



Ladakh Kit List

- Tents will be provided by the local agent. Although the local agent will supply a sleeping mat, we strongly recommend that you bring a thermarest for added comfort and warmth.
- Participants will not be required to carry their main rucksack during the trek: all bags will be transferred by horse to the next camp. Please keep the weight of your luggage to a minimum (maximum 15kg) for the horses' welfare.
- Although the temperature in Delhi and Agra can reach the mid-40's, it can drop to zero at night in the mountains. Please pack accordingly.
- We recommend that trekking boots and essential kit are worn on the flight – if your bag gets lost in transit, you will still be able to continue with the trek.

When packing, please **do not** strap items such as sleeping bags or mats to the outside of your bag. There is a good chance that they will be ripped off while in transit, and it is possible that they will get wet. They also make handling the bags much more difficult when loading the buses on the trek. It is much better to bring a larger bag which is big enough for all of your kit, than a smaller one onto which you have to strap extra equipment.

Essential items for trek:

- Holdall, or rucksack, weighing no more than 15kg when full. **Please do not bring suitcases or bags with wheels.**
- Well broken-in trekking boots
- Trekking trousers (lightweight and breathable)
- Shorts (please note that shorts are not appropriate in populated areas, although they are fine on the trek itself)
- T-shirts (vest tops are not appropriate)
- Base layer (e.g: long sleeved top). Wicking material ideal
- Warm top or fleece
- Waterproof jacket and trousers. These should be lightweight and breathable
- Breathable socks
- Two bin liners or a rucksack liner to keep everything in your main bag dry
- You will also need some loose, cool clothing to wear in Delhi and Agra
- Money belt (for use in Delhi and Agra)

Day pack – your day pack should be large enough to carry a packed lunch and the following items (we recommend at least 25-litre capacity):

- Platypus/Camelbak (recommended) or water bottles – min. 2-litre capacity.
- Alcohol hand gel – essential for use after toilet stops and before eating or snacking
- Head torch (LED head torches recommended). Extra batteries and bulb.
- Camera, spare memory card / plenty of film and a spare battery.
- Toilet paper
- Small freezer bags or nappy sacks, for personal rubbish collection
- Sun hat
- Sunscreen (minimum factor 30) and SPF lip salve
- Sun glasses
- Insect repellent
- Water purification tablets (iodine) enough for 30 litres
- Personal snacks
- Small waterproof bag containing; passport, airline ticket, credit cards and money



- Personal First aid kit (see below)
- Wet wipes

Essential items for camping:

- Three - four season sleeping bag
- Sleeping bag liner
- Thermarest mat
- Trainers for comfortable wear in the evenings and when not trekking
- Down jacket or equivalent (eg: warm fleece). It can get cold at night.
- Spare underwear, including spare pairs of warm socks
- Thermal underwear (leggings and long-sleeved vest) for night time

Essential personal items:

- Clean clothes for celebratory meal on last night

Optional useful items:

- Walking poles
- Earplugs
- Sarong (for covering legs when visiting monasteries)

First Aid kit

ATD doctors carry a complete medical kit during the trek, but are not able to supply everyone with essentials such as painkillers. You are requested to bring a comprehensive First Aid kit for personal use during the event. If you are travelling with a friend, you may wish to share your first aid kit, but please ensure you bring a full weeks' supply of painkillers, plasters (especially blister treatments) Imodium and other 'essentials' for both of you, just in case you both get blisters or fall ill.

- Painkillers
- Ibuprofen or other anti-inflammatory (not for asthmatics)
- Imodium for diarrhoea
- Rehydration mix such as Dioralyte
- Antiseptic wipes
- Plasters
- Gauze pads
- Crepe bandage
- Zinc oxide tape (or Leucotape which is much better)
- Antihistamine cream
- Moleskin and/or 'Compeed' for blister treatment
- Small tub of Vaseline
- Tweezers (not in hand luggage on flight)
- Scissors (not in hand luggage on flight)
- Safety pins (not in hand luggage on flight)