



# CHADAR 2018

## FROZEN RIVER TREK

## List of Essential items for Chadar Trek 2018

### Backpack (min 60 ltrs) with rain cover

- Trekking Shoes. (Quechua Forclaz 500 M Wenge Men Hiking Boots (43))
- Gum boots
- 4 Pairs of Full sleeve shirts/T-Shirt and Track Pants (1 should be waterproof/windproof)
- 4 Pair of cotton socks. 3 pairs of wollen socks.
- 2 Full Sleeve Sweater (Quechua Forclaz 50 Fleece, Men's Large (Black))
- One Heavy Down Jacket (Quechua Warm Down Ski Jacket, XXL (Black))
- Thermal Inners -2 Pair
- 2 pair water proof hand gloves
- 2 Pair woollen Gloves
- Sun Cap
- One Scarf
- Light towel
- Lip Balm
- Cold Cream & Sun Screen (SPF 40+)
- Water Bottle 1 Lt
- Headlamp or torch with fresh pair of batteries
- Personal Toilet Kit and toilet paper
- Personal Medicine Kit
- Dark Sunglasses (U/V protected)
- Walking Stick (At least one)
- People who were spectacles- Should avoid contact lenses and use photo chromatic glasses instead