



PlanetHimalayas

## Smart Packing Lists for Trekkers in Different Himalayan Seasons

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## **Summer Treks (May-June, Sept-Oct)**

**Weather:** Warm, sunny days and cool nights at higher camps (above 10,000 ft).

**Focus:** Light layering, sun protection, and hydration.

### **Clothing**

- Quick-dry T-shirts (2–3) – Choose synthetic or merino wool (they dry fast and don't smell easily). Avoid cotton.
- Convertible trekking pants (2) – Light, breathable, and can zip off into shorts for lower altitudes.
- Full-sleeve light shirt (1) – Protects from sunburn, wind, and bugs.
- Light fleece jacket (1) – Ideal for cool evenings.
- Windproof jacket (1) – Thin, breathable layer to block wind.
- Down jacket (optional) – For higher altitudes above 12,000 ft.
- Thermals (top & bottom, 1 set) – For cold nights in high camps.
- Sun cap or buff – Protects from UV rays and dust.
- Woolen cap (1) – Keeps you warm during nights.
- Rain jacket with rain pants(Gore-Tex or similar) / Poncho – A breathable rainproof shell / Poncho (with backpack coverage) keeps both you and your bag dry. (Avoid plastic coats; they trap sweat).

### **Footwear**

- Trekking shoes – Ankle-high, sturdy sole, quick-dry. Break them in before the trek.
- Sports sandals – Handy for river crossings or around the campsite.
- Trekking socks (3–4 pairs) – Synthetic or wool-blend. Avoid cotton.
- Woolen socks (1 pair) – For sleeping at night.

### **Accessories & Essentials**

- Sunglasses (UV-protected) – Crucial above snowline; protects from snow blindness.
- Sunscreen (SPF 50+) & lip balm (SPF) – Prevent sunburn and cracked lips.
- Hydration system – 2L bladder or 2×1L bottles; drink regularly.
- Trekking pole – Helps balance on descents and saves your knees.

### **Smart Hacks**

- Keep your water cool overnight – stash bottles in a shaded area or under a rock.
- Wear light full sleeves instead of just sunscreen – it keeps you cooler and better protected.
- Carry ORS sachets (Oral Rehydration Salts) – great for hydration and fighting altitude fatigue.

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## Monsoon Treks (July–August)

**Weather:** Wet, humid, and unpredictable. Expect slippery trails, leeches, and constant dampness.

**Focus:** Waterproofing, leech defense, and keeping clothes dry.

### Clothing

- Quick-dry T-shirts (2–3) – Synthetic fabrics dry faster than cotton.
- Fast-dry trekking pants (2) – Prefer ones with DWR (Durable Water Repellent) coating to resist rain and mud.
- Light fleece jacket (1) – Keeps you warm during damp evenings.
- Thin down jacket (1) – For colder altitudes.
- Thermals (optional) – Needed only above 11,000 ft.
- Rain jacket with rain pants(Gore-Tex or similar) / Poncho – A breathable rainproof shell / Poncho (with backpack coverage) keeps both you and your bag dry. (Avoid plastic coats; they trap sweat).
- Waterproof gaiters – Prevent mud and leeches from entering your shoes.
- Woolen cap (1) – Warm head = warm body at night.

### Footwear

- Waterproof trekking boots – Ankle-high, non-slip sole.
- Camp sandals or slippers – For use inside camps; avoid cotton ones.
- Quick-dry socks (5–6 pairs) – Synthetic or wool blend.
- Anti-leech socks (optional) – Great for Sikkim, Meghalaya, or forest trails.

### Accessories & Essentials

- Rucksack rain cover – Absolute must.
- Dry bags / ziplocks – To protect electronics and clothes.
- Microfiber towel – Dries quickly even in damp conditions.
- Insect repellent + salt solution – Salt helps leeches detach easily.
- Trekking pole – Crucial on slippery terrain.
- Cap with brim – Keeps rain off your face and fog out of glasses.

### Smart Hacks

- Pack clothes in small dry bags instead of one large one – if one leaks, the rest stay dry.
- Talcum powder keeps feet dry and prevents fungal infections.
- Mix Dettol + salt and apply near your shoes to repel leeches.
- Use a large poncho that covers both you and your bag – lighter and simpler than jacket + cover combo.

