

CHECKLIST

TREKMUNK

BASIC GEAR

<input type="checkbox"/>	BACKPACK+ RAIN COVER	50-60 ltr.
<input type="checkbox"/>	DAY PACK+ RAIN COVER	20-30 ltr. (IF YOU CHOOSE TO OFFLOAD)
<input type="checkbox"/>	WATER BOTTLE	2 NOS. (1 LITER EACH)
<input type="checkbox"/>	HEAD TORCH/ HAND TORCH	1 NOS.
<input type="checkbox"/>	TREKKING POLE	1 NOS.
<input type="checkbox"/>	MEDICAL KIT	REFER TO THE *MEDICAL KIT* DOCUMENT
<input type="checkbox"/>	LUNCH BOX	1 NOS.

ACCESSORIES

<input type="checkbox"/>	SLEEPING BAG LINERS	1 NOS.
<input type="checkbox"/>	WATERPROOF GLOVES	1 PAIR
<input type="checkbox"/>	FLEECE/WOOLEN GLOVES	1 PAIR
<input type="checkbox"/>	SUN CAP AND WOOLEN CAP	1 NOS. EACH
<input type="checkbox"/>	BALACAVA/ BUFF	1 NOS.
<input type="checkbox"/>	NECK- WARMER	1 NOS.
<input type="checkbox"/>	SUNGLASSES	1 PAIR

FOOT CARE

<input type="checkbox"/>	TREKKING SHOES	1 PAIR (WATERPROOF, HIGH-ANKLE)
<input type="checkbox"/>	FLOATERS/ FLIP-FLOPS	1 PAIR (OPTIONAL)
<input type="checkbox"/>	COTTON SOCKS	4 PAIRS
<input type="checkbox"/>	WOOLEN SOCKS	2 PAIRS

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CLOTHING

IT MAY BE TEMPTING TO TO CARRY THAT BIG FEATHER JACKET FOR YOUR TREK BUT WE HIGHLY RECOMMEND YOU NOT TO DO SO. HERE AT TREKMUNK, WE BELIEVE THAT LAYERING IS THE BEST WAY TO KEEP YOU WARM .

WHAT IS LAYERING SYSTEM ?

The “layering system” is essentially a way of layering clothes together to ensure you are comfortable during outdoor pursuits. This could be to keep you warm or to cool you down .

The reason wearing multiple thin layers will keep you warmer than a single thicker layer is because warm air is trapped between the layers acting as an insulator. If you were then to remove a layer you would reduce the amount of heat trapped which would cool you down .

<input type="checkbox"/>	TREK PANTS	2 NOS.
<input type="checkbox"/>	T-SHIRTS	2 NOS.
<input type="checkbox"/>	FLEECE	2 NOS.
<input type="checkbox"/>	THERMAL INNERS	1 NOS.
<input type="checkbox"/>	WIND AND WATERPROOF PANTS	1 NOS.
<input type="checkbox"/>	WIND AND WATERPROOF JACKET	1 NOS.

PERSONAL UTILITIES

<input type="checkbox"/>	SUNSCREEN CREAM	<input type="checkbox"/>	HAND-SANITIZER
<input type="checkbox"/>	MOISTURISER	<input type="checkbox"/>	ANTI-BACTERIAL POWDER
<input type="checkbox"/>	LIP-BALM	<input type="checkbox"/>	TOOTHBRUSH & TOOTHPASTE
<input type="checkbox"/>	TOILET PAPER AND WIPES	<input type="checkbox"/>	QUICK-DRY TOWEL

MEDICAL KIT

TREKMUNK

ITEM	USE	NOS.
DIAMOX	ALTITUDE SICKNESS	10 TABLETS
ORS	REHYDRATION	2 SACHETS
NORFLOX TZ & LOMOFEN	DIARRHOEA	6 TABLETS
CROCIN	FEVER	6 TABLETS
AVOMINE	MOTION SICKNESS	4 TABLETS
AVIL 25mg	ALLERGIES	4 TABLETS
COMBIFLAM	PAIN KILLER	4 TABLETS
DISPRIN	HEADACHE	6 TABLETS
DIGENE	ACIDITY	10 TABLETS
OMEZ/ RANTADINE	ANTACIDS	10 TABLETS
MEFTAL SPAS	PERIOD-CRAMPS	10 TABLETS
CETIRIZINE	COLD	10 TABLETS
AZITHROMYCIN	BACTERIAL INFECTION	3 TABLETS
COTTON	WOUND MANAGEMENT	1 SMALL ROLL
ANTISEPTIC CREAM	EXTERNAL INFECTION	1 SMALL TUBE
MOOV SPRAY	ACHES & SPRAINS	1 CAN
CREPE BANDAGE	SPRAIN	3-5 METERS
GAUZE	WOUND DRESSING	1 SMALL ROLL
BAND-AIDS	MINOR CUTS	10 STRIPS