



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