Packing List for Annapurna Base Camp Trek

- •Valid Passport (with copy and 2 Passport photos (for permit on site)
- •Cash, credit card, debit card
- •Sandals / Crocs (for overland travel, accommodation, showers, etc.)
- •Sports shoes (for sightseeing and excursions; as backup if trekking boots cause discomfort)
- •High-mountain boots, category C
- •Socks
- •Trekking socks
- •Mountain hiking socks (warm, high wool content—600 g/m²)
- •Gaiters
- •Shorts / Bermudas
- •Mountain hiking long pants
- •Trekking pants
- •Casual pants
- •Overpants (wind- / waterproof, breathable)
- •T-shirts
- •Long-sleeve shirts / blouses
- •Sweater / jacket (wool, fleece, softshell)
- •Down jacket (fill weight from 200 g)
- •Jacket (wind- / waterproof, ideally breathable)
- •Underwear
- •Functional underwear (short)
- •Functional underwear (long)
- •Sleepwear
- •Lightweight Towel
- •Neck gaiter / scarf / buff (protection from dust and cold)
- •Warm hat
- •Sun hat / head sun protection
- •Warm gloves
- •Shell gloves (wind- and waterproof, e.g., Gore-Tex)
- •Glacier sunglasses (category 3 or 4 lenses)

•Day & hiking backpack (10 L)

•Rain cover for backpack

•Telescopic trekking poles

•Headlamp with batteries

•Flexible luggage bag (incl. small lock)

•Small bag (to store extra items)

•Sleeping bag liner (e.g., fleece) — optional

•Sleeping bag (comfort rating to –15°C; –10°C may be sufficient for March, April, September if you're less cold-sensitive)

•Sunscreen

•Lip balm with UV protection

•Toiletry bag

•Small trekking towel

•Earplugs

•Camera equipment (incl. batteries, memory cards, etc.)

•Tissues, wet wipes

•Toilet paper (in backpack for the trail)

•Pocketknife

•Clothesline and / or cord for repairs

•Dry bag (for documents)

•Dry bag (to organize luggage)

•Plastic or nylon bags for dirty laundry

•Water bottle / hydration system (min. 1 L)

•Thermos bottle — optional

•Binoculars — optional

•Spare glasses (in shock-resistant case)

•First-aid kit (incl. plasters, tape, disinfectant)

•Travel medicine kit (for diarrhea, colds, etc.)

•Medications (important personal meds in hand luggage!)

•Emergency bivy bag (for potential bad weather during the day)

•Snacks (dried fruit, chocolate, energy bars, tea bags) — optional

•Electrolyte drinks

•Microspikes or lightweight crampons (very useful depending on conditions)

•Hand sanitizer