

List of Things to Wear & Bring for Winter Treks in Sahyadri:

1) Shoes with good grip are a must. Proper trekking shoes are advantageous. (Chappals & Sandals are allowed)

Read article - [The best Trekking Shoes for Sahyadri Treks](#)

2) Must wear Full Pants and Full sleeve T-shirt to save you from bee/insect bites & allergies. (Shorts, Capri & Jeans are NOT allowed)

3) Required water min 2-3 ltr.

4) Packed Meals/Lunch and Snacks/ Fruits as per your appetite.

5) Walking Pole/Stick is highly recommended for your support.

6) Headlamp or Torch. (Pl don't use phone as torch, it is unsafe and not meant for treks)

7) Sun cap, sunglasses

8) Electral/ORS pouch

9) Plate, Bowl, Spoon & Mug or Glass for tea. (Pl note that we will NOT serve breakfast/ tea in plastic or throw-away plates & cups)

10) One set of extra clothes & towel.

11) Personal medicines if any.

Please read the above given list carefully. These are necessary things for your own safety and timely & successful completion of the trek. Trek Specific requirements will be shared on the Trek WhatsApp group later..