

Winter Expedition Packing Checklist

Frozen Spiti and winter high-altitude travel · Plan for -25C

CORE INSULATION

- ☐ Expedition down jacket rated to -25C
- ☐ Thermal base layers x3 sets (merino)
- ☐ Heavy fleece and insulated mid-layer
- ☐ Insulated waterproof trousers
- ☐ Down or synthetic booties for homestay evenings

EXTREMITIES

- ☐ Insulated waterproof boots rated below -20C
- ☐ Liner gloves plus insulated outer mitts
- ☐ Balaclava, buff and insulated beanie
- ☐ Wool socks x6 and one vapour-barrier pair
- ☐ Chemical hand and toe warmers x10

SLEEP AND COMFORT

- ☐ Lightweight sleeping bag liner
- ☐ Thermos flask (1 litre)
- ☐ Insulated bottle - plastic bottles split
- ☐ Eye mask and ear plugs

COLD WEATHER HEALTH

- ☐ High SPF sunscreen - snow glare is severe
- ☐ Category 4 glacier sunglasses
- ☐ Heavy moisturiser and lip balm
- ☐ Cough lozenges and saline nasal spray
- ☐ Electrolytes - dehydration is worse in cold

VEHICLE COLD KIT (SELF DRIVE)

- ☐ Snow chains sized to your tyres
- ☐ Jump pack and spare battery terminals
- ☐ De-icer and windscreen scraper
- ☐ Winterised diesel additive
- ☐ Shovel, tow strap, traction boards