



PAKISTAN : TREKKING AMONGST GIANTS PACKING LIST

Here is the full gear kit requirements for our [Trekking Amongst Giants Trip](#) !





Packs and Baggage

- Large Trekking or Travel Hybrid Backpack**
50 - 60 liters trekking backpack or Duffel
Recommendation : **Osprey Aether 55**
- Day Pack**
25 - 25 liters backpack
Recommendation : **Osprey Talon 36**
(or something just a tad smaller)

Boots and Footwear

- Trekking Boots**
Quality, waterproof hiking boots
Recommendation : **Lowa Renegade GTX**
- Sandals/Tevas/Keens**
A pair of camp shoes to change into after a day of hiking
Recommendation : **Keen Targhee 3 Sandals**

Essential Personal

- Sleeping Bag**
A warm sleeping bag -10 C / 14F comfor rating
Recommendation : **REI Magma 15**
- Sleeping Pad**
Provides insulation and comfort while camping
Recommendation : **Therm-A-Rest Neoair**

Specialty Equipment

- Trekking Poles**
Trekking poles provide balance and stability
Recommendation : **Black Diamond Alpine FLZ**
- Headlamp**
Get a rechargeable one if possible
Recommendation : **Petzl Actik**
- Helmet - (Optional)**
When climbing Barah Broq, there could be rock fall hazard.
Recommendation : **Black Diamond Half Dome**

- Grayl Filter Bottle**
The Grayl Geopress is the ultimate water filter bottle
Recommendation : **Grayl Geopress**
- Large Wide Mouth Water Bottle or Water Pouch**
You can refill from your Grayl Geopress. Should be 1 liter
Recommendation : **Nalgene Wide Mouth**

Other Personal Gear

- Dry Bags**
Be 100% sure that your most important items are dry
Recommendation : **Sea to Summit Lightweight Dry Bag**
- Camera / Extra Battery**
- Power Bank and Chargers/Phone Cable**
- Personal First Aid Kit**
Hand sanitizer, lip balm with spf, tampons, strong quality sun cream (50 spf+), antibiotic cream, paracetamol, throat lozenges, electrolyte tabs, moleskin for blisters, antibiotics for stomach/general, earplugs, and Diamox for altitude sickness (optional)
- Polarized Sunglasses**
Crucial for protecting your eyes from the harsh sun
Recommendation : **Camp Eyewear Trail Polarized**

Toiletries

- Toothbrush and Toothpaste**
- Bodywash / Shampoo / Wetwipes**
- Deodorant**
- Mosquito Repellent**
- Fast Drying Microfiber Travel Towel**
Whatever else makes you feel clean and comfortable



Clothing Layer Systems

Travel Clothes

Casual clothing for air travel and our time in cities

Down Jacket

A warm Down Jacket is 100% crucial

Recommendation : [Patagonia Down Sweater Hoodie](#)

Hard Shell/Rain Jacket

To lock in your warmth and keep yourself dry

Recommendation : [Arc'teryx Beta AR](#)

Fleece

The perfect middle layer

Recommendation : [Patagonia Better Sweater](#)

Base Layer Top

Wear your base layer top to help prevent sunburn

Recommendation : [Merino Icebreaker 200 Oasis](#)

Base Layer Bottoms - (Optional)

For cold sleeper, base layer bottoms will be good for you

Recommendation : [Smartwool Merino 250](#)

Sun Hat and Warm Hat/Beanie

The skin on your face will thank you. Also bring a warm hat/beanie for the cold temperatures

Recommendation : [Durable Trucker Hat](#)

Trekking Shirts (2-3)

Go with something synthetic - Avoid cotton at all costs. Bring one shirt to sleep in

Recommendation : [REI Lightweight Base Layer Shirt](#)

Trekking Pants (1-2 pairs)

An acceptable pair of trekking pants - Nothing fancy

Recommendation : [Kuhl Renegade Rock Pant](#)

Swimsuit

Swim in the river and Lake along the trip.

Trekking Socks (6-7 pairs)

Quality pairs of trekking socks can be expensive, but worth the investment. Merino is best

Recommendation : [Darn Tough Hiker Boot](#)

Underwear / Bras (4-6 pairs)

Recommendation : [Icebreaker Underwear](#)

Buff and Bandana

So many practical applications from serving as a dust mask for keeping the sun off of your neck

Recommendation : [Buff Lightweight Merino](#)

Gloves

For keeping your hands warm while trekking

Gloves need not be super heavy

Recommendation : [Northface Apex](#)

Non-Essential Optional Gear

Satellite Messenger Device

Stay connected to people back home

Recommendation : [Garmin In-Reach Mini](#)

Good Book / Kindle

Bring what you need to stay entertained when you will have free time or car rides.

Recommendation : [Kindle](#)

Combination Lock

Easily lock your portered bag

Recommendation : [Pacsafe Lock](#)

Camping Pillow

This is optional - but our guests have found they make a huge difference in the quality of sleep while camping!

Recommendation : [Nemo Filo](#)

Gaiters - (Optional)

For the snowy/muddy sections of trail gaiters helps to keep the snow and rocks out of your boots

Recommendation : [Black Diamond GTX](#)

Please note that EBT DOES NOT rent any personal gear or equipment