
Chopta Tungnath Chandrashila Trek

Complete Packing Checklist

Backpack and Bag Essentials

- ☐ 50-70 litre main backpack with shoulder straps and hip belt
- ☐ 20-30 litre daypack for the summit day
- ☐ Rain cover for your backpack

Clothing Essentials

- ☐ Thermal base layers (top and bottom)
- ☐ Waterproof outer jacket
- ☐ 2-3 pairs of sturdy trekking pants
- ☐ Gloves, woollen cap, scarf
- ☐ 2-3 pairs of socks

Footwear Guide

- ☐ Sturdy trekking shoes with good grip
- ☐ Slippers for the campsite
- ☐ Gaiters (optional, for muddy/snowy stretches)

Health and Safety Items

- ☐ Small medical kit (prescriptions, pain relief spray, band-aids, antiseptic cream)
- ☐ Tablets for fever, headache and altitude discomfort

Nutrition and Hydration

- ☐ Dry fruits and energy bars
- ☐ Your favourite light snacks
- ☐ ORS and glucose packets

Documents and Cash

- ☐ Government ID (Aadhaar / Voter ID)
- ☐ 2-3 passport-size photos
- ☐ Any required trekking permits
- ☐ Cash (ATMs are limited in this region)

Personal Hygiene Items

- ☐ Toothbrush and toothpaste
 - ☐ Toilet paper, wet wipes, hand sanitiser
 - ☐ Quick-dry towel
 - ☐ Sunscreen and lip balm
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Other Useful Trekking Gear

- ☐ Headlamp or flashlight
- ☐ Sunglasses and sunhat
- ☐ Power bank (10,000 mAh)
- ☐ Trekking pole or stick
- ☐ Sleeping mat and bag
- ☐ Trekking map or compass
- ☐ Hot water bag

Source: manchalamushafir.com/things-to-carry-for-chopta-tungnath-chandrashila-trek/