

## CELEBRATING GOLDEN JUBILEE YEAR 2015 – 2016

### THE KARNATAKA MOUNTAINEERING ASSOCIATION (R)

Room No: 205, I Floor, Kanteerava Sports Complex-2  
Kanteerava Stadium Premises, Kasturba Road, Bengaluru-560001  
T: +91 80 22 11 33 33 E: info@kmaindia.org W: www.kmaindia.org  
FB: www.facebook.com/kmaindia



#### HIGH ALTITUDE TREKKING/CLIMBING EXPEDITIONS – GENERAL CHECK LIST

1. Rucksack of capacity 60 liters to fit in sleeping bag, thermal wears etc.
2. Backpack / Knapsack - 20-30 liters daypack bag to carry the necessary items as you trek   
*(The items marked with a \* in this list are to be carried in the backpack)*
3. Sleeping bag (temperature rating: 0 to -5C)
4. Carry mat/Sleeping mat
5. Trekking shoes (preferably Water Resistant)
6. Floaters for camp wear (preferably with straps)
7. Socks (3-4 pairs of cotton, 1 pair woolen)
8. Sweater / jacket
9. Thermals
10. Track pants/sports wear
11. T-Shirts (preferably full sleeves, jersey kinds)
12. Balaclava / scarf \*
13. Hand Gloves (woolen) / Snow gloves \*
14. Sun cap / round hat \*
15. Sun goggles (other than blue tint) & spectacle cord \*
16. Sun screen & lip guard lotion \*
17. Wind cheater / light jacket \*
18. Poncho / raincoat \*
19. Towel / hand towel \*
20. Water bottle (2 x 1 liter bottles) \*
21. Torch / head lamp (with spare batteries) \*
22. Personal medicines (include several band aids) \*
23. Dry fruits & energy bars (in small quantity) \*
24. Lunch box & spoon (Small & compact)
25. Camera and accessories / binoculars (optional)
26. Toiletries, tissue roll, wet tissues, body wipes etc.
27. Small utility kit (safety pins, rubber bands, clips, needle thread)
28. Note book and a pencil
29. Photo ID card with address proof
30. A couple of PP size photographs
31. A few carry bags (preferably cloth bags)
32. Air Pillow (Sleeping)

 **Do NOT carry excess cash, expensive phones, jewels & electronic gadgets**

 **Carry only light weighing items. Your sack once packed should not weigh more than 7 to 8 kgs**