



FreeSpirit Adventure - Packing List	
Riding jacket Armoured (waterproof) well ventilated	
Waterproof Over-trousers (+ 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)	
T Shirts / Shorts	
Woollen socks / 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. Himalayan Tours only.)	
Trainers, trekking shoes/boots	
Dust Mask / Bandana	
Small Flash-light	
Mobile Phone / Charger / Roaming On	
110v to 220v voltage adapter	
Swimming trunks / costume	