



<b>FreeSpirit Adventure - Comprehensive Packing List</b>
Riding jacket Armoured (waterproof) But well ventilated!
Waterproof Overtrousers (+ lightweight waterproof jacket) or waterproof suit.
Leather gloves (with thermal inners for the really cold ascents)
Clear glasses / Sun glasses / Reading glasses
Warm (wind proof) Fleece or woollen sweater
Camera / Memory Cards / Charger
Credit Card(s) / Travellers Cheques
Family photos / home town postcards to share with locals
T Shirts / Shorts
Woollen socks - Himalaya / Light socks
Slippers or flip flops (for indoor use)
Small day bag or rucksack (25lts)
Personal medicines / sun block / toiletries
A good book / maps / notebook /pen
Several spare passport photos
Lightweight towel
Helmet - We wear helmets at all times!
Riding trousers, Kevlar or armoured - Again it can get very hot in the sun.
Riding Boots
Kevlar motorcycling jeans, leather or armoured trousers
Woolly hat / Balaclava / woolly scarf
Warm long sleeve shirt
Driving Licence / IPD / Passport
Photocopies of passport & visa page
Money / passport / wallet Security Belt
Body Warmer (sleeveless jacket)
Thermal underwear (long legs and sleeves. Himalaya Tours only.)
Trainers, trekking shoes/boots
Dust Mask / Bandana
Small Flashlight
Mobile Phone / Charger / Roaming On
110v to 220v voltage adapter
Swimming trunks / costume