

Kit lists are not exhaustive. Adjust as you see fit according to your own preferences and experience. If you need advice, call us on the numbers in the footer.

KIT LIST - BHUTAN, MOUNTAINS

LUGGAGE

Daysack, 30 - 40l capacity
Holdall/Duffel bag, 70 - 90l capacity
Optional waterproof liner

FOOTWEAR

Walking boots (preferably waterproof)
Alternative footwear

CLOTHING

Waterproof jacket & trousers
Duvet jacket
Trekking trousers
Shorts
T shirts, short sleeve
Shirt, long sleeve
Fleece
Base layer(s)
Socks
Underwear
Wooly hat
Gloves
Sun hat
Buff or scarf
Swimming costume?
Evening wear (non trekking)

DOCUMENTS/MONEY

Passport
Visa (supplied by us)
Flight Ref details/document
Travel Insurance details
Spare photo ID
Spare passport photo

Currency cash
Credit card
Hard copy of important documents

EQUIPMENT

Sleeping bag
Rating of -10°C recommended
Liner (if used)
Water bottles (drinking)
Camelbac (if using)
Torch (LED head torches are best + spare batteries)
Sunglasses (+ hard case)
Normal vision glasses (if worn) (+ hard case)
Trekking poles (optional)
Pocket knife
Medical kit (see website for checklist)

Mobile phone (+ charger)
Plug adaptor

Camera (+ batteries + charger)

Wash kit
Travel towel

USEFUL EXTRAS (Optional)

Dirty wash bag
Guide book
Reading/writing material
Needle/thread
Spare laces
Combination lock(s)

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