

Trekking & Adventure Safety Checklist

Decide the shape of your trip

Confirm your dates for the Himalayas; keep one backup date if possible.

Make a realistic 7-day route, including arrival and departure time.

Pick your two must-do experiences and leave some free time.

Book and verify

Compare the final price and total travel time from your origin to the Himalayas.

Use the exact ID or passport name on every transport booking.

Check cancellation and refund rules before paying.

Documents and money

Check every travellers government ID or passport before booking.

Save offline copies of IDs, tickets, insurance and bookings.

Carry a paper copy of emergency contacts and the first stay address.

Health, safety and communication

Check current health and weather advice for the destination.

Pack prescription medicines in original packaging, with extra for delays.

Carry a small first-aid kit suited to your activities.

Pack for the actual itinerary

Choose clothing by day and activity; remove duplicate just in case items.

Pack comfortable footwear you have already worn.

Carry suitable protection from sun, rain or cold.

Trekking & Adventure Safety Checklist - continued

Transport-day checks

Check tyres, spare wheel, brakes, battery, lights, fluids and wipers.

Carry licence, registration, insurance, emission certificate and roadside assistance det...

Download the route and mark fuel, charging, food, toilets and safe rest stops.

Traveller-specific preparation

Name one booking coordinator and one backup contact.

Confirm rooming, payment responsibilities and cancellation rules in writing.

Share the final itinerary in one place and set meeting points for free time.

Activities and destination checks

Verify trail difficulty, altitude profile, permits and guide requirements.

Test boots and backpack before departure; never start a long trek in new footwear.

Carry navigation backup, headlamp, whistle, layers, water treatment and emergency calories.

Final 24-hour check

Recheck live transport status, weather alerts and provider messages.

Charge devices and power banks; download tickets, maps and entertainment.

Confirm documents, medicines, wallet, keys and essential hand baggage.