Recommended Gear list

(this list is by no means set in stone. Feel free to bring more less of any item)

**Gear that can be supplied if necessary:**
Hanifl Centre can provide the following gear for the duration of the program, but we recommend that you bring these items if you own them.
- Backpack
- Sleeping Bag and Compression stuff sack
- Foam Pad (sleeping pad) and Foam pad stuff sack
- Gaiters for hiking boots

**Gear that you must bring:**
- **Sturdy hiking boots.** Preferably all leather upper as it provides better ankle support. If you do not own a pair yet, it is advisable that you buy one soon and wear it often so that your feet get used to them. This will help prevent blisters on the course.
- **Tennis shoes/Sneakers/running shoes:** 1 pair. For daily wear. You will also need this as an alternative to your hiking boots.
- **Sandals/slippers:** A pair of closed toe sandals will be optimal, as it can be worn in different conditions and terrain.
- **Wool socks.** 2-3 pairs. Preferably thick wool socks.
- **Synthetic/Nylon socks.** 2-3 pairs. These are the type that you wear daily. It is worn under the wool socks to prevent blisters.
- **Synthetic/Nylon hiking shorts.** 1 pair. Nylon is preferred over cotton as it dries faster.
- **Synthetic/Nylon Track suit/hiking pants:** 1 pair. These are good for daily use and can also be worn on the trek.
- **Thermal long underwear top and bottom.** 1 pair. This will be your first layer on cold days.
- **Rain/wind pant:** A Gore-Tex pant will work for rain and wind protection as well.
- **Underwear:** As needed
- **Thermal underwear top:** On cold days, this will be worn as your first layer. Over this you can wear a cotton T shirt or pile jacket or vest, depending on how cold it gets.
- **Fleece Jacket:** If you are going to buy it, then we recommend one that comes with "Wind stopper" material.
- **Rain /wind jacket:** A Gore-Tex jacket will work for rain and wind protection as well.
- **Wool /fleece gloves.** 1 pair
- **Fleece hat / Wool hat:** 1
- **Sun glasses.** With a retainer.
- **Sun protection lotion.** Minimum 32 oz
- **Lip balm (chap stick).**
- **Sun block:** Zinc oxide
- **Bandana:** At least 2.
- **Water bottle.** Two x 1-liter capacity.
- **Water treatment:** We will provide water treatment tablets. However, you could bring a "Steri Pen" or similar water treatment devices.
- **Head lamp:** A headlamp is a must as it leaves your hands free to do other work. Bring extra batteries.
- **Pocket knife:** A basic model will suffice.
- **Toilet articles.** Tooth brush, tooth paste, soap, body lotion etc, etc...
- **Towel**: We will provide towels at Hanifl Centre, some other locations may not have clean towels.
- **Travel first aid kit**: A basic supply of Band-aid, Tums, Tylenol, Ibuprofen, anti-diarrheal, etc.
- **Wrist watch**: One with an alarm and light helps!
- **Notebook, pen/pencil**.
- **Camera**: Extra batteries and an extra memory card are highly recommended.
- **Trekking Poles**: This is an optional item. Some folks seem to enjoy having them as it helps ease the strain of walking downhill.
- **Duffle bag**: While not necessary, it makes for a good way to pack all your gear for airline travel and also local transportation in India.