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**PACKING CHECKLIST FOR BHUTAN TREKKING**

**ON THE TRAIL DAYPACK**  
● Extra layers, gloves, windbreaker and poncho  
● Sunscreen  
● Lip Balm with Sunscreen  
● Broad brimmed hat or bandana (for sun protection)  
● Iodine Water Tablets (personal preference)  
● Water Bottles or Camel Back  
● Sunglasses  
● Headlamp with extra batteries  
● Favorite Snacks  
● Waterproof bags to protect electronics or paperwork  
● Camera with extra batteries and memory cards  
● Umbrella (works great in light rain or to protect from the sun)  
● Duct tape or moleskin for blisters  
● Toilet Paper  
● Trekking Poles (optional)  
● Thermos (optional for hot beverages)

**CLOTHING: BASE, MIDDLE AND OUTER LAYERS**  
● Moisture-wicking long sleeve tee-shirts (2)  
● Moisture-wicking tee-shirts (1)  
● Long underwear pants (2)  
● Underwear (5 to 7)  
● Heavy Fleece or Down Jacket  
● Long sleeve shirts (2)  
● Sweatshirt (optional)  
● Fleece Pants  
● Trekking Pants (2)  
● Shorts (optional)  
● Gortex or Waterproof Jacket with hood  
● Rain Poncho that covers your day pack  
● Waterproof Pants  
● Wide-brimmed hat  
● Wool hat (Should cover ears)or Balaclava  
● Lightweight Gloves  
● Insulated Wool or Down Mittens  
● Gaiters (optional)

**FOOTWEAR: SHOES AND SOCKS**  
● Hiking boots with ankle support  
● Camp shoes or Tennis Shoes  
● Plastic bag to carry spare shoes  
● Hiking socks (Plan on one pair per/day)  
● Sock Liners (optional)

**SLEEPING BAG**  
● Sleeping bag rated to about 0° f  
● Sleeping bag liner (optional)  
● Sleeping bag stuff sack

**DUFFEL BAGS AND DAY PACKS**  
● Duffel Bag for Carrying Your Gear (we provide this for the trek)  
● Day Pack for Carrying what you need on the trail  
● Small Lock(s) for duffel bag and day pack  
● Waterproof cover for daypack  
● Drybags in several sizes  
● Stuff sacks for dirty clothes/shoes

**FIRST AID KIT AND TOILETRIES**  
Our team brings along a basic first aid kit but we recommend you also carry the following;  
● Advil or Ibuprofen   
● Diamox (for altitude sickness)  
● Personal Prescriptions  
● Medical Tape (for preventing treating blisters)  
● Antibiotics (Cipro for travelers’ diarrhea)

● Cough Drops / Vitamin C (For Cold Mountain Air)  
● Diaper Rash Cream (Can treat rashes or chaffing)  
● Basic toiletries (Soap, Deodorant…)  
● Wet wipes  
● Feminine hygiene

● Face lotion  
● Hair brush  
● Hair ties  
● Hand warmers  
● Ear plugs for sleeping

**PAPERWORK AND MONEY ON THE TRAIL**  
● Passport (needed at the entry gate for registration)  
● Money - Any Extra Expenses & Tips

**OTHER ITEMS**  
● Portable Solar Charger  
● Journal, pen and paper