



## Trekking...in Bhutan

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Trekking in Bhutan is unlike anywhere else in the Himalayas, complemented by crystal air and views that defy description. Trekking is fast growing in popularity and the trekking infrastructure is constantly being improved. All parties are accompanied by a trained guide, a cook, an assistant or two and several horsemen. Horses, and occasionally yaks, carry all provisions and most personal belongings so trekkers rarely must carry more than a daypack with camera, sunscreen and water bottle.

The support crew walks ahead of the trekking party each day and pitches camp before the trekkers arrive. A warm cup of tea waiting in the dining tent is the most welcome treat after hours of mountain trekking. Toilet tents are provided however please note washing, for personal hygiene, is often confined to the provision of warm, soapy water in the privacy of your tent. Shower tents are provided however are only able to be used on some days whilst trekking where time permits.

Your DELUXE Trek equipment includes larger two person tents; camp beds with mattresses (thin); sheet and pillows with pillowcases; shower bags; picnic mats; gas heating lamps for evenings; covered hot water bottles in your sleeping bags and extra fleece blanket.

All meals are carefully planned. Your wake-up call each morning will be a hot tea or coffee bought to your tent along with a bowl of hot water for personal hygiene. For meals, a dinner table is set up with a tablecloth, chairs and condiments. A bowl of hot soapy water is provided before all meals as hygiene remains a priority. Breakfast is always cooked and dinner includes a choice of at least four dishes. In many of the remote parts of the country, villages are scarce and few people cross paths and as a result BTCL takes every precaution to ensure the safety and comfort of all trekkers.

**We recommend you take the following equipment.** *See page 2 for a more detailed check-list.*

- \* A quality sleeping bag (mandatory please) and a fleece liner is recommended.
- \* A waterproof, soft, duffel or sports style bag for your trekking clothing & gear.
- \* Walking poles (professional poles are not available in Bhutan)
- \* Waterproof gaiters.
- \* A headlamp torch and a normal torch. (including spare batteries)
- \* Binoculars and camera.
- \* Small day pack with rain cover.
- \* Water bottle
- \* Sunscreen, insect repellent, sun hat and sun glasses.
- \* Towel
- \* Portable solar panel charger or portable battery charger.
- \* Small medical kit that includes aspirin, motion sickness tablets, Diamox or Viagra for altitude sickness etc. (The guide carries a larger Medical kit but please bring your own travel & personal medications)
- \* Quality footwear that has been previously worn in, warm clothing & wet weather gear.
- \* Antiseptic hand gel for disinfecting hands without water.

*Bhutan & Beyond*

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**Altitude sickness** can be an acute problem for a small percentage of trekkers in Bhutan and we recommend all trekkers carry a supply of Diamox or Viagra for any emergency situation. Some of the designated treks go above 3,000 metres (9,840 feet). If you are not used to high altitudes start slowly and allow yourself to acclimatize and this is why all Bhutan & Beyond itineraries have at least 2 nights at valley floor altitude before any serious trekking is scheduled.

**Please Note!** Oxygen cylinders are not available for trekkers in Bhutan!

Trekking permits are required for all parties and are obtained in advance by our Bhutan partner BTCL. Treks vary from short two-day walks across relatively low altitudes to the three-week Snowman Trek that covers 356 kilometres and climbs three of the Kingdoms highest passes. Short stay trekkers are recommended to consider the trek from Thimphu to Paro or vice-versa called the Druk Path or Dagala 1000 Lakes Trek. For those trekking in winter try the Nobding Samtengang Trek which stays at a lower altitude.

## Trekking Equipment Checklist - Please Review Carefully!

### **Clothing**

- jacket - down or fiber filled
- waterproof jacket
- jumper or fleece
- neck warmer/neck gaiter (fleece is best)
- neck scarf/bandana (for sun protection)
- hiking shorts (male)
- hiking trousers (both male & female)
- T- shirts or blouses (wickable material)
- underwear
- sun hat

### **Higher Altitude/Winter Trekking**

- fleece beanie
- nylon windbreaker
- nylon wind pants
- thermal underwear
- heavy woolen socks
- waterproof gloves

### **Footwear**

- comfortable trekking boots
- camp shoes
- Ugg style boots for inside tent
- socks
- gaiters

### **Other Essential Items**

- day backpack
- chocolate bars/trail mix for snacks
- torch, batteries & torch headlamp
- camera & batteries
- binoculars
- sunglasses
- sunscreen/moisturizer/lip balm
- towel
- soap
- tissues
- toiletries eg. toothbrush
- mosquito repellent
- first aid kit incl blister kit
- any required medications, aspirin etc
- toilet paper
- iodine tablets (water purifying device)
- sewing kit
- pre-moistened towelettes
- antiseptic hand gel for use without water
- cigarette lighter
- plastic bags for dirty clothes
- bag to leave behind non trekking clothes.

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