



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

LADAKH TREKKING AND SIGHT SEEING (LTSS)

Introduction

Clothing has to be of very good quality as minimum temperatures can be between 5 to -5 Deg C, maximum temperature can be between 22 ~ 30 Deg C.

Personal Items

• Trolley Bag (for main luggage)	1	• Small note book / pen	1
• Shirt/T-Shirt	5	• Water bottle 1 ltr	1
• Jeans / Pants	3	• Back pack, 30 ltr	1
• Spare pant/track suit bottom (for use while sleeping)	1		
• Under garments	5 sets		
• Monkey cap / Balaclava	1		
• Woolen sweater (full sleeve)	1		
• Woolen gloves	1 pair		
• Woolen socks	1 pair		
• Thermal inners: top + bottom	1 set		
• Feather / Warm Jacket	1		
• Rain sheet / coat / poncho	1		
• Wind cheater / Light Jacket	1		
• Sun cap	1		
• Sun glasses	1		
• Trekking shoes	1		
• Bathroom slippers	1		
• Cotton socks (thick)	2 pairs		
• Torch with cells	1		
• Toilet kit	1		
(Toothpaste/brush/soap/ Towel)			

Common Items that can be shared

• Toilet paper roll	1
• Cold cream	1
• Sun protection (SPF 15 or 20)	1
• Adhesive plaster roll (for toes/sole of feet)	1
• Medical kit (Personal medicines, if any)	1
• Micoderm powder	1
• Scissors - small	1
• Pocket mirror	1
• Light disposable paper bags (clothes/garbage etc)	5
• Old Newspaper (for drying shoes, if wet)	1

Items provided during the program

- Duffel bag, for moving your personal baggage and carried by porter
- Sleeping bag
- Cutlery – plates, cups for meals
- Technical equipment – ropes, harnesses, carabiners etc

General comments

- Participants may carry some extra clothes for their travel and stay at Leh.
- Mobile phone / charging / communication is possible in most hotels / guest houses in Leh. Expect no such facilities during the trek.
- Insurance – To protect against unforeseen circumstances, we advise you to take trip cancellation and medical insurance policies. The policy should also cover surface transportation or even emergency evacuation by helicopter. As per current rules of Government of India, all foreigners visiting India must have an evacuation insurance policy.

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