



Detailed Packing List for Bhutan Adventure

HEADGEAR

- Warm beanie style hat – knitted or fleece.
- Neck gaiter or scarf. It can get dusty in Bhutan and the air very cold. A scarf or - balaclava comes in useful for keeping dust out and can double as a warm layer for your neck / face!
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

UPPER BODY

- Thermal or fleece base layer (x1)
- Long sleeve shirt/tshirt– light or medium weight, moisture wicking (x1)
- Short sleeved shirt/tshirt– lightweight, moisture wicking (x2)
- Fleece or soft-shell jacket (x1)
- Insulated jacket – down or primaloft
- Lightweight water/windproof hard shell outer jacket
- Gloves – lightweight, fleece or quick drying fabric
- Gloves or mittens – heavyweight, insulated, preferably water resistant.

LEGS

- Leggings – thermal or fleece base layer (x1)
- Trekking trousers – light or medium weight (x2) – convertible trousers work well.
- Waterproof hard-shell trousers – ski pants work fine (x1)

FEET

- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around camp.
- Mid-weight trekking socks (x3 pairs)
- Breathable, high-wicking liner socks (x2 pairs)
- Thermal trekking socks for upper reaches of your trek (x1 pair)

GEAR

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Waterproof duffle bag (approx 80-100 litres) – max weight when full should be 15kg. This weight restriction includes your sleeping bag. Your duffle will be carried by a porter
- Sleeping bag (4 season or -10 Deg C) and compression sack
- Insulated sleeping mat
- Trekking poles
- Water bottle or hydration bag – must be able to carry 1.5-2L of water

OTHER ACCESSORIES

- Sunscreen high SPF
- Toiletries, including wet wipes and hand sanitizer – please carry all rubbish back off the trail.
- Camera and spare batteries
- Plug adapter, for charging devices in hotels.
- Personal medication and first aid kit
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy.
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavor and helps replace electrolytes.
- Microfiber towel for wiping hands and face each day.
- Ear plugs, if you are a light sleeper.
- Dry bag (only required if your main duffle bag is not waterproof)