

Paddle India



Equipment for the Yoga / Trekking Retreat Trip

Bags



Or

60 - 70 ltrs.



Day Pack - 25 - 30 ltrs

Sleeping Bag with Inner Liner and Sleeping mattress



Sleeping bag -Temp (-5 degree celcius)
Comfort



Sleeping Liner



Air Mattress (Thermarest)

Note:- If you doesn't want to carry your sleeping bag than you can hire it from us.

Trek Shoes, Evening camp shoes or sandals, and socks



High ankle water resistant trek shoes



Low ankle evening camp shoes



Hiking socks



Sandals with straps

Head Wear



Woolen Cap



Sun Hat



Abbildungen: Original Buff, S.A.

Bandana

Walking Clothes



Trekking Trousers with mid zipper



Sweat Proof Breathable Walking T-shirts both full and half sleeves



Hiking Lightweight Shorts



Gloves with inners (Waterproof)



Wind Proof Soft Shell Jacket

Soft Shell breathable fleece Jacket



Evening Camp Clothings



Cotton Breathable
T-shirts



Down Feather or
Synthetic Filled Jacket



Wind Proof Soft
Shell Jacket



Thermals



Light Weight trousers



Warm Fleece

Rain Wear



Water proof Jacket and
Trouser(Goretex Layer)



Waterproof Bag Covers



Waterproof Poncho

Hygienic & Water Safety



Mini Water Filter
(www.sawyer.com)



Mini Water filter also comes in another brand i.e. Care Plus



Personal First-Aid Kit

Other Accessories



Quick dry towel



Hand torch with extra batteries



Multi-Purpose Knife



Sunglass with Strap



Headlamp with extra battery



Inside Money Belt



Yoga Mat



Cigarette Lighter



Walking Poles



Water Bottle
(BPA free) with
Carabiner