



## Tibet Trekking Packing List

Embarking on a trekking adventure in Tibet requires careful preparation to ensure comfort, safety, and an unforgettable journey. This meticulously curated packing list will help you stay well-equipped while keeping your luggage manageable. From essential documents to trekking gear, here's everything you need to pack for your Tibet expedition.

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### Essential Documents

Ensure all necessary travel documents are organized and easily accessible.

- Valid passport with a visa
- Tibet Travel Permit (arranged by **Clou Travel**)
- Flight/train tickets and boarding passes
- Hotel bookings and itinerary
- Photocopies of passport, visa, and travel insurance
- Emergency contact list (both physical and digital copies)
- Extra passport-sized photos (2-4, for permits or identification)
- Optional: Driver's license for additional ID

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### Financial Essentials

- Money belt or neck wallet
- Cash (Chinese Yuan) as ATMs may be limited in remote areas
- Credit/debit cards (with international access)
- Photocopies of credit/debit cards
- List of emergency contacts for your bank

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### Clothing & Outerwear

Tibet's climate is diverse, with significant temperature variations. Layering is key.

- **Footwear:** Comfortable trekking boots or sturdy walking shoes
- **Jackets:** Waterproof rain jacket and an insulated down jacket
- **Tops:** 3-5 quick-drying t-shirts, 1 lightweight long-sleeve shirt, 1 midweight fleece
- **Bottoms:** 2 pairs of hiking pants, 1 pair of warm fleece or sweatpants for lodges
- **Base Layers:** Thermal shirts and long underwear
- **Accessories:** Wool hat, gloves, scarf, and sunglasses
- **Socks & Undergarments:** 5-7 pairs of socks, 3-5 pairs of underwear, and sports bras for women
- **Optional:** Swimsuit (for hot springs), bandana

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### Sun Protection & Skincare

Tibet's high altitude and strong UV rays make sun protection crucial.

- Wide-brimmed hat or baseball cap
- High-SPF sunscreen (SPF 30+)
- Lip balm with SPF
- Moisturizer (Tibet's air is extremely dry)



### Trekking & Travel Gear

- **Backpacks:** A medium-large backpack or rolling duffel, plus a small daypack
- **Sleeping Gear:** Sleeping bag liner or lightweight sleeping bag (optional)
- **Trekking Poles:** Optional but useful for high-altitude treks
- **Flashlight or Headlamp:** Essential for nighttime use
- **Travel Towel:** Compact and quick drying
- **Ziplock Bags:** For organizing small items
- **Reusable Water Bottle:** Staying hydrated is crucial at high altitudes
- **Optional:** Swiss Army knife, lightweight travel umbrella, thermos for hot drinks

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### Personal Hygiene & Toiletries

- Shampoo, conditioner, soap
- Deodorant
- Toothbrush, toothpaste, dental floss
- Hairbrush or comb
- Feminine hygiene products (as needed)
- Wet wipes and hand sanitizer
- Travel-sized tissues (toilet paper is often not provided in public restrooms)
- Shaving supplies (if needed)
- Nail clippers
- Optional: Face mask (for dust or cold weather)

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### First Aid & Medications

Altitude sickness is a common concern, pack accordingly.

- Prescription medications (consult your doctor before travel)
- Altitude sickness medication (e.g., Diamox; consult your doctor)
- Pain relievers (e.g., ibuprofen, acetaminophen)
- Anti-diarrhoea medication
- Laxatives or fibre supplements
- Allergy medication
- Motion sickness medication
- Bandages, blister pads, and antiseptic ointment
- Iodine tablets or a water purification system
- Optional: Sleep aid, extra pair of glasses or contacts

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### Electronics & Communication

Keep devices charged and functional in remote areas.

- Smartphone and charger
- Camera with extra batteries and memory cards
- Travel adapter (Tibet uses 220V, Type I sockets)
- Power bank for extra charging
- Earphones
- Optional: Laptop or tablet (high altitude may affect device performance)



### Recommended Extras

Enhance your travel experience with these additional items.

- Small journal and pen
- Travel sewing kit
- Travel clothesline for hand-washed laundry
- Lightweight binoculars (for wildlife or mountain views)
- Energy bars, nuts, dried fruit, tea, or coffee
- Small notebook for notes and local phrases

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### Luggage Considerations

- **For trekking and outdoor trips:** A backpack is ideal.
- **For cultural and sightseeing tours:** A wheeled suitcase or duffel bag is more convenient.
- **For day trips:** A lightweight daypack to carry essentials like a water bottle, sunscreen, and snacks.

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### Packing Tips

- **Pack light.** Carrying only essentials will make your journey more comfortable.
- **Dress in layers.** Weather conditions can change rapidly, so layering helps adjust to temperature shifts.
- **Walk with your packed bags before departure.** If they feel too heavy, reconsider what you're bringing.
- **Keep valuables and important documents in your carry-on.**

For any additional questions or equipment rental inquiries, feel free to contact **Clou Travel** at [info@cloutravel.com](mailto:info@cloutravel.com) or [travelclou@gmail.com](mailto:travelclou@gmail.com).

Happy trekking!