

Paddle India



Day Trek Checklist

What to wear & things to carry for day trip



Lightweight trouser
(Avoid heavy Jeans)



Fleece



Sunscreen Especially
In Summers



Sun Hat or Wide brimmed hat
(Optional)



Sunglass
(Optional)



Sweat proof Walking
Or Sports t-shirt
(Avoid Cotton)



Warm Jacket as
per the Season



Camera (Optional)



Sports Shoe or a proper
Hiking Shoe



Small Day Pack



Waterbottle



Woollen Hat especially
In Winters