

## Beyond Gangotri: Trekking and Yoga in the Himalayas

**\*Baggage allowance - one duffel and one daypack\***

### PACKING LIST

**The following items are essential:**

- Soft-shell duffel bag or something similar (non-wheeled preferred)
- Sleeping bag – rated to 0 degrees (recommended) or 20 degrees with a liner
- Comfortable, waterproof hiking shoes/boots
- 2 — 3 activewear T-shirts
- 2 — 3 long sleeve trekking/activewear shirts
- Medium to heavy weight thermal base layers (tops and bottoms)
- 1 medium or heavyweight fleece jacket
- Down jacket
- Wind and waterproof layers (jacket with hood and pants)
- 2 — 3 trekking pants
- Gloves
- Warm hat
- Hiking socks (4 — 5 pairs)
- Lightweight travel or pack towel
- Two 1 - liter or one 2 - liter water bottle or hydration bladder\*
- Sun hat
- Sunglasses with UV protection
- Walking stick / trekking poles
- Sunscreen and lip balm
- Flashlight or headlamp
- Personal toiletries, including soap and shampoo
- Wet Wipes or other hand sanitizer
- Prescription medicine, if required
- Day pack with rainproof cover
- Lightweight stuff sack or bag for excess items on camping day\*\*

\*If you are only planning to bring a hydration bladder to carry water, you should plan bringing another bottle which can hold hot water. On camping days we will be drinking boiled, treated water.

\*\*Bag weight is restricted to 22lbs/10 kg on camping days. Excess luggage may be left at a secure location on camping days. It is advisable to bring a lightweight stuff sack, large plastic compressible bag, or small cloth duffel to store items that aren't required for overnight camping.

### **Other things to consider:**

- Vest (down or fleece)
- Balaclava face mask or face wrap
- Waterproof liner for inside your duffel (or a large garbage bag)
- Slip-on shoes and/or rubber sandals
- Rain poncho
- Extra Zip Lock or plastic bags
- Camera and accessories
- Power bank (portable charging device)
- International converter kit for rechargeable items, or bring extra batteries
- Plug adaptor
- TSA luggage locks (locks keep zippers closed during handling, and help prevent accidental opening)
- Pocket knife (packed in checked baggage, not in carry-on)
- Toilet paper and/or pocket tissues
- Laundry soap (for hand laundry)
- Earplugs
- Electrolyte drink mix
- Snack bars, trail snacks

*\*Nearly all yoga classes will be held outdoors and practices and postures will not require mats. If you prefer to practice with a mat you may bring one.*

### **Things to leave at home:**

- Hair dryer, curling iron, hair straightener, electric shaver, iron, hot water pot, heating coil, and similar electrical items
- Non-essential electronics
- Incense and candles
- Excess clothing

### ***Packing Tips***

Your luggage (**day pack and duffel**) should be capable of withstanding rain and rugged treatment.

Minimize baggage weight to 22lbs or be sure to bring a lightweight Stuff Sack or Compression Sack for excess items/baggage that you choose to leave behind on camping days. The weight limit for portage on camping days is 22lb/10kg. Consider bringing a small waterproof bag/sack to keep inside your day pack to provide additional protection for electronics and layers.

**NOTE:** If you are taking any prescription medication, bring an adequate amount with you. Although some medicines are available in India, their supply and quality are not reliable.

Excess Baggage – Additional charges may apply, inform the tour organizer in advance if you have baggage in excess of one duffel and one day pack to avoid paying higher fees.