

# Packing List

## Weather

Ladakh is a high-altitude desert. The sun can be quite strong and although it is usually dry, be prepared for varied weather conditions. During the spring and summer, temperatures range from around 60 to 85 degrees Fahrenheit during the day and can drop to below freezing at night. It is also not uncommon to see snow at this time of year.

## Cultural Sensitivity

Cultural sensitivity is an important consideration when packing. We recommend covering your shoulders, knees and legs while traveling to Ladakh. There are really nice light trekking pants you can buy and women can travel in long skirts if you are comfortable with this.

## Recommended Items

- **Medium duffel** to serve as your main travel bag, as well as for packing on pack animals during treks.
- **Daypack** (with a waist-belt) for trekking and day excursions to monasteries and villages. Expect to carry some snacks, water, camera, and a few layers.
- **Lightweight hiking boots/trail shoes:** They should be comfortable, worn-in, but have good tread-ware left. Sturdy trail running shoes may suffice, as you will not be carrying much weight.
- **Casual shoes:** Chaco, teva sandals or other sturdy sandals or clogs are great, especially for slipping on and off when you enter in and out of buildings.
- **Sleeping bag:** A warm (0-20 degree), 4-season, down or synthetic-- if you have a 20-degree bag, you may also want a fleece liner.
- **1 lightweight thermal top**
- **1 lightweight thermal bottom.**
- **1 mid-weight layer:** a wool sweater or fleece jacket, for example.
- **1 down or insulated jacket**
- **1 windproof, water resistant, breathable shell outer layer top**
- **1 windproof, water resistant, outer shell bottom**
- **1 pair of warm, mid-weight pants**
- **2 pair lightweight pants** 1 comfortable for trekking, another for around Leh
- **2 long sleeved shirts**
- **2 short sleeved shirts**
- **3-4 pairs underwear/ bras**
- **3-4 pair socks** (2 light, 2 thicker)
- **Warm wool hat**
- **Hat with brim** (for sun protection)
- **1 pair warm gloves or mittens**
- **Sunglasses** with UV protection

- **Headlamp or small flashlight** with extra batteries (AA are available in Leh).
- **2 water bottles**
- **Stuff sack(s)** useful when packing for treks
- **Lip balm** (good SPF protection) You will not find good chap stick in Leh
- **Sun block**
- **Toiletries** the basics are available in Leh.
- **Money/passport belt**
- **Water purification:** While in Leh and most villages, you can get filtered and boiled water. We also strongly recommend bringing purification tablets, either iodine or chlorine. A built in Kataydin water bottle filter is a more expensive, but handy alternative.
- **Photocopies of important documents** (passport, visa, and travel insurance)

#### Optional Items

- **1 skirt for women**
- **Trekking/hiking poles**
- **Small luggage padlocks**
- **Light hand/face towel**
- **Zip lock bags** plastic bags are banned in Leh. Useful for treks.
- **Bandana** Come in handy while trekking
- **Sleeping pad** Available for rent in Leh
- **Camera**
- **Journal/books**

#### Personal Medicine Kit (We will also have a comprehensive group first aid kit)

- **Amoxicillin** for infections (urinary tract, skin, sinus and throat)
- **Imodium** for immediate relief of diarrhea
- **Ciproflaxin** for treating diarrhea, or other antibiotics recommended by your doctor.
- **General painkiller** for treating mild pain, fever
- **Multi-vitamins**
- **Aloe Vera**
- **Oral rehydration powder**
- **Throat lozenges**
- **Moisturizer**
- **Echinacea**