

## **EQUIPMENT CHECKLIST FOR KAILASH-MANSAROVAR PILGRIMAGE**

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 Kailash-Mansarovar Pilgrimage, 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 proper and comfortable hiking boots with good grips and high ankle support
2. A pair of trainer type (sport) shoes
3. Sandals
4. 3-4 pairs of hiking shocks
5. 2 pairs of warm shocks

### **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. Down filled jacket (must keep warm up to -20 Degree Celsius)-1 set
2. Wind/Rainproof jacket-1 set
3. Fleece wear-1 set
4. Warm sweater-1 set
5. Light sweater-2 sets
6. Thermal bodywear-1 set
7. Hiking shirts (should be lightweight and quick dry types)-3-4 sets
8. Wind/Rainproof trousers-1 pair
9. Hiking trousers-3-4 pairs
10. Thermal Long John-1 set
11. Havan clothes- as per your requirements
12. Casual clothes-as per your requirements

13. Light gloves-1 pair
14. Wind/Rainproof gloves-1 pair
15. Bath towel-1 set
16. 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. Hiking poles
3. Hot water flask
4. Headlamp with spare batteries
5. Repair kit (sewing needles, thread, glue and scissors)
6. Plastic garbage bags to protect clothes from rain and dust
7. Havan and Puja items as per your own belief and practices
8. 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 hand gel
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)

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