



CAC - ALLROUNDER

Expert In Adventure Based
Training & Development

ISO 9001-2015 Adventure Organisation
Allied Member **ATOAI** India



HIMALAYAN CAMP

www.himalayancamp.com

PACKING CHECKLIST

ACTIVITY GEAR

- 1. Ruck Sack
- 2. Nap Sack / Day Pack
- 3. Chain and Lock
- 4. Sports Shoes
- 5. Chappal or crocks
- 6. Sun Cap
- 7. Buff/Bandana
- 8. Sun Glasses with Hard Case
- 9. Head lamp / Torch
- 10. Thin Nylon Rope (10ft.)
- 11. Watch
- 12. Personal Medical & First Aid Kit



CLOTHING

- 1. T-Shirts (# 7max)
- 2. Light weight Pants (#7 max)
- 3. Socks (# 7 max)
- 4. Shorts or Capris and T Shirt (for Rafting)
- 5. Undergarments
- 6. Thermal Inner Wears
- 7. Raincoat OR Water proof Upper & Lower
- 8. Warm Jacket
- 9. Sweater/Fleece jackets
- 10. Woolen cap/ Balaclava
- 11. Hand Gloves
- 12. Air Pillow
- 13. Bed sheets/Shawl(#2max)



TOILETRIES

- 1. Towel & Napkin
- 2. Soap in plastic case/shampoo
- 3. Comb/Brush
- 4. Toothbrush, paste ,mouthwash,
- 5. Toilet Paper Roll
- 6. Wet wipes
- 7. Soap Papers
- 8. Sunscreen (SPF 20+)
- 9. Cold Cream/ Moisturizer
- 10. Lip Balm
- 11. Deodorant
- 12. Insect repellent
- 13. Nail clippers
- 14. Plastic bags/ Waterproof cover(Size 5 Liters)



CAMPING EXTRAS & ESSENTIALS

- 1. Notepad, pen ,Pencil
- 2. Mobile phone
- 3. Battery bank
- 4. Camera
- 5. Repair kit(Needle, thread, safety pins, rubber band, fevi quick)
- 6. Dry Snacks
- 7. Water Bottles (2 ps – 1 Ltr each)
- 8. Reservations info./confirmation
- 9. 1 Photo Identity Card
- 10. Other personal items



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