



Things to Carry for Trek



This list outlines the essential items required for individuals trekking with Klim-Zeal Adventures. It includes only the gears and supplies that participants need to bring. To make packing easier, the items are grouped into four categories. Please take the printout and check every item before packing. We are eagerly waiting for you on the trek with the rest of all required essentials.

Personal Clothing

- Full-sleeve T-shirts/Sweatshirts – 2 piece/day
- Full-sleeve thermal fleece – 1 piece
- Thermal base layer (top and lower) – 1 set
- Insulated warm jacket (for -5C) – 1 piece
- Waterproof rain jacket with pant or poncho – 1 piece
- Tracksuit (upper and lower) – 1 pair
- Quick-dry warm track pants – 2 pairs
- Thermal base layer (bottoms) – 1 pair

Footwear

- Warm hiking socks – 02 piece/day
- Non-skid, high-ankle trekking shoes – 1 pair
- Lightweight slippers/sandals – 1 pair(optional)

Required Accessories

- Minimum 50L rucksack with rain cover – 1 piece
- Head torch with extra batteries – 1 set
- UV protection sunglasses – 1 pair
- Water bottles – 2 bottles (1 liter each)
- Waterproof, insulated gloves – 1 pair
- Woolen cap (for warmth) – 1 piece
- Sun-shielding hat (for UV protection) – 1 piece
- Medium size lunch box – 1 piece
- Plate and Spoon – 1 piece
- Tea/Coffee mug (plastic or lightweight material) – 1 piece

Toiletries & Miscellaneous

- Personal toiletries kit (*small towel, toothbrush, toothpaste, cold cream, etc.*)
- Sunscreen lotion (small pack) – 1 piece
- Lip balm (small pack) – 1 piece
- Personal medications (*if have any prescribed by doctor with prescription*)
- Dry fruits, nuts, chocolate bars (*Optional, for quick energy boosts*)