

Trek The Himalayas

Cycling Check List

S.No	Basics Gear			
1	<input type="checkbox"/>	Cycle Hybrid / MTB		
2	<input type="checkbox"/>	Back pack & rain cover (50 - 60 ltr) with comfortable shoulder straps		
3	<input type="checkbox"/>	Head torch 1 Nos. (Hand torch would be an alternative)		
4	<input type="checkbox"/>	Water bottle/Hydration pack 2 sipper of 750 ml each People who use hydration pack 1 hydration pack and 1 sipper of 750 ml		
5	<input type="checkbox"/>	Snacks Energy bars, dry fruits, electrol/ors		
6	<input type="checkbox"/>	Personal First Aid Kit Mandatory, keep along with you while cycling		
Keep these handy				
7	<input type="checkbox"/>	Cycling gloves 1 Pair		
8	<input type="checkbox"/>	Padded Protection 1 Pair (Knee and elbow pads)		
9	<input type="checkbox"/>	Fleece/woollen gloves 1 Pair		
Think about your head				
10	<input type="checkbox"/>	Cycling Helmet 1 Nos.		
11	<input type="checkbox"/>	Woolen cap 1 Nos.		
12	<input type="checkbox"/>	Neck-gaiters 1 Nos.		
13	<input type="checkbox"/>	Face mask 1 Nos. Anti pollution face mask		
14	<input type="checkbox"/>	Sunglasses It should be U/V protected. People who wear spectacles- Use Photo chromatic glasses.		
Be comfy at the trek				
15	<input type="checkbox"/>	Base layer 1 Nos. (Upper & lower)		
16	<input type="checkbox"/>	T-shirts 1 Quick dry		
17	<input type="checkbox"/>	Fleece T-shirts 1 Nos.		
18	<input type="checkbox"/>	Jacket 1 Nos. Breathable wind and waterproof		
19	<input type="checkbox"/>	Down feather / Hollofil jacket 1 Nos.		
20	<input type="checkbox"/>	Cycling shorts 1 Nos. (Padded)		
21	<input type="checkbox"/>	Thermal inners 1 Pair		
Mind your step				
22	<input type="checkbox"/>	Cycling shoes 1 Pair (without shoelaces)		
23	<input type="checkbox"/>	Floaters/flip-flops 1 Pair (Optional)		
24	<input type="checkbox"/>	Cotton socks 4 pairs		
25	<input type="checkbox"/>	Woollen socks 2 pairs		
Personal Utilities				
26	<input type="checkbox"/>	Sunscreen cream	<input type="checkbox"/>	Hand sanitizer
27	<input type="checkbox"/>	Moisturiser	<input type="checkbox"/>	Antibacterial powder
28	<input type="checkbox"/>	Lip balm	<input type="checkbox"/>	Toothbrush and toothpaste
29	<input type="checkbox"/>	Toilet Paper & wipes	<input type="checkbox"/>	Quick dry towel

st