

EQUIPMENT CHECKLIST FOR

NARMADA PARIKRAMA-ARUNACHAL HILL-PANCHA MAHABHOOT YATRA

Equipment and clothes are very much a matter of personal preference and choice. However, the list below is general, and it is intended to give guidance only for Narmada Parikrama-Sacred Arunachal Hill-Pancha Mahabhoot Yatra, so please adjust as per your personal requirements.

MUST BRING DOCUMENTS:

1. Valid passport
2. Passport size colour photos (4)
3. Passport photo copies (2)
4. Cash-less travel and medical insurance policy
5. Duly filled Health Declaration Form

FOOTWEAR:

1. A pair of trainer type (sport) shoes
2. Sandals
3. 3-4 pairs of socks

HEADWEAR:

1. Sunhat/P-cap
2. Woolen hat/Monkey cap/Balaclava
3. Scarf/Buff
4. Sunglasses (should be 100% UV protection and dark)

BODYWEAR:

1. Wind/Rainproof jacket-1 set
2. Fleece wear-1 set
3. Warm sweater-1 set
4. Light sweater-2 sets
5. Hiking shirts (should be lightweight and quick dry types)-2-3 sets
6. Wind/Rainproof trousers-1 pair
7. Hiking trousers-2-3 pairs
8. Havan clothes- as per your requirements
9. Casual clothes-as per your requirements
10. Light gloves-1 pair
11. Bath towel-1 set

12. Face towel-1 set

ACCESSORIES:

1. Daypack (35-40 litre volume) to carry valuables, camera, water bottles, rain gears, emergency medicines and other handy items.
2. Headlamp with spare batteries
3. Repair kit (sewing needles, thread, glue and scissors)
4. Plastic garbage bags to protect clothes from rain and dust
5. Havan and Puja items as per your own belief and practices
6. Luggage tags

FIRST AID MEDICAL KIT:

First Aid Medical Kit should be comprehensive and must contain all necessary medicines for the Yatra.

TOILETRY ITEMS:

1. Sunscreens and lip guard
2. Toothpaste, tooth brush and soap
3. Anti-bacterial handgel
4. Skin moisturizer
5. Wet wipes
6. Insect repellents
7. Toilet rolls

EATERIES/SNACKS:

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

Karnali Excursions (P) Ltd.

Next to Yak and Yeti Hotel Durbar Marg, Kathmandu, Nepal

Phone: +977 1 4233192, Email: karnaliexcursions@gmail.com

Web: www.karnaliexcursions.com