

KAILASH MANSAROVAR YATRA PACKING LIST

CATEGORY	SUB-CATEGORY	ITEMS	QUANTITY	CHECKBOX
Clothing	Base Layer	Thermal tops	2 pairs	☐
		Thermal bottoms	2 pairs	☐
		Moisture-wicking t-shirts	2-3	☐
	Mid Layer	Fleece or down Jacket	1-2	☐
		Warm sweaters	1-2	☐
	Outer Layer	Waterproof and windproof jacket	1-2	☐
		Waterproof pants	1-2 pairs	☐
	Other Clothing essentials	Comfortable trekking pants	2 pairs	☐
		Full-sleeve shirts (sun protection)	2-3	☐
		Woolen cap or beanie	1-2	☐
		Sun hat or wide-brim hat	1-2	☐
		Woolen gloves	1-2 pairs	☐
		Waterproof gloves	1-2 pairs	☐
		Pair of woolen and cotton socks	Multiple	☐
		Undergarments (quick drying)	Multiple	☐
Footwear		Well-broken-in trekking boots (water-resistant)	1-2 pairs	☐
		Lightweight sandals or slippers	1-2 pairs	☐
Personal Gear		Daypack (20-30L) for daily essentials	1	☐
		Duffel bag or large backpack (carried by yak or porter)	1	☐
		Sleeping bag (comfort rating -10°C or lower)	1	☐
		Trekking poles (lightweight and collapsible)	1-2	☐
		Headlamp with extra batteries	1	☐
Toiletries and personal Items		Toothbrush and Toothpaste	1 each	☐
		Biodegradable soap	1-2	☐
		Wet wipes	1-2 packet	☐
		Hand sanitizer	1(250 ml)	☐
		Towel (quick-dry)	1-2	☐
		Sunscreen (SPF 50+)	1	☐
		Lip balm with SPF	1	☐
		Toilet paper and tissue packs	2-3 packet	☐
		Feminine hygiene products	If applicable	☐
Health and Safety Essentials		Personal first aid kit (include Diamox for altitude)	1	☐
		Prescribed medications	If applicable	☐
		Electrolyte packets and energy bars	Multiple	☐
		Water purification tablets or a filter bottle	Multiple	☐

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		Face Masks	Multiple	☐
		ORS packets (Oral Rehydration Salts)	Multiple	☐
Documents and Permits		Valid passport with visa	If applicable	☐
		Copies of passport, visa and permits	2-3 each	☐
		Passport-sized photos	4-6	☐
		Travel insurance papers	All	☐
Electronics		Power bank	1-2	☐
		Universal travel adapter	1-2	☐
		Mobile phone with offline maps	1-2	☐
		Camera or action camera	Optional	☐
Spiritual Essentials		Prayer beads(mala)	1-2	☐
		Small idol or image for personal devotion	1-2	☐
		Offering items	Optional	☐
		Notebook or spiritual journal	1-2	☐
Other Useful Items		Sunglasses (UV protected)	1	☐
		Lightweight thermos or hot water bottle	1	☐
		Snacks (dry fruits, protein bars, trail mix)	Multiple	☐
		Ziplock bags or dry sacks (to safeguard documents and electronic	Multiple	☐

Asian Heritage
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SPECIAL PACKING LIST FOR KAILASH KORA (PARIKRAMA)

CATEGORY	SUB-CATEGORY	ITEMS	QUANTITY	CHECKBOX
Day Pack Essentials		Small daypack (20–30L, padded, rain cover)	1	☐
		Water bottles or hydration pack	Minimum 2 liters	☐
		Trail snacks (dry fruits, bars, chocolate)	Sufficient quantity	☐
		Personal first aid (band-aids, Diamox, etc.)	1 kit	☐
		Toilet paper and wipes	1–2 rolls/packs	☐
		Sunblock and lip balm	1 each	☐
		Sunglasses and sunscreen	1 each	☐
		Rain poncho or light rain jacket	1	☐
		Thermal flask (for hot water)	1	☐
		Extra layers (fleece, down jacket)	1–2	☐
		Quick-dry towel and toiletries	1 towel + travel-size	☐
		Torch/headlamp with extra batteries	1	☐
		Power bank	1	☐
		ID, permits, and small cash	As required	☐
Clothing	Base Layer	Warm inner thermals (top & bottom)	2 pairs each	☐
	Mid Layer	Fleece or down jacket	1–2	☐
		Warm sweaters	1–2	☐
	Outer Layer	Waterproof and windproof outer jacket	1–2	☐
		Waterproof pants	1–2 pairs	☐
	Other Clothing Essentials	Comfortable trekking pants	2 pairs	☐
		Full-sleeve shirts (sun protection)	2–3	☐
		Woolen cap or beanie	1–2	☐
		Sun hat or wide-brim hat	1	☐
		Woolen gloves	1–2 pairs	☐
		Waterproof gloves	1–2 pairs	☐
		Pair of woolen and cotton socks	Multiple	☐
		Undergarments (quick drying)	Multiple	☐
		Lightweight sleeping bag	Optional	☐
Footwear		Well-broken-in trekking boots	1–2 pairs	☐
		Camp sandals or slippers	1–2 pairs	☐

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Optional Items		Trekking poles	1 pair	☐
		Gaiters	1 pair	☐
		Oxygen canister	If needed	☐
		Lightweight mat or sitting pad	1	☐
		Emergency blanket	1	☐



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