

EQUIPMENT CHECKLIST (FOR TIBET TOURS)

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 only.

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 sandals
4. 3-4 pairs of warm socks

Clothes:

1. Sunhat cap
2. Warm woolen hat
3. Down or fiber filled (which must keep you warm up to -20 Degree Celsius)
4. One wind/rainproof jacket
5. One light sweater
6. One warm sweater
7. Fleece wear
8. Thermal body wear and Long John
9. Wind/rainproof trousers
10. Comfortable walking and sitting trousers
11. Comfortable walking and sitting shirts
12. Enough underwear
13. A pair of light and a pair of wind/waterproof warm gloves
14. Bath/face towel
15. Enough and appropriate clothes for city wear

Not-to-miss miscellaneous items:

1. Comprehensive Personal First Aid Medical Kit
2. 4 Season sleeping bag
3. Rucksack/Daypack (35-40 litre volume) to carry your valuables, camera, water bottle, rain gear, emergency medicines and other handy items
4. Sunglasses with 100% UV protection
5. Normal flashlight or headlamp with spare batteries
6. Water bottle (1 litre)
7. Hot water flask (1 litre)
8. Reading materials with no picture of Dalai Lama on it (Optional)
9. Camera and binoculars (optional, but recommended)
10. Luggage tags and lock
11. Plastic garbage bags to protect your clothes from rain and dust

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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)