CHECKLIST

TREKMUNK

BASIC GEAR

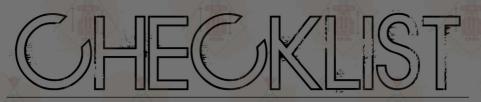
1	BACKPACK+ RAIN COVER	50-60 ltr.
1	DAY PACK+ RAIN COVER	20-30 ltr. (IF YOU CHOOSE TO OFFLOAD)
1	WATER BOTTLE	2 nos. (1 liter each)
1	HEAD TORCH/ HAND TORCH	l NOS.
1	trekking pole	l NOS.
1	MEDICAL KIT	REFER TO THE "MEDICAL KIT" DOCUMENT
	LUNCH BOX	1 NOS.

ACCESSORIES

SLEEP	ING BAG LINERS	l NOS.
WATE	RPROOF GLOVES	l PAIR
FLEEC	CE/WOOLEN GLOVES	l PAIR
SUN	CAP AND WOOLEN CAP	l NOS. EACH
BALA	CAVA/ BUFF	l NOS.
NECK	K- WARMER	l NOS.
SUNG	JLASSES	l PAIR

FOOT CARE

TRE	KKING SHOES	1 PAIR (WATERPROOF, HIGH-ANKLE)
FLO	ATERS/ FLIP-FLOPS	1 pair (optonal)
COI	TTON SOCKS	4 PAIRS
WO	OLEN SOCKS	2 PAIRS



TREKMUNK

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.

TREK PANTS	2 NOS.
T-SHIRTS	2 NOS.
FLEECE	2 NOS.
THERMAL INNERS	l NOS.
WIND AND WATERPROOF PANTS	l NOS.
WIND AND WATERPROOF JACKET	l NOS.

PERSONAL UTILITIES

ш	sunscreen cream	hand-sanitizer
	MOISTURISER	Anti-bacterial powder
	LIP-BALM	TOOTHBRUSH & TOOTHPASTE
	toilet paper and wipes	QUICK-DRY TOWEL

MEDICALKIT

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	IO TABLETS
OMEZ/ RANTADINE	ANTACIDS	IO TABLETS
MEFTAL SPAS	PERIOD-CRAMPS	10 TABLETS
CETIRIZINE	COLD	IO TABLETS
AZITHROMYCIN	Bacterial infection	3 TABLETS
COTTON	WOUND MANAGEMENT	1 SMALL ROLL
ANTISEPTIC CREAM	external infection	l SMALL TUBE
MOOV SPRAY	ACHES & SPRAINS	1 CAN
CREPE BANDAGE	SPRAIN	3-5 METERS
GAUZE	WOUND DRESSING	1 SMALL ROLL
BAND-AIDS	MINOR CUTS	IO STRIPS