

Himalayan Trekking Packing List

What to pack for Himalayan trekking in India — a proper layering system, altitude-ready gear, and the acclimatization essentials that matter more than summit photos.

WHY HIMALAYAN TREKKING PACKING IS DIFFERENT

Trekking in the Indian Himalayas means temperature swings of dozens of degrees within a single day — biting cold at dawn, strong sun at midday, and cold again the moment you stop moving. Altitude changes the rules too: thinner air means stronger UV exposure, slower recovery, and real risk of altitude sickness on longer or higher routes. This isn't a sightseeing packing list — it's built around a layering system and gear that keeps you safe, not just comfortable.

CLOTHING

- Moisture-wicking base layers — top and bottom, in more than one set
- Insulating mid-layer (fleece or down) for cold mornings and evenings at camp
- Waterproof, windproof outer shell jacket and pants
- Trekking trousers that dry quickly and layer well
- Warm hat and a sun hat — both needed across one trekking day
- Thermal gloves plus a thinner liner pair for dexterity tasks
- Buff or neck gaiter for wind and sun protection

FOOTWEAR & ACCESSORIES

- Broken-in trekking boots with ankle support — never trek in new boots
- Wool or technical trekking socks, with a spare pair kept dry at all times
- Gaiters if snow or scree is likely on your route
- Trekking poles for steep descents and stream crossings
- Headlamp with spare batteries for early starts or delayed returns
- Daypack with rain cover, sized for layers, water, and snacks

HEALTH, DOCUMENTS & TECH

- Personal first-aid kit, including blister plasters and any altitude-related medication prescribed by a doctor
- Sunscreen SPF 50+ and lip balm with SPF — UV exposure is stronger at altitude
- Water purification tablets or a filter as backup to bottled water
- Electrolyte sachets for long trekking days
- Trekking permit copies and travel insurance details, where required for your route
- Power bank — charging points are rare or nonexistent once you're on trail
- Note any known altitude sensitivity to your trek leader before setting out

Always consult your trek operator or a doctor about altitude sickness prevention for your specific route and elevation.