

ESSENTIALS TO CARRY

TRANS HIMALAYA

	WOOLEN CAP		WOOLEN/COTTON SOCKS
	SUN CAP		TREK SHOES & SLIPPERS
	SUNGLASSES		RUCK SACK WITH RAIN COVER
	FLEECE JACKET		DAY BAGPACK
	THERMAL UPPER & LOWER		QUICK DRY TOWEL
	DOWN JACKET		TOILET PAPER & SUNSCREEN
	QUICK DRY T-SHIRTS		HEAD TORCH & WATER BOTTLE
	PUNCHO		TREKKING POLES
	WATERPROOF GLOVES		
	TREK PANTS		