

## Equipment Checklist for Shree Amarnath Yatra

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Equipment and clothing is very much a matter of personal preference and choice. However, the list below is general and it is intended to give guideline for Chardham Yatra only, so please adjust as per your personal requirement.

### **A. Footwear:**

1. Hiking boots
2. Trainer type shoes
3. Sandals
4. Warm socks

### **B. Clothes:**

1. Cap/Sunhat
2. Monkey cap/Balaclava
3. Down-filled jacket
4. Wind/rainproof trousers
5. Light sweater
6. Warm fleece wear
7. Warm high-neck sweater
8. Under garments
9. Water/windproof jacket
10. Loose hiking trousers
11. Quick dry type hiking shirts
12. Thermal body and underwear
13. Thin gloves
14. Wind/waterproof gloves
15. Face towel
16. Bath towel
17. Shawl
18. Muffler
19. Nose mask for dust free breathing
20. Lungi or dhoti for Havan

### **C. Eateries:**

1. Favorite snacks

2. Chocolates
3. Energy bars
4. Sweet candies

**D. Toiletries:**

1. Sunscreens
2. Antibacterial handgel
3. Wet wipes
4. Moisturizer creams
5. Lip guard
6. Toothpaste and toothbrush
7. Toilet rolls
8. Hand/feet warmer

**E. First Aid Medical Kit:**

1. Your personal medicines if you are under any kind of medication
2. Paracetamols
3. Broad spectrum antibiotics
4. Handiplasts
5. Eye/ear drops
6. Nose decongestants
7. Anti diarrhea medicines
8. Bandage
9. Small big cotton balls
10. Antiseptic ointment
11. Common cold, fever and cough medicines
12. Allergy care
13. Anti vomiting medicines

**F. Miscellaneous Items:**

1. Bottle to collect holy water
2. Money belt
3. Rucksack (35-40 litres) to carry your valuables
4. Sunglasses with 100% UV protection
5. Headlamp with spare batteries
6. Water bottle
7. Thermo flask
8. Whistle (optional)
9. Pocket knife (optional)



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10. Sewing kit (optional)
11. Spiritual books (optional)
12. Diary (optional)
13. Charger adaptor