

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.