



packing list

- big rucksack to carry all the clothing and your belongings
- daypack to carry your personal needs during the day
- inner sheet/sleeping sheet & good sleeping bag are recommended for hygienic reasons
- travel documents: passport, visa, travel insurance, air tickets, including 1 photocopy of each of the mentioned documents
- small amount of cash money (in USD, EUR, CHF), bank/credit card, money pouch or money belt
- first aid kit, including blister pads, rehydration salts, personal medication in case you need
- purification tablets, or filter when you go trekking
- antibacterial hand gel when water is scarce
- mosquito repellent
- sunscreen 30+ and good lip balm due to harsh sunlight and exposure to UV at high altitudes
- sunglasses, wide brim hat or umbrella
- warm clothes while trekking and as mornings/evenings are fresh: down or fleece jacket, a wind proof jacket, cap and gloves, thermal underwear if you are easily feeling cold (can be used also as a pijama)
- comfortable trousers, long sleeve t-shirt/shirt/loose blouse, underwear plus change
- scarf or face mask as dust protection
- sarong for covering up when washing/showering
- comfortable trekking boots, warm socks, sandals,
- plastic bag & non-polluting biodegradable soap for laundry
- toilet paper
- alarm clock
- torch/flashlight
- lightweight travel towel
- refillable water bottle or 'camel bak' for filling from thermos or refill shops
- ear plugs can be useful if you are a light sleeper
- hygienic items, tampons are difficult to buy in india
- digital photo camera, extra batteries, recharge cable, adapter, enough memory cards
- cell phone, recharge cable, in ladakh you most probably won't have network coverage
- writing & reading material: pocket diary, pen, color pencils, book(s), kindle, etc.
- playing cards or travel games
- map and travel guide
- food, like candies, power bars, etc. you may want to bring along, there are enough shops in leh main market in which you can buy some things to take on your (trekking) tour
- small calculator when out shopping & bargaining
- small padlocks for your luggage during flights