

Annapurna Base Camp Trek Packing List

Clothing

- **Outer layer**—Down jacket, parka
- **Middle layer**- Long-sleeved woolen sweater
- **Inner layer**- Thermal base layers.
- Poncho or a rain jacket (Also rain cover for backpack).
- Windproof and waterproof trousers
- **Quick-dry shirts for trekking**
- Undergarments: Consider disposable panties.
- Gloves: Two pairs of woolen gloves; if one pair gets wet, we still have another to wear.
- Socks: Two pairs of woolen socks. Extra regular socks to be used in town.
- Neck gaiter
- Hat, cap, beanie
- Shorts, jeans, and T-shirts, just in case

Toiletries

- Quick-dry towel
- Toilet paper
- Wet wipes
- Lip balm and moisturizer
- Toothbrush, toothpaste, and shampoo.
- Cloth bags, plastic bags, rubber bands, and string to organize our belongings.
- Mini-sized nail clipper and hand sanitizer.

Hiking equipments

- Hiking shoes (waterproof, two pairs)
- Sandals and sneakers.

- Hiking poles
- Knee guards
- Headlamp
- Water bottles
- Duffel bag
- Sunglass
- Insect repellent.
- Sunscreen
- Sleeping bag

Personal medication

- Cough and cold medicine
- Allergy medicine
- Pain relief medicine
- Ointment and plaster to relieve muscle pain.
- High altitude remedy (acetazolamide and (Rhodiola rosea / 红景天)
- Stomach ache and diarrhea medicine
- Bandages, plasters, and antiseptic cream.
- Medication if you have chronic illnesses.

Camera gear and phone

- Mobile phone
- Action cameras like GoPro or DJI Pocket.
- Octopus' tripod and a selfie stick.
- Spare batteries
- A power bank can also come in handy.
- Uadaptor and multi-plug