

Packing List For Your Trip To Ladakh

The following packing list has been compiled by HIDDEN NORTH ADVENTURES, and of course you can adapt it according to your needs. It is thought as a help for you while preparing for your Ladakh trip. We wish a happy packing 😊

What to bring

Luggage

- Big rucksack, duffel trolley or big duffel bag to carry all your things (a suitcase is not suitable for the Ladakh terrain)
- Small daypack to carry your personal needs during the day
- Padlocks & name tags for your luggage

Travel documents

- Passport, visa documents, air tickets, travel insurance, vaccination card, including at least one photocopy of each of the mentioned documents, extra passport photographs
- Small amount of cash money (in USD, EUR, CHF), bank and/or credit card, money pouch or money belt

Toiletries

- Antibacterial hand gel, mosquito repellent, sunscreen (at least 30+) and lip balm with high UV protection
- Personal items for daily hygiene, like soap, washing/shower gel, creams etc.
- Hygienic items for women are preferably to take along as they are sometimes difficult to find in Leh market.
- Personal medication if needed
- Non-polluting biodegradable soap for laundry
- Toilet paper (1 to 2 rolls)
- Ear plugs can be useful if you are a light sleeper.

Clothing

- In summer: Comfortable and casual clothes to layer up/down during the day – the mornings and evenings are fresh – like wind-proof jacket, fleece jacket, shirt or blouse or t-shirts with sleeves, long cotton trousers, comfortable sneakers or sandals
- In winter: Comfortable and very warm clothes, like cap and gloves, thermal underwear, fleece pullover, down jacket, warm trousers, thick socks, warm and comfortable boots
- Socks, underwear, inner or thermal wear (in winter), plus change
- Comfortable and well-worn trekking shoes or boots, house slippers or thick socks when in accommodation
- Sarong for covering up when washing/showering

Additional items

- Sunglasses, wide brim hat or small umbrella
- Scarf, face mask or bandana as dust protection
- In winter: Warm cap, muffler, warm gloves
- Alarm clock, torch/flashlight, small calculator or your cell phone with charging cable (Please note: Your cell phone most probably won't have network coverage in Ladakh. However, you can use it when Internet is available.)
- Lightweight travel towel
- Water bottle, 'camel back' or platypus bottle to carry water, for filling from thermos or refill at refill shops in the main market at Leh
- Photo camera, extra batteries, charging cable, enough memory cards
- Travel adapter
- When trekking: Inner sheet/sleeping sheet & good sleeping bag are recommended for hygienic reasons
- Small First Aid Kit, including blister pads, rehydration salts, diarrhoea tablets, pain killers, Diamox or Coca extracts if needed for altitude
- Purification tablets or a small filter when you go trekking
- Writing or reading material: Pocket diary, pen, colour pencils, book(s) or your Kindle with charging cable
- Ladakh map, travel guide(s)
- Playing cards, travel games
- For families travelling with infants: Favourite toys, snuggle things, feeding bottle or cup, cloth/re-usable diapers
- Food or snacks, like candies, power bars, dry fruits etc. you cannot miss. At Leh you'll find enough shops in which you can buy some things to take on your (trekking) tour, too.