

**Paddle India**  
*live the adventure in you!!!*



## Day Trekking Checklist

# What to wear & Things to Carry



Lightweight trouser  
( Avoid heavy Jeans)



Fleece



Sunscreen Especially  
In Summers



Sun Hat or Wide brimmed hat  
(Optional)



Sunglass  
(Optional)



Camera (Optional)



Waterbottle



Swaet proof Walking  
Or Sports t-shirt  
( Avoid Cotton)



Warm Jacket as  
per the Season



Sports Shoe or a proper  
Hiking Shoe



Small Day Pack



Woollen Hat especially  
In Winters