

EQUIPMENT CHECKLIST FOR KAILASH-MANSAROVAR YATRA

Equipment and clothing is very much a matter of personal preference and choice. However, the list below is general and it is intended to give guidance for Kailash-Mansarovar Yatra.

Must bring documents:

1. The most recent and valid passport
2. 4 passport sized colour photos
3. 2 photo copies of the most recent and valid passport
4. Cash-less travel and medical insurance policy
5. Health certificate

Footwear:

1. A pair of proper and comfortable hiking boots with good grips and high ankle support
2. A pair of trainer type (sport) shoes
3. Flip-flops or river sandals to use around camp, bathing and washing
4. 3-4 pairs of warm socks

Clothes:

1. Cap, sunhat, woolen balaclava and woolen scarf
2. Down or fiber filled jacket - Karnali Excursions lends jackets to Yatries on returnable basis, but if you have your own (which must keep you warm up to - 20 Degree Celsius), you may bring your own one
3. One wind/rain proof jacket
4. One light sweater
5. One warm sweater
6. Fleece wear
7. Thermal body wear and Long John
8. At least three pairs of hiking shirts and trousers
9. Enough underwear
10. A pair of light and a pair of wind/waterproof warm gloves
11. Bath/face towel
12. A clean white lungi or dhoti for havan and pujas

Not-to-miss miscellaneous items:

1. Comprehensive Personal First Aid Medical Kit
2. Rucksack/Daypack (35-40 litre volume) to carry your valuables, camera, water bottle, rain gear, emergency medicines and other handy items
3. Sunglasses with 100% UV protection
4. Normal flashlight or headlamp with spare batteries
5. Water bottle (1 litre)

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6. Hot water flask (1 litre)
7. Hiking/trekking poles (preferably collapsible ones)
8. Repair kit (needles, threads, glue, scissors, knife etc)
9. Whistle
10. Havan and Puja materials as per your own cultural customs and practices
11. Notebook and pen
12. Reading materials
13. Camera and binoculars (optional, but recommended)
14. Luggage tags and lock
15. Plastic garbage bags to protect your clothes from rain and dust

Toiletries:

1. Sunscreens and lip guard
2. Toothpaste, tooth brush and soap
3. Anti bacterial hand gel
4. Skin moisturizer
5. Wet wipes
6. Insect repellents

Eateries/snacks:

1. Favorite snacks
2. Energy bars (chocolates)
3. Glucose tablets
4. Electrolytes or Oral Rehydration Solutions (ORS)