

# CHECKLIST OF THINGS TO CARRY FOR VALLEY OF FLOWERS TREK



- 1. Rucksack with a capacity of 60-70 litres and above as required with a backpack cover
- 2. Backpack - 20-30 litres daypack bag to carry the necessary items as you trek with a backpack cover
- 3. Trekking shoes (preferably Water Proof)
- 4. Hiking Stick to help you climb and descend with ease
- 5. Regular Slippers for daily wear
- 6. Socks (3-4 pairs of cotton, 1 pair woollen)
- 7. Sweater/Jacket
- 8. Thermals
- 9. Track pants/Sportswear
- 10. T-Shirts (preferably full sleeves and Dry fit T-Shirts)
- 11. Balaclava /Scarf
- 12. Hand Gloves/Snow gloves
- 13. Sun cap/Round hat
- 14. Sun goggles
- 15. Sunscreen & Lip balm
- 16. Poncho/Raincoat
- 17. Towel & Hand towel
- 18. Water bottle (2 x 1-litre bottles)
- 19. Torch/Headlamp
- 20. Tiffin Box - A basic lunch box to carry packed lunch during the trek
- 21. Personal medicines as per your physician's recommendation
- 22. Dry fruits & energy bars (in small quantity)
- 23. Camera and accessories/Binoculars (optional)
- 24. Toiletries, tissue roll, wet tissues, body wipes etc.
- 25. Small utility kit (safety pins, rubber bands, clips, needle thread)
- 26. Copies of photo ID card with address proof along with the original ID
- 27. A couple of passport size photographs
- 28. A few carry bags (avoid plastic bags)
- 29. Power bank
- 30. Photocopy of your tickets, if required.

**AVOID** CARRYING EXCESS CASH,  
COTTON WEAR, JEANS, JEWELLERY &  
ELECTRONIC GADGETS.  
**CARRY ONLY** LIGHT WEIGHING ITEMS.