



Banasthali, Kathmandu, Nepal

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Packing List for Your Kailash Mansarovar Yatra.

Clothing

1. **Base Layers:** Moisture-wicking thermal tops and bottoms.
2. **Mid Layers:** Fleece jackets or sweaters for insulation.
3. **Outer Layers:** Waterproof and windproof jacket and pants.
4. **Trekking Pants:** Quick-dry and comfortable.
5. **Warm Hat:** For cold weather.
6. **Gloves:** Insulated and waterproof.
7. **Scarves/Balaclava:** To protect your face from cold winds.
8. **Sun Hat:** For sun protection during the day.
9. **Socks:** Several pairs of moisture-wicking, warm socks (both thin and thick).
10. **Footwear:** Sturdy trekking boots, well-broken-in and waterproof.

Gear

1. **Backpack:** A comfortable, durable backpack with rain cover.
2. **Trekking Poles:** Useful for stability on uneven terrain.
3. **Headlamp/Flashlight:** With extra batteries.

Health and Safety

1. **Personal Medications:** Any prescription or over-the-counter medicines you need.
2. **Altitude Sickness Medication:** Consult your doctor before the trip.
3. **Water Bottle/Water Purification Tablets:** Staying hydrated is crucial.
4. **Sunscreen:** High SPF for protection against sunburn.
5. **Lip Balm:** With sunblock.

Documentation and Essentials

1. **Passport and Visa:** Ensure these are valid and stored securely. (Passport at least 6 month valid from Travel date/Nepal Visa can get at Kathmandu Airport)
2. **Permits:** Necessary for the Yatra (We will manage).

3. **Travel Insurance:** Covering high-altitude trekking and medical emergencies.
4. **Cash:** In local currency and small denominations.

Miscellaneous

1. **Camera/Phone:** For capturing memories (with extra batteries).
2. **Chargers and Power Bank:** For electronics.
3. **Snacks:** High-energy foods like nuts, dried fruits, and granola bars.
4. **Towel:** Quick-dry.
5. **Toiletries:** Minimal items like toothbrush, toothpaste, and biodegradable soap.
6. **Plastic Bags:** For keeping dirty or wet clothes separate.
7. Raincoat

Special Considerations

1. **Personal Identification:** Copies of important documents.
2. **Emergency Contact Information:** For family or friends.
3. **Notebook and Pen:** For journaling or notes.
4. **Passport Size Photograph**

Note: Duffel Bag and Down Jackets will provide by Our Team (Down Jacket on returnable basis)

Do & Don't for Kailash Mansarovar Yatra

Here are some of the travel tips for Kailash Mansarovar Yatra which one must consider before commencing the journey.

Things You Must Do:

- Pack some snacks such as mint, chocolates, glucose, etc., for energy during the journey.
- Prior to the yatra, engage in physical fitness activities like aerobics, yoga, or light exercise to prepare your body.
- Bring warm, woolen clothing including caps, thermals, jackets, and gloves to stay comfortable in cold temperatures.
- Carry high-quality sunglasses and sunscreen to protect against sunburn. Check the weather forecast for Kailash Mansarovar before your trip.
- Maintain a steady pace while doing the Kailash Parikrama, don't rush, and listen to your body.
- Pack rough, durable bags and only the essentials needed for the trek. A duffel bag is recommended for convenience.
- Keep your required identification documents with you at all times throughout the trip.
- Remember to maintain team spirit, walk together, and help fellow members in case of emergency or need.

Things You Shouldn't Do:

- Avoid traveling if you have medical conditions such as asthma, high blood pressure, or breathing problems.

- Never sleep with your shoes or boots on to avoid discomfort and maintain hygiene.
- Do not carry excessive luggage or extra clothes; pack light.
- Refrain from drinking alcohol or smoking during the journey.
- Don't neglect proper nutrition and ensure you drink plenty of water throughout the trek.
- Avoid carrying books related to the Dalai Lama or similar religious texts.

"Wishing you a pleasant journey ahead"



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