



Deep Dive
India

8 Days Darma Valley Trail

LIST OF ESSENTIALS

List of Essentials (1/3)

#	Name of the Item	Quantity
1	Track Bottoms (comfortable & easy to dry)	2 pairs
2	Shorts	2 pairs
3	Cotton T-shirts	3
4	Undergarments	As required
5	Cotton Socks	3 pairs
6	Shoes (preferably ankle- high with good grip, new laces)	1 pair
7	Floater Sandals (preferably waterproof)	1 pair
8	Sun-shade / Baseball Cap	1
9	Sunglasses	1 pair



List of Essentials (2/3)

#	Name of the Item	Quantity
10	Flashlight (with extra batteries)	1 set
11	Water Bottle	1
12	Crepe Bandage	2
13	Warm Muffler	1
14	Warm Sweater	1
15	Warm Jacket	1
16	Wind Cheater	1
17	Warm Woolen Inners	1 pair
18	Sunscreen Lotion	1
19	Insect Repellent	1



List of Essentials (3/3)

#	Name of the Item	Quantity
20	Identity Card	-
21	Photograph (passport size)	-
22	Sleeping Bag (this item can be provided by the organizer on request)	1
23	Small Bag/Backpack for Personal Belongings	1



Additional Notes

1. General medical first aid is provided as standard practice. However, participants should carry any specific personal medication they require.
2. Participants may bring cameras and binoculars, if desired.
3. In the event of unforeseen weather conditions, landslides, or road blockages, trekking routes may be altered as necessary.
4. It is essential to pack clothes in plastic bags to protect them from dampness.
5. Keep personal toiletries to a minimum.
6. All belongings must be carried in a rucksack. Organizer can provide one, upon request.

Participant safety is our top priority; therefore, it is crucial to adhere diligently to all instructions provided at the beginning of the trek.



Become a Deep Dive Explorer, today!

Are you traveling with us for the first time? If so, you'll be excited to know that we have a bunch of unique tours and travels across India. Check us out and do let us know your thoughts.

