

**Last Minute Check List!**

| Item  | Yes | No | Get Later |
|---|-----|----|-----------|
| 1. Wind-proof jacket with hood/parka/Windcheaters 1no   |     |    |           |
| 2. Knee Support 1 nos.  |     |    |           |
| 3. Balaclava/ Bandana (Monkey cap) 1 no.  |     |    |           |
| 4. Woollen / leather (water proof) gloves 1 pair each.  |     |    |           |
| 5. Woollen/ cotton long johns / warmers/<br>mountaineering trousers 2 pairs   |     |    |           |
| 6. Thin Polyester (pp) socks 4 pairs  |     |    |           |
| 7. Woollen/Cotton socks 4 pairs   |     |    |           |
| 8. Inner Thermal Wear 1 nos.  |     |    |           |
| 9. Full sleeve Fleece/T-Shirts for layering 4 nos.  |     |    |           |
| 10. Trekking stick 2 nos.   |     |    |           |
| 11. Sun glasses/Snow glasses (with UV protection), with<br>chain for hanging around neck 1 no.                                      |     |    |           |
| 12. Trekking shoes ankle high with good grip (light<br>weight) (carry extra shoe laces; normal sports shoes not<br>advised) 1 pairs |     |    |           |
| 13. P-cap or broad brimmed straw hat (for protection<br>against the sun) 1 no.  |     |    |           |
| 14. Head / Torch light (carry one set of extra cells), and<br>whistle 1 no.   |     |    |           |
| 15. Poncho /Small Rain suit   |     |    |           |
| 16. Sleeping Bag  |     |    |           |
| 17. Small Medical Kit with Medicine   |     |    |           |
| 18. Hot water thermal flask   |     |    |           |
| 19. Finger Pulse Oximeter   |     |    |           |
| 20. Backpack for 10kg, 5kg, 3kg Luggage : Use as<br>elevation increases one each  |     |    |           |
| 21. Flight Tickets  |     |    |           |
| 22. Passport/ID Proof   |     |    |           |
| 23. Emergency Fund  |     |    |           |
| 24. Insurance for Trip  |     |    |           |
| 25. Mini Power Bank/ Mobile-Cam Protection Cover  |     |    |           |