

LADAKH PACKING CHECKLIST

NAME: _____

DATE: _____

CLOTHING

- Winter wear dresses
- Inner wears
- Daily wears
- Belt
- Thermals (2 Pairs)
- Sweaters (1)
- Jackets (2)
- Microfiber Towels
- Woolen Gloves
- Woolen beanie

RIDING ACCESSORIES

- Riding Jacket
- Knee pads and Elbow pads
- Full face helmet
- Riding gloves
- Gum Boots and Socks
- Balaclava
- Scarves
- Rain coat

ELECTRONICS

- Phone
- Phone charger
- Cameras
- Camera chargers
- Monopod
- Data cable
- Memory cards
- Action camera and its mounts

- Camera remote

- Power banks (2)
- Card reader and OTG cable
- Multiplug socket
- Tab to note down experiences
- Hair dryer

COSMETICS

- Eyeliner
- Kajal
- Moisturizer
- Ear rings
- Clips and Safety pins
- Rubber bands
- Comb
- Deo
- Lipstick
- Compact
- Other makeup items

MEDICINE

- Diamox
- Dart
- Moov/Volini
- Amritanjan/Tiger Balm
- Hand Sanitizer
- Lumbar Belt
- Almond oil/mustard oil
- ORS packs
- Fever tablets (if needed)
- Any other medicine

TOILETRIES

- Tooth Brush and Toothpaste
- Soap
- Shampoo
- Tissue Paper
- Face wash
- Shaving kit
- Cold cream
- Lip balm (Very important)
- Talc powder
- Sunscreen SPF 50 (Very important)

MISC

- Flight tickets
- ID Proofs
- Driving License
- Other necessary documents
- Wallet with enough money☺
- Water bottles (better to have thermos bottle)
- UV Sunglasses
- Plastic covers
- Extra sandal or slipper
- Bag locks
- Extra home key
- Bungee cord
- Ear cover and forehead cover
- Bungee cord
- Ear cover and forehead cover

IMPORTANT POINTS TO NOTE:

- Proper riding gear is very essential as the roads are very bad in few places.
- Always ride with waterproof shoes. If water goes inside the shoes, the ride will become highly inconvenient. Best is to buy a pair of gum boots.
- Only BSNL Postpaid works in Ladakh. BSNL Prepaid works only if you buy the SIM in Jammu and Kashmir state.
- DO NOT forget sunscreen lotion with good SPF (minimum 50), lip balm, and UV sunglasses.
- Almond oil/mustard oil acts as a natural body moisturizer. Apply after bath and then wash it off.
- Diamox consumption is very important to avoid Acute Mountain Sickness (AMS). You need to take one tablet every day and you should start taking two days prior your journey to high altitude areas. Better to consult family doctors in case of any doubts.
- If you want to capture the beauty in your cameras, you need lot of memory space in your devices. We carried one 64 GB micro SD, three 32 GB micro SD, one 8 GB SDHC, and two 4 GB SDHC cards. Our friend had brought a laptop and we emptied these memory cards twice during our trip.
- Multiplug socket comes handy if you have many devices to charge.
- Last but not the least, plan your dresses and jackets appropriately. The weather becomes extremely cold in few areas.

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