Classic Annapurna Circuit Trek – 18 Days: Equipment checklist

Packing List

Clothing (Layering System):

Item	Notes
Base layer tops (2-3)	Merino wool or synthetic, moisture-wicking
Base layer bottoms (2-3)	Same materials as above
Fleece or softshell jacket	Mid-layer insulation
Down jacket	Essential for Gorak Shep/EBC cold
Waterproof/windproof shell jacket	Gore-Tex or similar
Waterproof/windproof shell pants	Over trekking pants
Trekking pants (2-3 pairs)	Quick-dry
Hiking shorts	Optional for lower altitude
Thermal underwear (2 sets)	For sleeping and extreme cold
Fleece or wool hat	Covers ears
Sun hat/cap	For UV protection
Buff/neck gaiter	Dust and wind protection
Liner gloves	Lightweight
Insulated waterproof gloves/mittens	Heavyweight

Hiking socks (4-5 pairs)	Wool or synthetic blend
Liner socks (2-3 pairs)	Reduces blisters
Underwear (5-7)	Quick-dry synthetic

Footwear:

Item	Notes
Waterproof trekking boots	Broken in beforehand, ankle support
Camp shoes/sandals	Light, for the teahouse evening
Gaiters	Snow and debris protection

Gear and Equipment:

Item	Notes
Backpack (40-50 L)	Daypack for trekking
Duffel bag	For porter-carried items
Sleeping bag (-15°C to -20°C rated)	Mummy-shaped
Sleeping bag liner	Adds warmth
Trekking poles	Adjustable
Headlamp + spare battery	Essential for Kala Patthar hike
Water bottles (2x 1L)	Wide-mouth
Water purification tablets/filter	For safe drinking water
Dry bags/stuff sacks	Organize gear and keep it dry

Accessories:

Item	Notes
Sunglasses (UV400, category 4)	Glacier-rated

Sunscreen (SPF 50+)	High altitude UV is strong
Lip balm with SPF	Prevents chapping
Power bank / solar charger	Charging services cost more
Universal charging cable	For Cameras/Phone
Basic first-aid kit	Personal medications, blister care, pain relief, bandages
Diamox (acetazolamide)	Consult doctor
Toiletries (biodegradable)	Soap, toothbrush, wet wipes
Quick-dry towel	Compact travel size

Documents:

Item	Notes
Passport (6+ months validity)	Original + photocopies
Passport photos (4-6)	For permits
Nepal visa	On arrival or pre-arranged
Trek permits	Arranged via agency or in Kathmandu
Travel insurance (with high-altitude/helicopter evacuation)	Highly recommended
Flight tickets (Lukla)	Printed and digital copies
Cash (Nepali Rupees)	ATMs unreliable beyond Namche

Personal Items:

Item	Notes
Camera/phone	Carry a power bank
Journal and pen	Optional

Snacks (energy bars, nuts, electrolytes)	Supplement the teahouse food
Reusable cutlery/cup	Optional, eco-friendly

Nepal Alternative Treks & Expedition1

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