

Bhutan Trekking Clothing & Gear Checklist

Clothing:

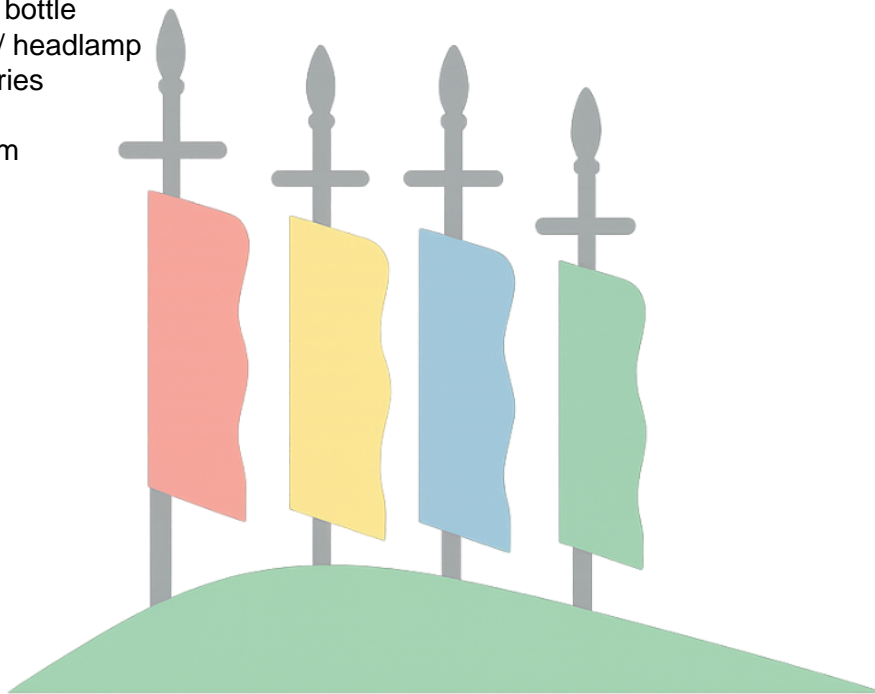
- Base layers / thermal underwear
- Down or insulated jacket
- Waterproof jacket
- Waterproof trousers
- Trekking trousers
- T-shirts / long-sleeve tops
- Warm hat
- Gloves

Footwear & Accessories:

- Broken-in hiking boots
- Sun hat
- Sunglasses (UV protection)
- High-SPF sunscreen

Personal Items:

- Metal water bottle
- Head torch / headlamp
- Spare batteries
- Toiletries
- Camera / film



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