



HIMALAYAN
INSTITUTE®

2025 Excursion
Sacred Mandakini Valley
Yoga and Trekking in the Himalayas

Packing List

Baggage Allowance - one duffle bag and one daypack

The following items are essential:

- Soft-shell duffel bag or something similar (non-wheeled preferred)
- Sleeping bag rated to at least 0 degrees Fahrenheit (or 20 degree bag with liner)
- Comfortable, waterproof hiking shoes/boots
- 2 — 3 active wear 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 a hood and pants)
- 2 — 3 trekking pants
- Gloves (consider bringing a lightweight and warm pair)
- 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 to bring another bottle which can hold hot water. On camping days we will be drinking boiled, filtered 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) (kept in carry-on not checked bag)
- 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