

FAITH ITM FAM – LADAKH – SHAM TREK

JOINING INSTRUCTIONS

Hotel Glacier View, Leh

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Local Guide Mr Sonam Choshpel

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What to Take - Essential Equipment

1. 3 season sleeping bag (liner optional)
2. Warm jacket
3. Lightweight waterproof walking boots (worn in)
4. Waterproof jacket and trousers
5. Several pairs of walking socks (not too thick and preferably with wicking properties)
6. Comfortable wear/tracksuit
7. Mid layer (fleece)
8. T-shirts/shirts/base layers
9. Light weight trousers
10. Shorts or skirt for women
11. Sunhat, sunglasses, sunscreen and lip salve with sun protection
12. Daypack
13. Head torch
14. Water bottle
15. Plastic bags (bin liners) to line daypack and for packing clothing in the kitbag
16. Small towel for trek

Accommodation during trekking - Tents