

## Basic Treks

Intended for inexperienced trekkers, or as a ready reckoner for a short (overnight or two-night) trek in low altitudes, pleasant weather and with no cooked food.

**Where:**

**When:**

**Who:**

**Organised by:**

	Item	Comments
<input type="checkbox"/>	Tickets	To get there and back again.
<input type="checkbox"/>	Tents	Check the tents thoroughly before setting out - make sure that everything works, specially if you are renting the tents. It is also a good idea to carry a spare sheet of plastic, which can serve as a ground sheet for the tent, or just as a picnic blanket to dump stuff on. Very useful when the ground is damp.
<input type="checkbox"/>	Backpacks	It is not necessary to get one per head. One option is to get one per couple so that whenever one person is tired, the other can carry it. In which case, I would suggest one proper backpack per couple, and one small knapsack, or shoulder bag, which can be used to carry water and a little food. By swapping bags, or even combining the small bag with the big, it is possible to re-adjust loads if people get tired. Also, in case one person is unwell, or injured, the load can be re-adjusted among those fit enough to carry it.
<input type="checkbox"/>	Sleeping bags	Now, here it is quite necessary to get one per head - I don't think one per couple will work...:)
<input type="checkbox"/>	Sleeping mats	It is preferable to carry a sleeping mat, as it can be quite uncomfortable without one, though I have at times gone without one and still managed to sleep!
<input type="checkbox"/>	Torch	Bring - ideally one per head, or at least one per couple. I have been in situations where one per head would not have been a luxury. Also, remember to ensure it has fresh batteries, or bring a spare set of batteries
<input type="checkbox"/>	Lighter	Not for cigarettes: to light the campfire
<input type="checkbox"/>	Candles	These are useful for lighting a campfire
<input type="checkbox"/>	Knife/scissor/ bottle opener	All in one, if possible.
<input type="checkbox"/>	Rope	It might come in handy...You never know
<input type="checkbox"/>	Compass and map	I have never carried either of these and managed fine... but you probably should carry both, specially if you like to watch movies like the Blair Witch Project
<input type="checkbox"/>	Camera	Film (if it's not digital), batteries, tripod, other accessories

**Personal Effects**

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|--------------------------|--------------------------------|---|
| <input type="checkbox"/> | Clothes                        | <p>Wear - don't carry too many - clothes are heavy. For a single-night trek, I would suggest carrying only one change of clothing, for after the trek. For longer trips, try to leave some clothes behind in safe custody and retrieve them when the trek is over.</p> <p>Another suggestion: Bring light cotton clothes, preferrably full sleeves and full length to avoid sunburn, and scratches or bites from plants or insects. Try to get jungle-friendly colours, like khakis, greens, browns.</p> <p>If there is a water body, then remember to bring swimming-clothes and towels.</p> |
| <input type="checkbox"/> | Shoes                          | <p>Wear - don't carry spares - too heavy. Make sure you aren't wearing new shoes. Comfortable walking shoes are the best. Hiking boots etc are not essential, though waterproof footwear is convenient.</p>   |
| <input type="checkbox"/> | Socks                          | <p>Wear - walking without socks can give shoe bite, which would be disastrous on a trek. Carrying a spare pair of socks is also advisable</p>   |
| <input type="checkbox"/> | Nightwear                      | <p>Don't bring! Sleep in day clothes. (It's only one night)</p>   |
| <input type="checkbox"/> | Toothpaste                     | <p>One tube that can be shared should be enough.</p>  |
| <input type="checkbox"/> | Toothbrush                     | <p>Each one bring one</p>   |
| <input type="checkbox"/> | Toilet paper                   | <p>Again, one roll among all should do.</p>   |
| <input type="checkbox"/> | Soap                           | <p>One bar for all, unless someone is very particular. When you're carrying all your stuff on your back, every gram counts.</p>   |
| <input type="checkbox"/> | Towel                          | <p>Carry a small face towel, or a thin, light towel, not a full-size bath towel. Anyone who's not too particular can share.</p>   |
| <input type="checkbox"/> | Other cosmetics and toiletries | <p>Don't bother unless you can't live without it.</p>   |

**Pills etc**

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|--------------------------|-------------------------|---|
| <input type="checkbox"/> | Water purifying tablets | <p>Required for all treks where running water is not found on the way or at the campsite.</p>   |
| <input type="checkbox"/> | Medicines               | <p>Carry a fairly comprehensive medical kit, including pain killer spray and tablets, crepe bandages, disprin, anti-vomiting and anti-diarrhoea medicines. If you have favourite medicines, prescribed medicines, or are prone to particular symptoms (e.g. asthma) for which you require prescription medicines, carry sufficient stock.</p> |

### Survival Essentials

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|---|---|
| <b>Food</b>   | The following are my suggestions, though anything else is also fine These can be organised even at the last minute, so it does not need to be done very far in advance, only the quantities must be adequate, and the weight has to be distributed. |
| <input type="checkbox"/> Bread                          | On average a loaf per head per day, assuming there is a fair quantity of other starchy food like fruit, biscuits, mashed potatoes etc.  |
| <input type="checkbox"/> Sandwiches\ parathas           |   |
| <input type="checkbox"/> Boiled eggs or boiled potatoes |   |
| <input type="checkbox"/> Jam                            |   |
| <input type="checkbox"/> Butter                         |   |
| <input type="checkbox"/> Cheese                         | Slices are the most convenient  |
| <input type="checkbox"/> Canned foods/packet foods      | Can be quite heavy to carry, for the quantity of food they provide, so plan carefully   |
| <input type="checkbox"/> Fruit                          | Apples, bananas, oranges, whatever - plan the packing carefully so that these don't get squashed. A kilo of each for 4 people for 1 day is about ok   |
| <input type="checkbox"/> Biscuits                       |   |
| <input type="checkbox"/> Snacks                         | Crispies or cakes or wafers etc.  |
| <input type="checkbox"/> Chocolates                     | Good for quick energy and even better for psychological boost   |
| <input type="checkbox"/> Glucose                        | Just in case...   |
| <input type="checkbox"/> Water                          | Budget at least 4 lt per head for an overnight trek (36 hours) with pleasantly warm weather (sweating, but not too much) and medium level of exertion   |

### Sundry

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|--|---|
| <input type="checkbox"/> Paper plates  | May not be required if only finger-food is carried    |
| <input type="checkbox"/> Spoon, knife  | Depending on the menu - butter, jam and packaged food |
| <input type="checkbox"/> Playing cards | For entertainment                                     |