

## Packing List for Adi Kailash Yatra

Clothing	Medicals (consult Doctor)
Track suit – 1	Daimox - 10 Tablets
Towels – 1	Pain killer
One pair woolen and one pair cotton gloves	Paracetamol (crocin)
Under garments – 05	Eye drops for burning eyes
Woolen sweater with high neck – 1	Multivitamin pills
Plastic Whistle to hang around neck while doing Parikrama.	Muscle relaxant medicine
Puja items :- kapoor 50g, Agarbatti, Dhoop, Chandan, Honey, Rose water, Cow Pure Ghee, Mantra Book ETC..	Antibiotic medicine
Three pairs of cotton and two pairs of woolen Socks	Motion sickness and high altitude sickness medicine
Sandals – 1, Raincoat– 1, Shawl – 1, Single Bed Sheet- 2	Vicks vaporub
Monkey cap – 1	10 Dust Mask
Thermals - 1 (one legging and one vests)	Band aid
Clothes - 4 pairs (men and women)	Knee-cap
Muffler – 1	Thermometer
One pair of any branded sports shoes	Electral powder
500g mixed dry fruits	Your regular medicines for 10 days

Toiletry	Miscellaneous
Sun block cream	Video and steel camera with extra batteries. Sun glass -1. Cigarette lighter -1 or Matchbox. 1 Litre thermos flask Holder with mug cover. One liter water bottle.
Tooth paste and brush	
Soap	
Skin moisturizer	
Toilet tissue rolls; detergent	
Hand mirror	
Wide tooth comb	
Lip balm	

**Eatables:- Bringing your favorite snacks are highly recommended like biscuits, khakras, dry Indian sweets, dry fruits, precooked foods chocolates etc. Puja Samagri - As per your tradition.**

**NOT:- Please make sure that luggage weight do not cross 10-12 K.G. So you pack only essential items.**