

Trekking at altitude Checklist



Independent travellers and group expeditions alike are constantly visiting various remote mountain ranges the world over from the Inca Trail to the Annapurna. This is a general check list as to what you should be thinking of before reaching for the skies. BE SURE TO DO YOUR HOMEWORK!!

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|---|--|
| <input type="checkbox"/> Sunnies with a good level of UV protection. (Category 3 lens). | <input type="checkbox"/> At least 4 pairs of quality socks. Smartwool, Brigdedale. Liners are also available which wick moisture effectively so to prevent blister - provide thermal properties. |
| <input type="checkbox"/> Sun protection - parasol/P20 (once a day application). | <input type="checkbox"/> Insulated sleeping mat & repair kit. |
| <input type="checkbox"/> Sun block - nose, lips, ear tips. (high factor). | <input type="checkbox"/> Cap/sun hat. |
| <input type="checkbox"/> Biodegradable soap. | <input type="checkbox"/> Ear warmer (fleece band). |
| <input type="checkbox"/> Hand sanitiser. | <input type="checkbox"/> Well-fitted walking boots. (Seek professional advice from qualified fitters). |
| <input type="checkbox"/> Moisturiser. | <input type="checkbox"/> Walking sandals (climate dependant). |
| <input type="checkbox"/> Sterile first aid kit (with disposable syringes). | <input type="checkbox"/> Waterproof jacket. |
| <input type="checkbox"/> Insect repellent with deet. | <input type="checkbox"/> Waterproof trousers. |
| <input type="checkbox"/> Permetherin treated mosi net. | <input type="checkbox"/> Underwear x 4. |
| <input type="checkbox"/> Wash bag. | <input type="checkbox"/> Long sleeve shirt x 2. |
| <input type="checkbox"/> Water bottle. | <input type="checkbox"/> Long trousers/zip offs x2. |
| <input type="checkbox"/> Water purification - Iodine, chlorine, neutralising tablets. (seek advice). | <input type="checkbox"/> Base layer top (light moisture wicking and thermal properties x2). |
| <input type="checkbox"/> Water filter. (Katadyn for example). | <input type="checkbox"/> Base layer trousers x 2. |
| <input type="checkbox"/> Pocket knife - swiss army - leatherman. (never carry in hand luggage when in transit, you risk confiscation or worse). | <input type="checkbox"/> Fleece jacket/down jacket. |
| <input type="checkbox"/> Universal plug adaptor. (check voltage compatability). | <input type="checkbox"/> Gloves/mitts. |
| <input type="checkbox"/> Torch - with spare batteries. | <input type="checkbox"/> Packable folding, knife, fork and spoon set. |
| <input type="checkbox"/> Travel clothes line. | |
| <input type="checkbox"/> Pack down cubes. (vacuum packs). | |
| <input type="checkbox"/> Travel rucksack with detatchable/seperate day sack. | |
| <input type="checkbox"/> Sleeping bag. Capable of going down to -5 -10 degrees celcius. (remember, we all feel cold differently so test equipment is up to the job before using). | |
| <input type="checkbox"/> Sleeping bag liner - fleece may be your best option here. Cotton and silk are available if preferred. | |

Now after you've packed all this, hired 20 Sherpas to carry your load, a donkey to carry you to high altitudes, lets hope you don't get altitude sickness. Enjoy and have fun.