

Bhutan Trekking Packing List

NOTES

- ✓ In your **day pack**, pack water, snacks, sunglasses, camera, binoculars, and a rain jacket at a minimum. Be sure to include any other items you might need during the day because your luggage may not be available until the end of the day. Your guide can give you advice on what you might need each day.
- ✓ **Mules** will carry your backpack or duffel with all your other gear (no more than 20kg, please). Please do not bring suitcases on treks.
- ✓ Keep clothing in waterproof plastic bags.
- ✓ As with all hiking and camping adventures, you will want to dress in layers -- to be able to remove an outer layer off when you get too warm and add a layer on when you get chilled.
- ✓ Bring at least two extra sets of batteries, as cold weather depletes their charge.
- ✓ When flying, carry-on (do not check) critical trekking gear in case checked luggage is delayed.
- ✓ You may want to bring some older items of warm clothing as gifts for your guides and trekking crew.
- ✓ Bring money for tips to trekking crew along with you.

CLOTHING

You want your inner layer to be moisture-wicking, non-cotton. The next layer should be insulating and warm, and the top layer should be waterproof but breathable. You will need clothes for hiking during the day, lounging in the evening, and for sleeping. Layers are important as temperatures vary greatly.

Your clothing should be lightweight, breathable, hand-washable, quick-drying, and preferably moisture-wicking and non-cotton.

- ✓ Long pants (zip-off pants are very useful)
- ✓ Shorts, mid-thigh or longer
- ✓ Short-sleeved shirts
- ✓ Long-sleeved shirts
- ✓ Undergarments

Let's Wander...

Creative travel



- ✓ Sweater, jacket, windbreaker
- ✓ Rain jacket and/ or rain poncho
- ✓ Sun hat with brim and chin strap
- ✓ Bandana (for dust, washing, etc.)
- ✓ Swim suit

COLD WEATHER CLOTHING

- ✓ Down jacket or parka (for temperatures below freezing plus wind)
- ✓ Fleece jacket or wool sweater
- ✓ Fleece pants
- ✓ Waterproof/rain/shell pants
- ✓ Long underwear
- ✓ Mittens and/or gloves (waterproof, one thin pair, one thick pair that can be layered)
- ✓ Wool or pile hat
- ✓ Balaclava or neck gaiter
- ✓ Hand and foot warmers (chemical activated)
- ✓ Medium weight down jacket or parka

FOOTWEAR

Be sure to break-in your shoes before the hike!

- ✓ Hiking boots, preferably warm, waterproof, and with ankle-support -- neither too light nor too heavy
- ✓ Light trekking shoes
- ✓ (Trekking) sandals or tennis shoes for lounging in the evening
- ✓ Hiking socks for warmer conditions
- ✓ Wool socks for colder conditions
- ✓ Sock liners to wick away moisture
- ✓ Gaiters (for mud and scree)

SLEEPING

- ✓ Sleeping bag (min -15°C comfort zone, or colder is recommended)
- ✓ Therm-A rest mattress, self-inflatable

- ✓ Sleeping bag inner liner (depending on type of trek: fleece, cotton, or silk)
- ✓ Sleeping bags can be rented for a daily fee

BAGGAGE

- ✓ Large duffel bag or backpack with rain cover, for mules to carry
- ✓ Day pack and rain cover, for you to carry
- ✓ Waterproof plastic bags for organizing gear and dirty clothing (ziplocs and garbage bags work)

ELECTRONICS

Store electronics in sealed, water-proof bags (double bagged if possible). Remember to set the date and time on your cameras.

- ✓ Headlamp or flashlight, extra batteries
- ✓ Camera, lenses, memory disks, batteries, (solar) charger/power cord
- ✓ Video camera, memory disks, batteries, (solar) charger/power cord
- ✓ Tripod (travel size)
- ✓ GoPro, memory disks, batteries, charger/power cord
- ✓ Lens cleaning cloth

TOILETRIES

- ✓ Biodegradable soap and shower gel
- ✓ Biodegradable shampoo
- ✓ Hairbrush, comb, mirror, hair ties
- ✓ Toothbrush, toothpaste, floss
- ✓ Deodorant
- ✓ Moist/ disinfectant towelettes (handi-wipes)
- ✓ Hand sanitizer
- ✓ Lotion
- ✓ Sunscreen
- ✓ Lip balm with sunscreen
- ✓ Small towel and washcloth
- ✓ Toilet paper
- ✓ Facial tissue
- ✓ Shaving supplies

Let's Wander...

Creative travel



- ✓ Nail clippers, nail file, nail brush
- ✓ Insect repellent
- ✓ Cotton buds
- ✓ Sewing kit
- ✓ Feminine products

FIRST AID

You really only need one first aid kit in your travel group, so coordinate with your travel companions.

- ✓ Prescription drugs
- ✓ Pain killers: Ibuprofen, Acetaminophen, Aspirin, Paracetamol
- ✓ Diamox for altitude (talk to doctor)
- ✓ Band-aids/plasters
- ✓ Disinfectant, antiseptic cream, antibiotic ointment
- ✓ Antibiotics (talk to doctor)
- ✓ Broad spectrum antibiotics (talk to doctor)
- ✓ Antibiotic eye-drops or eye-ointment
- ✓ Regular eye drops
- ✓ Contraceptives
- ✓ Throat lozenges
- ✓ Vitamins
- ✓ Antihistamines
- ✓ Gauze bandages and tape
- ✓ Diarrhea medicine (Immodium AD or similar)
- ✓ Charcoal tablets
- ✓ Ace bandage
- ✓ Meds for yeast infections
- ✓ Thermometer
- ✓ Ointment for insect bites and flea bites
- ✓ Blister band aid
- ✓ Melatonin, Acetazolamide, or other sleep aid

OTHER

- ✓ Sunglasses, straps

Let's Wander...

Creative travel



- ✓ Eyeglasses, contacts/case/solution
- ✓ Binoculars
- ✓ Pocket knife
- ✓ Snap hooks (Karabiner)
- ✓ Notebook, lots of pens
- ✓ Books, playing cards, games, crossword puzzles, Frisbee, football, kite
- ✓ Energy bars, hard candy, snacks, and comfort foods
- ✓ Duct tape (can be wrapped around water bottle)
- ✓ Matches or lighter
- ✓ Cash, travelers checks, credit cards (including some small bills, U.S. dollars must be newer than 2006 with no tears)
- ✓ Guide books, maps, language books
- ✓ Small umbrella, particularly useful in the rainy season or even for sun shade
- ✓ Gifts for guides and trekking crew
- ✓ Trekking or ski poles
- ✓ 2-3 water bottles (no disposable water bottles)
 - Bring 3 liters of bottled water for the first day of hiking.
 - Guides will boil water or use steripens for water sanitization for you along the route.
 - Gatorade or other drink mix helps with taste and minerals, (electrolytes)