

Nanda Outdoor & Retreats

back to basics...



Day Trek Checklist

What to wear & things to carry for day trip



Lightweight trouser
(Avoid heavy Jeans)



Fleece



Suntan Especially
In Summers



Sun Hat or Wide brimmed hat
(Optional)



Sunglass
(Optional)



Camera (Optional)



Waterbottle



Sweat 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