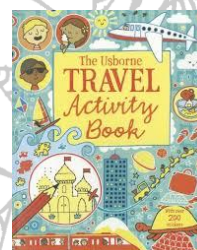
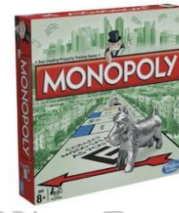
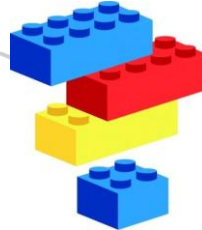
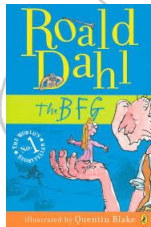
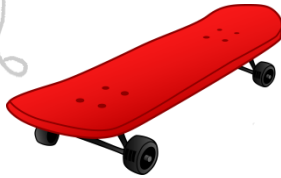


Going trekking

You have 6 days of walking ahead of you. What do you pack? Of course, many of your items can be carried by a porter but as they are often walking ahead of you to book in your accommodation you need to think about you want in your own backpack. Think about things that you might want to put in your backpack to make your rest stops enjoyable and give you the energy you need to keep going. Remember that you will have to carry it yourself. Think light! And remember that there is often no power available in the tea house you will be staying in, it might rain while you are walking and you are in the Himalayas – there is not much flat land around!



Going trekking

Packing list:

What are your 5 top picks? Why?

What 5 items would you definitely leave behind? Why?

My 5 top picks:

5 items I would leave: