

HiMADRI Tour-Trek & Adventure Gears

Check Before Departure - Your Move

Trekking Gear (Important Things to carry during any Outdoor Activities or Trekking) #

1. Good Trekking shoes, There is nothing called special trek issues, its whatever you are comfortable with for at least 20 kms on difficult terrain. Ensure shoes are not very old or very new.
2. Additional shoe laces 1 pair. Glue/fevistick to do repairs if needed. (Shoes are most important part of journey)
3. Socks - few pairs depending on how your feet smells, gets wet.
4. Rucksack that can carry various stuff on all
5. Carry raincoat with cap facility and that can be easily worn with the rucksack on your back.
6. Adequate clothing. Cargos are best. Jeans are not bad, else any other comfortable clothing including undergarments. No woolen clothes required during the trek. Jackets are required at night and early morning because it's very cold.
7. Slippers , to walk around and give rest to feet after a day long trek
8. Torch. Else your day ends with sunset.
9. Lighter/match boxes, candles etc to aid in cooking etc if required.
10. Watch/mobile/ etc to give alarms, keep note of time/date etc. Mobiles can be switched off to save battery. Most of them still ring alarms.
11. Swiss knives with functions like knives, openers, scissors etc.
12. Good leak proof water bottles to fill and drink spring water. One can carry energy drinks or mix something like Glucon D to get energy.
13. Snacks like chocolates/Biscuits which provide easy energy, bubble gums which help to build stamina.

Toiletry #

1. Liquid soap / shampoo/paper soaps (make sure it's not a glass bottle that can break). Shampoo can double up as liquid soap.
2. Toilet paper
3. Hair oil/ moisturizer/deo etc
4. Sunscreen lotion to avoid too much sunburn. Sunglasses with UV protection.
5. Toothpaste/toothbrush/shaving kit etc

Camera/Handy-cam Kit #



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1. Ensure your camera is working smooth without problems. Ensure that the straps are perfect and will hold when you walk fast.
2. Ensure you have sufficient memory or additional cards, multiple batteries as there are no places either to buy new or download it, no electricity to charge batteries.
3. Ensure you have a good camera bag to keep these things handy. I also see many people use it with belt pouches to also keep money etc. However it's best to distribute money on different pockets and also keep some in the bags with porters.

Medicines

1. Fever
2. Body ache/headache etc.
3. Diarrhea/ Amoebic Infections, Digestion problems etc.
4. Sprains of neck, waist, backbone etc.
5. Injury of cuts, wounds etc.
6. Zeoline etc to clean water.
7. Nausea, general sickness of mountains

Thanks & Regards

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