

## SUGGESTED PACKING LIST

### Type of bag:

Large, soft duffel with grab handles is better than a backpack. This will be put inside a Hessian sack and carried on ponies. Line it with a huge plastic bin bag. Plastic bags are not sold in Bhutan so bring what you need. Pack things like toiletries, medication, etc. into a separate small 'stuff bag', easy to find in a dark tent. Carry only a small backpack as a 'daypack' with the items you need during the days trek. The rest is carried by ponies and they go ahead so that camp is set up for the evening.

### Clothes :

(dress in layers, don't bring too many)

1. One thermal vest/top and thermal underwear
2. One long sleeve shirt (protects against the sun)
3. T shirts or shirts
4. One fleece jacket (and fleece/shell pants for evening and early mornings)
5. 2 or 3 comfortable pants (lightweight, easy-dry)
6. Nightwear
7. Down jacket for evenings
8. Rain jacket and rain pants
9. 3 or 4 pairs (or more) good hiking socks, 1 pair for evenings
10. Thermal gloves
11. A pair of casual shoes for evening
12. Hiking boots (Gore-Tex/waterproofed)
13. Spare shoelaces
14. Sun hat
15. Fleece hat
16. Gaiters

### Other necessities:

1. Hiking stick (collapsible preferred)
2. Sunglasses/spare glasses or contact lenses
3. Sun block and preparation for relief of sunburn
4. Washing kit and toiletries (bio-soap is best for the environment)
5. Light weight towel
6. Scissors
7. Hand cream
8. Insect repellent
9. Lip salve
10. Re-hydration sports drink/powder
11. Water purifier tablets (though all water is boiled in camp)
12. Wet wipe tissues
13. Rain hats

14. Camera, film, memory cards, accessories, polarizing filters, spare batteries, tripod, etc)
15. Books, notepads and pencils
16. Rain cover for your daypack and camera bag
17. High energy snacks – granola bars, fruity chews (unavailable in Bhutan), dried fruit
18. 1 litre Water bottle
19. A few plastic bags (zip lock)
20. Utility knife, whistle
21. Down (sub-zero temperatures) sleeping bag (extra inside fleece or silk liner is nice)
22. Flashlight (a headlamp is very useful and/or one that can hang or stand upright in the tent (with spare batteries

Services provided by us:

- Our support team consists of a qualified trekking guide, a cook and a number of assistants. A variety of Bhutanese and international dishes are served on the trek.
- The ponies used for the trek will be accompanied by their owner/s, and go ahead of the group so that camp is set up by the time the guests arrive.
- We also provide dining tent, toilet tent, 2 man sleeping tents, air mattresses, foldable tables and chairs, plates and cutlery. A washing bowl with hot water is provided for the morning wash. We also carry a basic first aid kit and pressure bag.