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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