

Kedarnath Trek

The Ultimate 1-Page Interactive Packing Checklist

1. ESSENTIAL BACKPACKS & LUGGAGE				
<input checked="" type="checkbox"/>	ITEM NAME	QTY	MULE VS. DAYPACK	MY NOTES / PACKING STATUS
<input type="checkbox"/>	Main Backpack / Duffel Bag	1 Pc	MULE BAG	50L–60L capacity. Carried by mules/porters to campsites.
<input type="checkbox"/>	Technical Daypack	1 Pc	DAYPACK	20L–30L with padded shoulder straps, hip belt, and rain cover.

2. CLOTHING & LAYERING SYSTEM				
<input checked="" type="checkbox"/>	ITEM NAME	QTY	MULE VS. DAYPACK	MY NOTES / PACKING STATUS
<input type="checkbox"/>	Synthetic / Merino Thermals Best Men's Thermals Best Women's Thermals	2 Pairs	MULE BAG	Keep 1 fresh pair exclusively for sleeping.
<input type="checkbox"/>	Breathable Fleece Jacket Best Men's Fleece Jacket Best Women's Fleece Jacket	1 Pc	WORN / DAYPACK	200-300 GSM; perfect mid-layer active insulation.
<input type="checkbox"/>	Heavy Technical Down Jacket Best Men's Down Jacket Best Women's Down Jacket	1 Pc	DAYPACK	Sub-zero rated with a windproof exterior shell.
<input type="checkbox"/>	Trek Pants (Nylon/Polyester) Best Men's Trek Pants Best Women's Trek Pants	2 Pairs	WORN / MULE	Quick-dry & water-resistant. Strenuously avoid cotton.
<input type="checkbox"/>	Waterproof Rain Poncho	1 Pc	DAYPACK	Must comfortably overlay both you and your daypack.

3. FOOTWEAR & EXTREMITIES

<input checked="" type="checkbox"/>	ITEM NAME	QTY	MULE VS. DAYPACK	MY NOTES / PACKING STATUS
<input type="checkbox"/>	Waterproof High-Ankle Boots Best Men's Boots Best Women's Boots	1 Pairs	WORN	Deep rubber lugs. Fully broken-in prior to trek.
<input type="checkbox"/>	Synthetic Hiking Socks Best Men's Hiking Socks Best Women's Hiking Socks	3-4 Prs	MULE BAG	Thick, moisture-wicking material to limit blisters.
<input type="checkbox"/>	Thick Woolen Sleeping Socks Best Men's Sleeping Socks Best Women's Sleeping Socks	1 Prs	MULE BAG	Keep sealed & dry; wear only inside your tent.
<input type="checkbox"/>	Double Gloves (Liner + Ski) Best Men's Double Gloves Best Women's Double Gloves	2 Prs	DAYPACK	1 thin touch-screen pair + 1 heavy waterproof outer.
<input type="checkbox"/>	Fleece Beanie / Balaclava Best Men's Balaclava Best Women's Balaclava	1-2 Pcs	DAYPACK	Must fully protect ears and neck against high wind.
<input type="checkbox"/>	UV-400 Rated Sunglasses Best Men's UV-400 Rated Sunglasses Best Women's UV-400 Rated Sunglasses	1-2 Pcs	DAYPACK	Category 3 or 4 protection to prevent snow blindness.

4. ESSENTIAL ELECTRONICS & GEAR

<input checked="" type="checkbox"/>	ITEM NAME	QTY	MULE VS. DAYPACK	MY NOTES / PACKING STATUS
<input type="checkbox"/>	1L Insulated Steel Thermos	1 Pc	DAYPACK	Crucial for keeping drinking water from freezing solid.

<input type="checkbox"/>	LED Headlamp (with extra batteries)	1 Pc	DAYPACK	Mandatory for the 3:00 AM dark summit push.
<input type="checkbox"/>	10,000+ mAh Heavy Duty Power Bank Boat Energyshroom PB400 Ambrane 20000mAh Powerbank	1 Pc	DAYPACK	Keep in your sleeping bag at night to protect the charge.

5. PERSONAL MEDS & SANITATION

<input checked="" type="checkbox"/>	ITEM NAME	QTY	MULE VS. DAYPACK	MY NOTES / PACKING STATUS
<input type="checkbox"/>	Personal Medical Kit (Diamox, etc.)	1 Kit	DAYPACK	Include blister bands, rehydration salts, and personal meds.
<input type="checkbox"/>	Moist Towelettes , Hand Sanitizer , Cold Cream , High-SPF 50+ Sunscreen & Lip Balm	1 Pack	DAYPACK	Water is freezing at camp; essential for camp hygiene.

Remember: Mule luggage moves directly between camps without stopping. Your Daypack must contain everything you need to survive a sudden mountain weather shift during daylight hours.