Gosaikunda Lake Trek - Equipment & Packing List

Enticing Himalayas | Explore . Heal . Thrive

Clothing

- Base layers (thermal top/bottom)
- Trekking t-shirts (3-4)
- Fleece jacket / mid-layer
- Down jacket (essential above 3,000 m)
- Waterproof rain shell (jacket + pants)
- Trekking trousers + shorts
- Warm hat, sun hat, buff
- Gloves (liner + insulated)
- Wool trekking socks (4-5 pairs)

Footwear & Bags

- Waterproof broken-in trekking boots
- Camp shoes / sandals
- 35-45L daypack with rain cover
- Duffel bag (carried by porter if hired)

Health & Protection

- Sunscreen SPF 50+ and lip balm
- Sunglasses (UV 400)
- Personal first-aid and altitude meds (consult doctor)
- Rehydration salts and hand sanitizer
- Insect repellent

Navigation & Misc

- Headlamp + spare batteries
- Refillable water bottle (2L) + purification
- Trekking poles
- Power bank and camera
- Cash (Nepali rupees), passport copy, permits