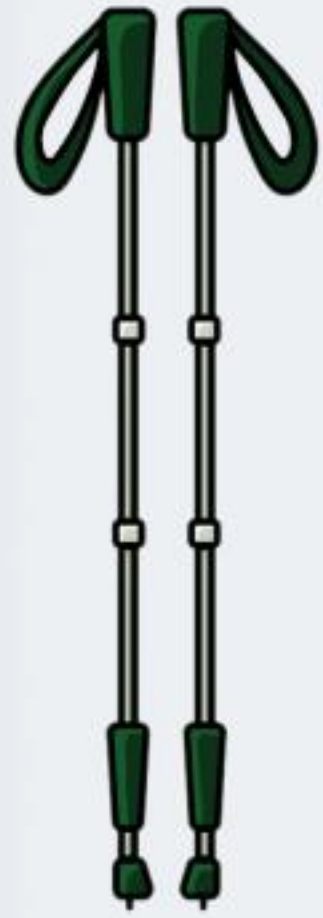


How To Pack For a Himalayan Trek



Trekking Pole
(At Least one)



Trekking Backpack
(40-60L)

Optional Items
(Camera, Towel,
Notebook)

Warm Layers



Thermal undergarments



Padded coat



Sweater + Fleece jacket



Trekking pant

Trek Accessories



Rain Poncho



Headlamp



Sunglasses



Sun cap

Warm Accessories



woolen cap



scarf



waterproof Gloves



Socks

Toilet Kit



Toilet Paper



Moisturiser



Lip Balm



Sunscreen

Cutlery + Snacks



Lunch Box
(steel Tiffin Box)



Spoon



Mug



Unpackaged Snacks

Basic Clothing



Long Sleeve shirt



Underwear cotton
(Clean Pair for each day)

Footwear



Trekking Shoes



Floaters

Mandatory Requirements



Documents



Medical Kit



Soap



ToothBrush and Toothpaste



Water (at Least 2 liter)



Fitness Routine

The Routine

This routine is to be followed and completed over the course of one month. To complete a single stage of your exercise, you must work out 4 times a week.

Workouts



Walking is a very useful exercise that helps you strengthen your legs and shed extra body weight. It also keeps your heart healthy and circulates blood and oxygen to muscles and organs of your body.



Jogging is an excellent cardio vascular activity that helps you attain optimum heart rate and maintain it at that level. Since it is an aerobic exercise, it depends on a lot of oxygen. Therefore, jogging increases your breathing power and keeps your lungs healthy.



Squats are the most useful when it comes to maintaining body balance and stability. They also help to strengthen your legs, thighs, hips, buttocks and hamstrings.



Stair climbing is another handy and easy exercise that promotes body fitness. This cardio vascular activity burns a lot of calories and develops strength. Moving up and down the stairs helps in interval training. Hence, this is one of the best fitness activities.

WEEK 1

Brisk Walking and Light Jogging

2-3 kms in 40 mins

Spot Jogging

5 minutes

WEEK 2

Brisk Walking and Light Jogging

3 kms in 30 minutes

Squats

15 squats repeated 3 times

WEEK 3

Warm up Exercise: Spot Jogging

5 minutes

Brisk Walking and Light Jogging

3 kms in 30 minutes

Squats

20 squats repeated 3 times

Stair Climbing

2 storeys, 10 times in 15 minutes

WEEK 4

Warm up Exercise: Spot Jogging

5 minutes

Brisk Walking and Light Jogging

3 kms in 30 minutes

Squats

20 squats repeated 3 times

Stair Climbing

2 storeys, 10 times with 4 kg backpack in 17 minutes



Fitness Routine

The Routine

This routine is to be followed and completed over the course of one month. To complete a single stage of your exercise, you must work out 4 times a week.

Workouts



Walking is a very useful exercise that helps you strengthen your legs and shed extra body weight. It also keeps your heart healthy and circulates blood and oxygen to muscles and organs of your body.



