



Days are often around 0°C in sunshine; nights can fall to -20°C or below, and wind on the ridges makes it feel colder. Rooms are heated. Pack in layers, and keep spare batteries warm inside your jacket. We can lend spare down jackets and boots: just ask before you travel.

— Clothing

- ☐ Thermal base layers, top and bottom (two sets)
- ☐ Fleece or wool mid-layer
- ☐ Warm down jacket (a long one is best for the ridges)
- ☐ Windproof outer jacket and trousers
- ☐ Comfortable trousers for travel days and Leh

— Feet

- ☐ Insulated, waterproof boots with good grip
- ☐ Thick wool socks (three or four pairs) and thin liner socks
- ☐ Warm slippers or camp shoes for the lodge

— Hands and head

- ☐ Two or three pairs of gloves, including thin liners
- ☐ Warm mittens to wear over liners
- ☐ Warm hat, balaclava or neck warmer
- ☐ Sunglasses (category 3 or 4)

— In the field

- ☐ Binoculars (we provide spotting scopes)
- ☐ Small daypack
- ☐ Refillable insulated water bottle
- ☐ Headtorch with spare batteries
- ☐ Hand and toe warmers

— Health and care

- ☐ Personal medicines and a copy of your prescriptions
- ☐ High-factor sunscreen and lip balm with SPF
- ☐ Moisturiser for the dry air
- ☐ Small personal first-aid kit



— Camera (optional)

- ☐ Telephoto lens of 500-600 mm, or a zoom with a teleconverter
- ☐ Sturdy tripod
- ☐ Spare batteries and memory cards

— Documents

- ☐ Passport with Indian visa
- ☐ Travel insurance details (high altitude, helicopter evacuation, repatriation)
- ☐ Copies of passport and insurance, kept separately

Please do not bring a satellite phone or GPS messenger (such as Garmin inReach or Zoleo).

They are illegal in India without a licence. Our team carries licensed radios.