

EQUIPMENT CHECKLIST FOR

KAILASH-MANSAROVAR PILGRIMAGE

Equipment and clothing is very much a matter of personal preference and choice. However, the list below is general and it is intended to give guidance only on Kailash-Mansarovar Pilgrimage, so please adjust as per your personal requirements.

Must bring documents:

1. The most recent and valid passport
2. 4 passport sized colour photos
3. 2 photo copies of the most recent and valid passport
4. Cash-less travel and medical insurance policy
5. Health certificate

Footwear:

1. A pair of proper and comfortable hiking boots with good grips and high ankle support
2. A pair of trainer type (sport) shoes
3. Flip-flops or river sandals to use around camp, bathing and washing
4. 3-4 pairs of warm socks

Clothes:

1. Cap/sunhat, woolen balaclava/monkey hat and woolen scarf
2. Down or fiber filled jacket - Karnali Excursions lends jackets to Yatries on returnable basis, but if you have your own (which must keep you warm up to - 20 Degree Celsius), you may bring your own one
3. One wind/rain proof jacket
4. One pair wind/rainproof trousers
5. One light sweater
6. One warm sweater
7. Fleece wear
8. Thermal body wear and Long John
9. At least three pairs of hiking shirts and trousers
10. Enough underwear garments
11. A pair of light and a pair of wind/waterproof warm gloves
12. Bath/face towel
13. A clean white lungi or dhoti for havan and pujas

Not-to-miss miscellaneous items:

1. Comprehensive Personal First Aid Medical Kit
2. Rucksack/Daypack (35-40 litre volume) to carry your valuables, camera, water bottle, rain gear, emergency medicines and other handy items
3. Sunglasses with 100% UV protection

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4. Normal flashlight or headlamp with spare batteries
5. Water bottle (1 litre)
6. Hot water flask (1 litre)
7. Hiking/trekking poles (preferably collapsible ones)
8. Repair kit (needles, threads, glue, scissors, knife etc)
9. Whistle (Optional)
10. Havan and Puja materials as per your own cultural customs and practices
11. Camera and binoculars (optional, but recommended)
12. Luggage tags and lock
13. Plastic garbage bags to protect your clothes from rain and dust

Toiletries:

1. Sunscreens and lip guard
2. Toothpaste, tooth brush and soap
3. Anti bacterial hand gel
4. Skin moisturizer
5. Wet wipes
6. Insect repellents

Eateries/snacks:

1. Favorite snacks
2. Energy bars (chocolates)
3. Glucose tablets
4. Electrolytes or Oral Rehydration Solutions (ORS)