

# **EQUIPMENT CHECK LIST**

## **(FOR LUMBINI TOUR)**

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. Sports shoes
2. Sandals
3. Normal shocks

### **CLOTHES:**

1. Casual summer clothes (for summer season)
2. Casual winter clothes (for winter season)
3. Wind/Rainproof jacket
4. Underwear
5. Sunhat/Cap
6. Clothes for city wear
7. Bath/Face towel

### **ADDITIONAL ITEMS:**

1. Binoculars (optional)
2. Camera (optional)
3. Headlamp/Torch
4. Sunglasses
5. Daypack

### **TOILETRIES:**

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

### **EATERIES/SNACKS:**

1. Favorite snacks
2. Energy bars (chocolates)