No technical climbing equipment is required. You bring all your own personal items. Your clothing needs to suit warm humid plains, cool hill country, rain and long road journeys, all on the same trip.

Documents

- Passport
- An Indian visa and the local permits required along the route
- International and domestic air tickets
- Medical insurance
- Digital copies of your documents
- Waterproof document wallet

Baggage and personal items

- A soft holdall or suitcase that is easy to move frequently
- A small 20-30 litre rucksack for the daily walks
- Waterproof rucksack cover
- Dry bags for clothing, documents and electronics
- Reusable water bottle
- A small personal supply of snacks

Clothing and footwear

- Comfortable trekking boots or trainers with a non-slip sole
- Light spare footwear for the towns and for your accommodation
- Quick-drying trousers
- T-shirts and a long-sleeved shirt
- Fleece jacket or another warm layer
- A lightweight insulated jacket for the cooler areas
- Waterproof shell jacket with a hood
- Waterproof trousers
- Thin gloves
- Warm hat
- Sun cap or brimmed hat
- Clothing that covers the shoulders and knees, for villages and religious sites
- Spare underwear and socks

Useful extras

- Head torch
- Spare batteries or a rechargeable cell for your torch
- Sunglasses
- Sun cream
- Insect repellent
- Power bank and charging cables
- Universal plug adapter
- Binoculars for wildlife watching, if you want them
- Small quick-drying towel
- Personal toiletries and wet wipes
- A personal first-aid kit suited to your own medical needs
- Blister prevention and treatment
- A small supply of Indian rupees in cash