



HIMALAYAN  
INSTITUTE®

## Himalayan Institute Excursions

### General Packing List

**The following items are essential:**

- Soft-shell duffel bag or something similar (non-wheeled preferred)
- Small backpack between 20-30 liters
- Sleeping bag
- Comfortable, waterproof hiking shoes/boots
- 2–3 active wear T-shirts
- 1–2 long sleeve trekking/activewear shirts
- Lightweight base layer
- 1 heavyweight fleece jacket or down jacket
- Rain jacket
- 2–3 trekking pants
- Warm hat
- Hiking socks
- Lightweight travel or pack towel
- Two 1-liter or one 2-liter water bottle or hydration bladder\*
- Sun hat
- Sunglasses with UV protection
- Sunscreen and lip balm
- Flashlight or headlamp
- Personal toiletries, including soap and shampoo
- Wet Wipes or other hand sanitizer
- Prescription medicine, if required

*\*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.*

**Other things to consider:**

- Vest (down or fleece)
- Slip-on shoes and/or rubber sandals
- Rain poncho
- Extra Zip Lock or plastic bags
- Midweight fleece
- Camera and accessories
- Power bank (portable charging device)
- Pocket knife
- Toilet paper and/or pocket tissues
- Laundry soap (for hand laundry)
- Earplugs
- Electrolyte drink mix
- Snack bars, trail snacks