



Kailash Mansarovar Yatra Checklist Handbook

Route: Lucknow to Lucknow (Simikot - Hilsa route).

Introduction

The Kailash Mansarovar Yatra is one of the most extraordinary spiritual journeys in the world. Travellers cross remote Himalayan valleys, travel through Nepal and Tibet, and trek around the sacred Mount Kailash at altitudes exceeding 5,600 metres. This handbook combines a practical packing checklist with professional expedition guidance so guests can prepare properly for high-altitude travel.

Expedition Gear Provided by the Organiser

- Duffle Bag for carrying your main luggage during the yatra (returnable after the journey)
- Day Bag / Daypack for carrying daily trekking essentials (returnable after the journey)
- Trekking / Hiking Sticks for support during trekking and the Kailash Parikrama (returnable after the journey)

Luggage Restrictions

Due to helicopter transfers and high-altitude logistics, luggage weight limits must be strictly followed.

Main Duffle Bag: Maximum 10 kg

Daypack: Maximum 2 kg

1. Must-Carry Essentials (Duffle Bag – Max 10 kg)

Clothing – Layering System

Base Layer: 2 sets moisture-wicking thermal tops and bottoms (avoid cotton fabrics)

Mid Layer: 1 fleece jacket or lightweight wool sweater

Outer Layer: 1 down jacket rated -10°C to -15°C and 1 waterproof / windproof shell jacket

Bottom Wear: 2 pairs quick-dry trekking pants and 1 pair waterproof over-trousers

Footwear

Waterproof high-ankle trekking boots (must be well broken-in before travel)



Lightweight sandals or Crocs for use at guesthouses

Accessories

- 3–4 pairs wool or synthetic trekking socks
- Warm beanie covering ears
- Neck gaiter or buff
- Insulated waterproof gloves

Sleeping Gear

Lightweight sleeping bag liner (silk or fleece)

Personal Toiletries

- Biodegradable soap
- Toothbrush and toothpaste
- Deodorant
- Small quick-dry towel

2. Daily Access Kit (Daypack – Max 2 kg)

Hydration

Insulated thermos (1 litre recommended)

Sun Protection

- UV-protected sunglasses
- SPF 50+ sunscreen
- Lip balm with SPF

Nutrition

- Energy bars
- Dry fruits and nuts
- Chocolate or other lightweight high-energy snacks

Electronics

Power bank (20,000 mAh recommended)



Headlamp or torch with spare batteries

Important Documents

- Passport
- Tibet Travel Permit
- Extra passport-size photographs
- Additional ID copy

Keep all documents inside a waterproof folder

3. Recommended Personal Medical & Utility Items

- Personal medications prescribed by your doctor
- Medicine for altitude sickness (consult doctor before using)
- Basic first aid kit
- Wet wipes or tissue papers
- Hand sanitizer
- Reusable water bottle

- Electrolyte powder / ORS
- Energy drink sachets

Additional Useful Items

- Small backpack rain cover
- Lightweight umbrella or poncho
- Plastic bags or zip-lock bags for organising gear

Important Guidelines

Maximum luggage limit: 10 kg in duffle bag

Pack only essential items suitable for high-altitude conditions

Keep important documents and valuables in your daypack at all times

Ensure trekking shoes are properly broken in before the trip to avoid blisters

Final Travel Advice

Travelling to Mount Kailash and Lake Mansarovar is both a spiritual and physical journey. Proper preparation, thoughtful packing, and respect for high-altitude conditions will ensure a comfortable and memorable expedition through the Himalayas.