

Packing List for travels to the Himalayas

- luggage: large bag, duffel bag or backpack. Especially for trekking trips robustness is important
- daypack, 30 l
- Rain cover for the daypack
- maybe second, lightweight travel bag for depositing unneeded clothing in the hotel / guest house
- walking trousers
- T-Shirts (2-3 fast-drying shirts for the trek and 2-3 cotton shirts for afterwards)
- Long sleeve shirt
- Softshell Jacket or Fleece jacket, maybe sweater
- Functional Jacket (rainproof & breathable)
- underwear, depending on the climate warmer & long sleeve or -leg or cooler
- Trekking Socks & normal socks
- Hiking boots: Ankle-high, stable "trekking shoes" with good soles are ideal. No heavy, solid crampon climbing boots (except of course for mountain tours)
- sneakers, maybe trekking sandals. Important as a replacement shoe, evening and possibly for river crossings.
- Sleep Clothing: warm & comfortable
- headwear (cap, towel, cap) protection against cold and against sun
- Plastic bags (dirty clothes, rain gear of the things in the luggage)
- hiking poles - protect the knee, especially when walking downhill
- maybe thin gloves
- maybe nicer clothes for hotel days
- sunglasses with good UV protection
- Glasses & spare glasses for eyeglass wearers
- sunscreen with a high protection factor
- lip protection
- Toiletries
- Valid passport & visa
- Airline Tickets / passes / travel documents
- literature (guide, book, phrase book)
- pocket knife
- Alarm / Clock
- Camera incl. Memory cards & batteries
- Bottle
- maybe abdominal pocket for money and documents
- maybe cups
- maybe snacks (granola bars, dried fruit, etc.)
- any clothes detergent (biologically)
- any notebook, travel games
- compass, altimeter, flashlight
- any mobile phone (does not work in Ladakh, but everywhere else in India)
- any insect repellent or network
- maybe earplugs (tent walls are not soundproof ...)
- drugs
- down or synthetic sleeping bag
- maybe inner linen (silk or cotton)
- LED headlamp incl. spare batteries
- toilet paper (incl. lighter for environmentally friendly disposal by incineration)
- small towel
- wet tissues