

Himalayan Expedition Packing Checklist

Summer and shoulder-season 4x4 expeditions · Print and tick

CLOTHING

- ☐ Merino or synthetic base layers x2 (no cotton)
- ☐ Fleece or light down mid-layer
- ☐ Windproof and waterproof shell jacket
- ☐ Insulated jacket rated to -10C
- ☐ Trekking trousers x2 and quick-dry shirts
- ☐ Gloves in two weights, buff, warm hat
- ☐ Sturdy closed shoes plus camp slippers
- ☐ Wool socks x4

SUN AND ALTITUDE

- ☐ Category 3-4 sunglasses
- ☐ SPF 50 sunscreen and SPF lip balm
- ☐ Insulated 1 litre water bottle
- ☐ Electrolyte sachets x10
- ☐ Wide-brim hat or cap

DOCUMENTS

- ☐ Photo ID original plus 4 photocopies
- ☐ Passport-size photographs x4 (permits)
- ☐ Driving licence, RC, insurance, PUC (self drive)
- ☐ Cash for the full trip
- ☐ Travel and medical insurance details

PERSONAL MEDICAL KIT

- ☐ Regular medication plus 3 spare days
- ☐ Painkillers and anti-nausea tablets
- ☐ Oral rehydration salts
- ☐ Prescribed antibiotic from your doctor
- ☐ Blister plasters and antiseptic
- ☐ Altitude medication discussed with your doctor

ELECTRONICS

- ☐ Power bank 20,000 mAh
- ☐ Car charger and all cables
- ☐ Headlamp with fresh batteries
- ☐ Camera, spare batteries, memory cards

LEAVE BEHIND

- ☐ Hard-shell suitcases
- ☐ Jeans and cotton hoodies
- ☐ Gear you would hate to see covered in dust