Jogging is an excellent cardio vascular activity that helps you attain optimum heart rate and maintain it at that level. Since it is an aerobic exercise, it depends on a lot of oxygen. Therefore, jogging increases your breathing power and keeps your lungs healthy.



Squats are the most useful when it comes to maintaining body balance and stability. They also help to strengthen your legs, thighs, hips, buttocks and hamstrings.



Stair climbing is another handy and easy exercise that promotes body fitness. This cardio vascular activity burns a lot of calories and develops strength. Moving up and down the stairs helps in interval training. Hence, this is one of the best fitness activities.

WEEK 1

| | |
|---------------------------------|---------------------|
| Warm up: Spot Jogging | 5 minutes |
| Brisk Walking and Light Jogging | 3 kms in 40 minutes |

WEEK 2

| | |
|-----------------------|-----------------------------------|
| Warm up: Spot Jogging | 5 minutes |
| Jogging | 3-4 kms in 30 minutes |
| Squats | 15 squats repeated 3 times |
| Stair Climbing | 2 storeys, 10 times in 15 minutes |

WEEK 3

| | |
|-----------------------|-----------------------------------|
| Warm up: Spot Jogging | 5 minutes |
| Jogging | 3 kms under 20 minutes |
| Squats | 15 squats repeated 3 times |
| Stair Climbing | 3 storeys, 10 times in 15 minutes |

WEEK 4

| | |
|-----------------------|--|
| Warm up: Spot Jogging | 5 minutes |
| Jogging | 3 kms in 20 minutes |
| Squats | 15 squats repeated 3 times |
| Stair Climbing | 2 storeys, 10 times with 4 kg backpack in 17 minutes |



Fitness Routine

The Routine

This routine is to be followed and completed over the course of one month. To complete a single stage of your exercise, you must work out 4 times a week.

Workouts



Walking is a very useful exercise that helps you strengthen your legs and shed extra body weight. It also keeps your heart healthy and circulates blood and oxygen to muscles and organs of your body.



Jogging is an excellent cardio vascular activity that helps you attain optimum heart rate and maintain it at that level. Since it is an aerobic exercise, it depends on a lot of oxygen. Therefore, jogging increases your breathing power and keeps your lungs healthy.



Skipping is a traditional exercise that is effective in more than one ways. This workout requires participation of each and every part of your body. Your lower body is used to bounce, your arms and shoulders are in constant motion and your abdominal area is utilized as well. Therefore, it is an excellent exercise to tone your body and keep your fit and active.



Squats are the most useful when it comes to maintaining body balance and stability. They also help to strengthen your legs, thighs, hips, buttocks and hamstrings.



Stair climbing is another handy and easy exercise that promotes body fitness. This cardio vascular activity burns a lot of calories and develops strength. Moving up and down the stairs helps in interval training. Hence, this is one of the best fitness activities.

WEEK 1

| | |
|---------------------------------|---------------------|
| Warm up: Spot Jogging | 5 minutes |
| Brisk Walking and Light Jogging | 3 kms in 30 minutes |
| Skipping | 100 times |

WEEK 2

| | |
|-----------------------|-----------------------------------|
| Warm up: Spot Jogging | 5 minutes |
| Jogging | 4 kms in 25 minutes |
| Skipping | 200 times |
| Squats | 15 squats repeated 3 times |
| Stair Climbing | 3 storeys, 10 times in 15 minutes |

WEEK 3

| | |
|-----------------------|-----------------------------------|
| Warm up: Spot Jogging | 5 minutes |
| Jogging | 4 kms in 25 minutes |
| Skipping | 200 times |
| Squats | 20 squats repeated 3 times |
| Stair Climbing | 3 storeys, 10 times in 15 minutes |

WEEK 4

| | |
|-----------------------|--|
| Warm up: Spot Jogging | 5 minutes |
| Jogging | 3 kms in 20 minutes |
| Skipping | 200 times |
| Squats | 20 squats repeated 4 times |
| Stair Climbing | 3 storeys, 10 times with 4 kg backpack in 17 minutes |