

THE LADAKH TRIP

checklist

Clothes

- Undergarments - 4
- Socks - 2 pairs
- Winter jacket
- Winter gloves
- T shirts - 4
- Joggers / Winter pants - 1 pair
- Shorts - 1 pair
- Handkerchief - 2
- Microfibre towel
- Masks
- Plastic bags / trash bag for soiled clothes

Medicines

- First aid kit
- Diamox
- Antacid
- Painkiller
- Paracetamol
- ORS sachet
- Probiotics
- Volini spray

Riding gear

- Riding jacket
- Riding Pants
- Riding gloves
- Riding boots
- Rain gear
- Balaclava
- Helmet
- Shoe cover

Packed food items

- Oats
- Bread
- Peanut butter / jam
- Protein bars
- Maggi
- Masalas
- Tea / coffee powder
- Dairy whitener
- Water bottles - 2 L

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Toileteries

- Toothbrush
- Toothpaste
- Sunscreen
- Moisturiser
- Lip Balm
- Shaving / trimming kit
- Sanitiser
- Tissues
- Odomos
- Bar soap / washing powder

Electronics

- Phones - 2
- Powerbank
- Chargers & cables
- Camera & accessories
- Memory cards
- Laptop & HDD
- Extension board
- Earphone / speakers

Miscellaneous

- GoodKnight
- Wallet
- IDs & vaccination card
- Umbrella
- Cap
- Flip flops / sandals - 1 pair
- Sunglasses
- Suitcase paddle lock
- Luggage organiser

Camping tools

- Tent
- Sleeping bag
- Sleeping mat
- Light
- Mug
- Plates
- Fork & spoon
- Cooking vessel
- Matchbox
- Gas cylinder & stove
- Zip locks

Bike essentials

- Spanner & Allen key set
- WD 40
- Chain lube
- Chain brush
- Microfibre towel (small)
- Colin glass cleaner
- Bungee cords - 2 pair
- Tyre tube - 1 each
- Puncture kit
- Tyre inflator
- Surgical gloves

have fun

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