



DRUK EYE TOURS & TRAVELS

... an eye to Bhutan.

Packlist for Trekking (as a proposal)

If you do not want to take all of your stuff on the trek, it is possible to store the rest in the Hotel or in an other save place. Only take with you what is really necessary on the trek.

- Robust travelbag
- Daypack (for raingear, water bottle, snacks, etc.)
- Warm sleeping bag
- Hiking boots
- Sneakers
- Trekking trousers
- Rainjacket / Windjacket
- Cap
- T-Shirts
- Long sleeve shirts
- Warm Fleecejacket
- Hiking socks
- Warm clothes for sleeping
- Bathing suit (for Hot Stone Bad)
- Warm underwear
- Sunglasses / sunhat
- Swiss army knife
- Water bottle
- Torch (with extra batteries)
- Soap for body and laundry
- Towel
- Personal medication and basic first aid kit
- Sunscreen, sunglasses and sunhat
- Bandaid
- Facecloth
- Toiletpaper
- etc.