



Bhutan Trekking Packing List by Clou Travel

Your Complete Guide to Conquering the “Land of the Thunder Dragon”

Have you ever dreamed of navigating mist-shrouded valleys where ancient prayer flags dance on crisp Himalayan winds, pausing at hilltop monasteries where time stands still, and immersing yourself in a kingdom that prioritizes happiness as a national goal? Welcome to Bhutan—the mystical “Land of the Thunder Dragon”—where trekking offers far more than jaw-dropping scenery. Each trail leads you through cultural tapestry and spiritual immersion, from conversing with monks in centuries-old dzongs to sipping butter tea in remote villages. This **Bhutan Trekking Packing List by Clou Travel** ensures you’re fully prepared to embrace these sacred landscapes. We’ve combined all the essential gear advice—from layering tips for unpredictable mountain weather to cultural guidelines for temple visits—so you can trek with confidence, comfort, and deep respect for Bhutan’s cherished traditions.

1. In Your Day Pack

You won’t have access to your main gear until you reach camp each evening, so **pack these essentials** in a light, practical day pack:

- **Water, Snacks & Hydration**
 - Carry at least 2–3 liters of water for the first day. Guides will boil or use SteriPens for water purification on subsequent days.
 - Favourite snacks, energy bars, or candy to keep energy levels high.
- **Weather Protection**
 - **Sunglasses** (with straps).
 - **Rain jacket and pants** (or poncho) as weather can change swiftly.
 - **Extra layers** (gloves, windbreaker, fleece) for sudden temperature drops.
- **Miscellaneous Essentials**
 - **Camera, binoculars, GoPro** (with extra batteries—cold weather shortens battery life).
 - **Lip balm with sunscreen**, plus a broad-brimmed hat or bandana.
 - **Headlamp or flashlight** (with spare batteries).
 - **Toilet paper** (and small plastic bags to pack out waste).
 - **Duct tape or moleskin** to address blisters early.
 - **Valuables, passport, prescriptions** (always keep these on you).

Pro Tip: Always wrap electronics and clothing in **waterproof bags** or stuff sacks.

2. Layering for Variable Weather



Bhutan's high-altitude climate can be unpredictable, ranging from balmy valley hikes to freezing mountaintops. Dressing in layers allows quick adjustments.

Base Layer

- **Moisture-Wicking Fabrics**
 - Long-sleeve T-shirts (2)
 - Tee-shirt (1)
 - Long underwear pants (2)
 - Underwear (5–7 pairs)
 - Avoid cotton; opt for Capilene or Merino Wool.

Middle Layer

- **Insulating Fleece or Down**
 - Heavy fleece jacket or down jacket (easy to unzip for temperature control)
 - Long-sleeve shirts (2)
 - Sweatshirt (optional)
 - Fleece pants
 - Trekking pants (2)
 - Shorts (optional, but remember Bhutan's conservative culture)

Outer Layer (Shell)

- **Waterproof, Breathable Jacket** (Gore-Tex if possible)
- **Rain poncho** (large enough to cover both you and your day pack)
- **Waterproof/rain pants**

3. Cold-Weather & Accessory Items

Even if you trek during warmer months, higher elevations can dip below freezing at night.

- **Down jacket or parka** (for sub-zero wind chills)
- **Fleece jacket or wool sweater**
- **Fleece pants** (extra insulation)
- **Wool or pile hat**, balaclava, or neck gaiter
- **Mittens and/or gloves** (layer thin liners under thicker waterproof mittens)
- **Hand and foot warmers** (chemical-activated)
- **Gaiters** (for snow, mud, or dusty trails)

4. Footwear



Proper footwear is crucial for comfort and safety:

- **Hiking boots**
 - Waterproof, warm, with ankle support; break them in before the trek.
- **Tennis shoes or sandals**
 - For lounging in the evening.
- **Socks**
 - Wool socks (for colder conditions)
 - Lighter hiking socks (for warmer conditions)
 - Sock liners (optional; help wick moisture and reduce blisters)

Pro Tip: If you feel a “hot spot” on your foot, **stop** and apply duct tape or moleskin immediately to prevent blisters.