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## Winter Treks (Dec-Feb)

**Weather:** Cold days, freezing nights, and snow.

**Focus:** Proper layering, insulation, and staying dry from the inside.

### Clothing (Layering = Warmth)

- Base layers / thermals (2 sets) – Synthetic or merino wool; keeps you warm and wicks sweat.
- Fleece mid-layers (2) – Lightweight, warm, quick-dry.
- Heavy fleece or wool sweater (1) – For chilly evenings.
- Insulated down jacket (1) – 700+ fill recommended; ensures warmth even in sub-zero.
- Waterproof & windproof outer shell – Gore-Tex or similar to block wind and snow.
- Rain jacket with rain pants(Gore-Tex or similar) / Poncho – A breathable rainproof shell / Poncho (with backpack coverage) keeps both you and your bag dry. (Avoid plastic coats; they trap sweat).
- Trekking pants (2) – If possible, with inner fleece lining.
- Thermal inner pants (2 sets) – Adds warmth under trekking pants.
- Balaclava + wool cap – Covers head, ears, and neck completely.
- Buff / neck warmer – Shields face and nose from icy wind.
- Gloves (2 pairs) – One woolen + one waterproof outer shell.
- Woolen socks (3 pairs) and synthetic trekking socks (3–4 pairs) – Double layer at night for warmth.

### Footwear

- Insulated trekking boots – Essential; normal boots freeze.
- Gaiters – Keep snow out of your shoes.
- Microspikes / crampons – For walking safely on ice or hard snow.
- Insulated camp slippers (optional) – A luxury comfort for evenings..

### Accessories & Essentials

- Sunglasses (UV 400) – Snow reflects sunlight; prevents snow blindness.
- Sunscreen SPF 50+ – You can tan or burn even in snow.
- Lip balm with SPF – Prevents painful cracks.
- Thermos flask – Keeps water from freezing.
- Headlamp (with extra batteries) – Cold drains batteries fast.
- Hot water bag – Warmth booster inside sleeping bag.
- Powerbank (keep close to body) – Protect from freezing.

### Smart Hacks

- Keep batteries, phone, and powerbank inside your sleeping bag at night – prevents freezing.
- Sleep with next day's clothes inside the bag – warm to wear in the morning.
- Stuff newspaper inside wet shoes overnight – absorbs moisture.
- Double-layer socks (thin inner + wool outer) = warmth without sweat freezing.
- Don't overdress while trekking – sweating in cold weather leads to frozen clothes.

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## Essential first-aid & medical kit

Pack everything in a waterproof dry bag and keep daily-use meds in a small day pouch. Keep temperature-sensitive meds close to your body (in your sleeping bag at night) to avoid freezing.

### Basics & Hygiene

- Band-aids / small plasters (for minor cuts or shoe bites)
- 1 small roll of medical tape or crepe bandage
- A few sterile gauze pads
- Antiseptic wipes or Dettol-based liquid (small bottle)
- Small pair of scissors + tweezers
- Hand sanitizer & a few tissue packets

### Common Medicines (for regular issues)

(All over-the-counter, still check with your doctor once)

- Paracetamol – for mild fever or headache
- Ibuprofen – for body pain or inflammation (use after meals)
- Cetirizine – for cold or allergy
- ORS sachets – for dehydration or tiredness
- Antacid tablets (like Digene / Gelusil) – for acidity
- Loperamide – for sudden loose motion
- Cough lozenges or throat drops
- Pain-relief spray or ointment – for sore muscles

### Foot & Blister Care

- Blister plasters / Compeed (or regular plasters + cotton)
- Talcum or anti-fungal foot powder
- A small tube of anti-fungal / anti-rash cream (e.g., Candid)

### Optional (if you're going above 10,000 ft or remote)

- Acetazolamide (Diamox) – only on doctor's advice
- Antibiotic course – only if prescribed
- Digital thermometer
- Pulse oximeter – small & handy for checking oxygen levels

### **!** Important Reminder

Avoid taking medicines casually at altitude. Painkillers or acidity tablets can sometimes hide symptoms of AMS (Acute Mountain Sickness) – like headache, nausea, or loss of appetite – that need to be noticed early. The best way to stay fit at altitude is simple: drink enough water, eat well, rest, and follow your guide's acclimatisation plan. Medicines are for support, not shortcuts.

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