Adventure Access Packing List

Item	Note	Required (yes or no)	
Pants	Casual	Yes	
Pants	Backpacking	Yes	
Shorts	For hot Chinese cities in the summer.		
Shirts	Short sleeve	Yes	
Shirts	Long sleeve	Yes	
Fleece	as an outer layer or insulating layer if needed	Yes	
Rain Jacket	Waterproof - water resistant is not sufficient	Yes	
Rain Pants	Waterproof - water resistant is not sufficient	Yes	
Jacket - Outer shell	Necessary for mountaineering trips in the Spring, Fall, or Winter.		
Underwear	not cotton for hiking days	Yes	
Socks	not cotton for hiking days	Yes	
Thermals	Choose appropriately depending upon the season you are coming		
Gloves	Appropriate gloves depending on the season you are coming	Yes	
Hat	Warm hat for colder weather and higher altitudes	Yes	
Hat	A good hat for sun protection	Yes	
Hiking boots	waterproof - water resistant is not sufficient	Yes	
Shoes	for casual wear around town and on travel days - good for lots of walking	Yes	
Sandals or flip-flops	Can be nice after a long day of hiking or for wearing around the hotel	No	
Backpack	For trekking trips	Yes	
Daypack	Good for day hikes, visiting the national parks, and biking. For biking trips, a daypack with a hydration bladder is very helpful.	Yes	
Sunglasses	The sun can be very intense at high altitudes	Yes	
Sunscreen	Necessary for days in the sun		
Camera	Be sure to capture some memories		
Headlamp	Small and lightweight - extra batteries	Yes	
Water Bottle	one personal water bottle	Yes	
	Below this line: For Mountain Biking or Cycling Tours only		
Cycling Shoes	This is a personal preference. If you want to use them, bring your shoes and your clips.		
Cycling Shorts	Extra padding on the back side is definitely a must for long days on the saddle.	Yes	
Gloves	Cycling gloves are a very helpful. Bring you own! Choose your glove type according to the season.	Yes	
	* All information in this list is for reference only.		

A note about culture and clothing:
The Tibetan people dress very modestly. Pants are most appropriate in Tibetan areas for both men and women. Capri pants are fine. Sleeveless or “strappy” tops are generally not appropriate among Tibetans either, especially in and around religious sites. If on a cycling tour, shorts are acceptable on biking portions of the trip.

A note about hiking boots:
We are often asked about what kind of boots are necessary. This is a personal matter, however, the trails in Eastern Tibetan areas are often very steep and the summer months can be very wet. For stability on steep trails and for maximum protection from the elements, a higher top boot can be better. If you only plan to do day hiking and choose to stay out of the rain, a low top boot or shoe may be better for you.

What kind of backpack do you need?
Our lead guides recommend a 60+ liter pack for trips more than three days. For 2-3 day trips, we recommend a 35+ liter pack. Certain hikes or climbs have pack horses as an option while others do not.