

Scoutripper

— GUIDE TO PERFECT BACKPACKING —

www.scoutripper.com

BASIC GEAR

- 1. **Back Pack & Rain Cover** 50 - 60 ltr with Comfortable Shoulder Straps
- 2. **Day Pack + Rain Cover** 20 - 30 ltr (If Hire A Mule Or Porter)
- 3. **Walking Stick** Advisable (At least one)
- 4. **Head Torch** 1 Nos.
- 5. **Water Bottle/Hydration Pack** 2 Bottles Of 1 Litre Each
People Who Use Hydration Pack
1 Hydration Pack & 1 Bottle Of 0 Liter
Carry At Least One Thermos Flask
- 6. **Snacks** Energy Bars, Dry Fruits, Electral/ORS
- 7. **Personal Medical Kit** Consult Your Doctor

KEEP THESE HANDY

- 8. **Waterproof & Warm Gloves** 1 Pair
- 9. **Fleece/woollen gloves** 1 Pair

THINK ABOUT YOUR HEAD

- 10. **Sun Cap** 1 Nos. (One that covers the neck as well)
- 11. **Woollen Cap** 1 Nos.
- 12. **Balaclava** 1 Nos.
- 13. **Neck-Gaiters** 1 Nos.
- 14. **Sunglasses** Dark With Side Cover, It Should Be UV Protected.
People Who Wear Spectacles-
(A)- Use Contact Lenses. (Not For Chadar Trek) (B)- Photo Chromatic Glasses.

BE COMFY AT THE TREK



- | | | |
|--------------------------|---------------------------------------|--|
| <input type="checkbox"/> | 15. T-Shirts | 2 Full Sleeves (Non-Cotton) |
| <input type="checkbox"/> | 16. Fleece T-Shirts | 1 Nos. |
| <input type="checkbox"/> | 17. Fleece Jacket | 1 Nos. |
| <input type="checkbox"/> | 18. Down Feather / Hollofil Jacket | 1 Nos. |
| <input type="checkbox"/> | 19. Wind & Waterproof (Jacket & Pant) | 1 Pair |
| <input type="checkbox"/> | 20. Thermal Inners (Upper And Lower) | 1 Pair |
| <input type="checkbox"/> | 21. Trek Pants | 2 Synthetic (Avoid Shorts, Fitting Denims, Capris) |
| <input type="checkbox"/> | 22. Poncho | 1 Nos. |

MIND YOUR STEP



- | | | |
|--------------------------|---------------------------|--|
| <input type="checkbox"/> | 23. Trekking Shoes | 1 Pair (Waterproof, High Ankle With Good Grip) |
| <input type="checkbox"/> | 24. Floaters / Flip-Flops | 1 Pair (Optional) |
| <input type="checkbox"/> | 25. Cotton Socks | 5 Pairs |
| <input type="checkbox"/> | 26. Woollen Socks | 3 Pairs |
| <input type="checkbox"/> | 27. Gaiters | 1 Pair |

PERSONAL UTILITIES



- | | | |
|--------------------------|--------------------------|---------------------------|
| <input type="checkbox"/> | 28. Sunscreen Cream | Hand Sanitizer |
| <input type="checkbox"/> | 29. Moisturiser | Antibacterial Powder |
| <input type="checkbox"/> | 30. Toilet Paper & Wipes | Toothbrush And Toothpaste |
| <input type="checkbox"/> | 31. Lip Balm | Quick Dry Towel |