5. Sleeping Gear

- **Sleeping bag** rated to about **32°F/0°C** or below (0°F is ideal at high altitudes).
 - **Sleeping bag liner** (optional for extra warmth).
 - **Sleeping pads** are often provided at no charge (confirm with your trekking company).
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6. Baggage & Organization

Your bulkier items will be carried by horsemen or porters:

- **Large duffel bag (80 liters or more)** or backpack with rain cover (often provided by your trekking service).
- **Day pack** with rain cover or a poncho that can cover both you and the pack.
- **Plastic bags, Ziplocs, garbage bags** to separate gear and keep items dry.
- **Locks** for securing your duffel and day pack.

Important: You can leave extra luggage in the hotel before starting the trek.

7. Electronics

Keep them safe and functional despite cold, wet conditions:

- **Camera, lenses, memory cards, chargers**
- **Video camera, GoPro** (plus power cords)
- **Headlamp or flashlight** (extra batteries)
- **Tripod** (travel size)



- **Lens cleaning cloth**
 - **Portable solar charger** (optional but handy)
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8. Toiletries & Personal Items

- **Soap, shampoo, conditioner, hair gel**
 - **Hairbrush, comb, mirror, hair ties**
 - **Toothbrush, toothpaste, floss**
 - **Deodorant**
 - **Moist towelettes (handy wipes)**
 - **Hand sanitizer**
 - **Lotion** (foot balm highly recommended)
 - **Sunscreen** (high SPF)
 - **Lip balm with sunscreen**
 - **Small towel and washcloth**
 - **Toilet paper and facial tissue**
 - **Shaving supplies**
 - **Nail clippers, file, brush**
 - **Insect repellent**
 - **Q-tips**
 - **Sewing kit**
 - **Feminine products**
 - **Cosmetics** (if desired)
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9. First Aid Kit

Your trekking company may provide a basic kit, but carrying personal supplies is wise. Coordinate with your group to avoid duplication:

- **Prescription medications** (including altitude sickness pills like Diamox if prescribed)
- **Malaria pills** (if traveling in risk zones)
- **Ibuprofen, Acetaminophen, Aspirin**
- **Band-Aids/plasters**
- **Disinfectant, antiseptic cream, antibiotic ointment**
- **Throat lozenges**
- **Vitamins**
- **Antihistamines**
- **Melatonin or other sleep aid**
- **Gauze bandages and tape**
- **Diarrhoea medication (Imodium AD or similar)**
- **Ace bandage**



- **General antibiotics (consult your doctor)**
 - **Cough drops** (for cold, high-altitude air)
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10. Money & Documents

- **Passport** (carry safely in your day pack)
 - **Cash, traveler's checks, credit cards** (USD must be newer than 2006, with no tears)
 - **Tipping Guidelines** (roughly \$230–\$250 total for your guide, cook, helper, and horseman, adjusted by trek length)
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11. Cultural Considerations

- **Conservative Dress:** Cover shoulders and legs, especially when visiting monasteries and temples.
 - **Remove Hats & Shoes** before entering religious sites (socks are allowed).
 - **Gift-Giving:** Older warm clothing can be thoughtful presents for guides and porters.
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12. Other Useful Items

- **Sunglasses, straps**
 - **Eyeglasses, contacts/solution** (if applicable)
 - **Binoculars** (for wildlife or distant vistas)
 - **Pocket knife** (pack in checked luggage when flying)
 - **Notebook, pens** (for journaling or note-taking)
 - **Games & Entertainment** (books, playing cards, small frisbee, etc.)
 - **Energy bars, candy, drink mixes** (Gatorade or coffee flavourings)
 - **Matches or lighter**
 - **Small umbrella** (useful for sun or drizzle)
 - **Salt, pepper** (to spice up bland food)
 - **Sentimental items** (banner, flag, Santa hats for fun group photos)
 - **Trekking or ski poles** (helpful for uneven terrain)
 - **Hand warmers & earplugs** (for cold nights and light sleepers)
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Ready to experience Bhutan's sacred landscapes and immerse yourself in its centuries-old traditions? **Reach out to Clou Travel** (or your preferred operator) to book your Himalayan adventure and let the kingdom's untouched peaks and heartfelt hospitality inspire a journey you'll never forget. Pack wisely and be prepared to discover why Bhutan's commitment to



cultural preservation and Gross National Happiness makes it one of the world's most extraordinary trekking destinations.

Embark on the path less travelled—where every winding trail brings you closer to the heart of Bhutan's natural splendor and spiritual heritage.