

Long Distance, High Altitude Treks

This checklist is intended for experienced trekkers preparing for high altitude treks in cool or cold weather. This checklist assumes that food will be available on the way or provisions are being made professionally for equipment such as for stove, cooking utensils, fuel, and raw materials etc. For this reason, only personal effects are included in this checklist.

Where:

When:

Who:

Organised by:

Number of stages:

Maximum Altitude:

Temperature Range:

Item
<input type="checkbox"/> Tickets
<input type="checkbox"/> Tents and plastic ground sheet
<input type="checkbox"/> Sleeping bags and mats
<input type="checkbox"/> Cotton inner sheet for sleeping bag
<input type="checkbox"/> Camera and accessories - film, batteries, tripod etc.
<input type="checkbox"/> Pencil
<input type="checkbox"/> Writing paper
<input type="checkbox"/> Rope
<input type="checkbox"/> Torch, with spare batteries
<input type="checkbox"/> Swiss army knife
<input type="checkbox"/> Water bottle
<input type="checkbox"/> Medicines
<input type="checkbox"/> Chocolate, dried fruits
<input type="checkbox"/> Cup, plate and spoon
<input type="checkbox"/> Toothbrush
<input type="checkbox"/> Toothpaste
<input type="checkbox"/> Toilet paper
<input type="checkbox"/> Spare plastic bags

Clothes

- Parka
- Fleece jacket
- Sweater
- Thermals
- Woolen shirt
- Woolen socks
- Waterproof, warm trousers
- Gloves
- Warm cap
- Muffler
- Sunglasses
- Raincoat
- Jeans
- T-Shirts
- Underwear
- Small towel
- Handkerchief
- Normal cap
- Socks