag + medication**

- Toothbrushes
- Toothpaste
- Shampoo
- Facewash
- Moist washcloths
- Altitude sickness medication
- Tiger balm
- Paracetamol
- Immodium
- Salt solution
- Sunscreen factor 30
- Lip balm factor 30
- (Blister) plasters and bandage
- Quick-drying towel
- Heat bags