

KIT LIST – HOME OF THE DALAI LAMA TREK AND COMMUNITY PROJECT

The kit you take can make the difference between being ‘just a trek’ or a ‘memorable trek’.

Our kit lists are put together with feedback from our own experiences and those of participants who have taken part in our previous trips. The items on this list do not take into account your personal preferences based on your previous experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS + FLIGHT ESSENTIALS	✓
Passport and Copy	ESSENTIAL
E-Tickets	ESSENTIAL
E-Visa approval	ESSENTIAL
Travel insurance	ESSENTIAL
ATM and credit card (s)	ESSENTIAL
Cash (£ Sterling)	ESSENTIAL
Pen for immigration forms	ESSENTIAL
Sunglasses (preferably polarized)	ESSENTIAL
Mobile phone + charger	ESSENTIAL
Camera + spare batteries	SUGGESTED

LUGGAGE	✓
Suitcase/large holdall kitbag	ESSENTIAL
Daypack (25 – 30 litres)	ESSENTIAL
Hand Luggage (take note of dimensions from airline)	ESSENTIAL
Combination padlocks	ESSENTIAL

CLOTHING AND FOOTWEAR	✓
Trekking boots: either worn on flight or carried in hand luggage	ESSENTIAL
Sturdy boots or trainers for project	ESSENTIAL
Trainers/casual shoes for evenings	ESSENTIAL
Trek trousers (zip off trousers ideal)	ESSENTIAL
Non-cotton, technical t-shirts	ESSENTIAL
Non-cotton long sleeved top/shirt	ESSENTIAL
Socks and underwear	ESSENTIAL
Warm fleece layer	ESSENTIAL
Warm jacket (e.g. Primaloft)	ESSENTIAL
Waterproof jacket and trousers	ESSENTIAL
Old clothes for project	ESSENTIAL
Casual clothes for time with community and sightseeing	ESSENTIAL
Thermal base layer top and trousers	ESSENTIAL
Sun hat with brim	ESSENTIAL
Warm hat	ESSENTIAL
Flip-flops for showers	ESSENTIAL
Gloves (for trekking and also heavy duty for project)	ESSENTIAL
Scarf/pashmina for temples	SUGGESTED
Neck cooling ‘Cobber’/cooling towel and Buff	SUGGESTED

HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, shower gel, nail brush and nail care kit	ESSENTIAL
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline	ESSENTIAL
Hairbrush/comb	ESSENTIAL
Travel towel	ESSENTIAL
Feminine care products	SUGGESTED

OTHER KIT	✓
Sleeping bag (comfort -5°C)	ESSENTIAL
Sleeping bag liner (silk/thermal)	ESSENTIAL
Sun block (high SPF)	ESSENTIAL
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	ESSENTIAL
2 ltr water hydration system (e.g. Camelbak)	ESSENTIAL
1 ltr metal/insulated water bottle	ESSENTIAL
LED head torch + spare batteries	ESSENTIAL
Adaptor (European 2 round pin or 3 round pin)	ESSENTIAL
Ear plugs	ESSENTIAL
Hiking poles – to be stowed in hold luggage for flight	SUGGESTED
Energy food/snack bars	SUGGESTED
Electrolyte (e.g. NUUN)	SUGGESTED
Water purification tablets (e.g. Biox Aqua)	SUGGESTED
Swimwear	OPTIONAL
Travel pillow	OPTIONAL
Portable power bank	OPTIONAL
Spare glasses/contact lenses	OPTIONAL
Video camera + charger	OPTIONAL
MP3 player/ipod	OPTIONAL
Books/pack of cards	OPTIONAL