

**Packing list for Annapurna Base Camp Nepal Trekking Trip 2011**  
developed by Kathryn Bullock

**Top Tips**

Try and keep your backpack to max of 12-15kg for the porter and bring a separate day pack that you will carry. Remember that the maximum weight limit for check in baggage on flights to Pokhara will be 15-20kg

<b>Clothes</b>	<b>Comments</b>
Good walking boots with ankle support	Ideally waterproof with Gore-tex
2 pairs of lightweight polycotton quick dry trousers – good choice are ones with zip off legs so can also be shorts	(good makes – Kathmandu, Rohan, Columbia, Berghaus)
3 T Shirts	go for light, quick dry polyester or nylon
Waterproof trousers	Suggest Gore-tex ones – you can buy in Pokhara very cheap
1 long sleeved merino wool top	great as wicks moisture – sometimes on sale in Kathmandu store
Walking poles with shock absorbers	You can buy these in Pokhara – really help on steep stone staircases
Long sleeved fleece top	You can buy in Pokhara
Windproof & waterproof Jacket	Make sure it has a hood
Scarf	You can buy in Pokhara
Gloves	Ensure that they are good at subzero temperatures or bring merino inner gloves
Good hat which protects ears	Needed for Poon Hill climb at sunrise – Polartec is good material
Thermal vest	Merino wool or polyester are best
Thermal long johns	Merino or silk are most comfortable
1 pair of lightweight trainers	Not needed for trekking but good for evenings
4 pairs of good walking socks	Go for wool mix with polyester with good wicking and padding for feet
Max 15kg rucksack with waterproof cover	35-50 litre is max size you should need
Underwear	
Day backpack	Suggest 20-30 litre size
Trainers	For evening wear
<b>Other Stuff</b>	
Sleeping bag	Bring one that is good to -10C degree weather and is light to carry and not too bulky with cotton liner
2 Aluminium water bottles (min 1 litre)	Great as hot water bottle at night aswell! (so water tastes like water, not plastic)
Torch	As small and lightweight as possible
Lightweight plastic flipflops	Great for showers and freezing cold stone floors
Copy of passport	Needs to be valid for min period of 6 months to get Nepal visa on arrival
Copy of vaccination certificate	Go to doctor at least 30 days ahead and get recommended vaccinations

<b>Clothes</b>	<b>Comments</b>
4 passport photos for visa on arrival and trekking permit and 40USD cash to pay for 30 day Nepal visa or 25USD for 15 day visa but can also pay in Euros and GBP.	For more info: <a href="http://www.worldtravelguide.net/nepal/passport-visa">http://www.worldtravelguide.net/nepal/passport-visa</a>
Bank cards to use ATMs and at least £200 cash	Remember to tell your bank that you are going abroad or you may struggle to use your card in ATMs.
Pen and paper or pad	Needed for filling out forms on arrival & for notes/diary
MP3 player (optional)	Remember to bring charger – 2 prong European style chargers will work but not UK ones
Travel Insurance docs	Ensure it covers you for the altitude as some policies will not cover you over 4000 metres
Small padlock	Best with combination so you cannot lose the key and good for locking up valuables in room and hotel room door
Money Belt	Lightweight cotton one that you can wear under clothes
Ebook (Optional)	Great as lightweight and not as heavy as a book – remember charger aswell
Sunhat with shade	Lightweight baseball cap is great
Suncream	Min Factor 30 protection
Lipsalve	With min Factor 25-30 protection
Penknife	(Not essential but often useful)
Camera and memory sticks	
Mobile Phone & Phone charger	Needed as alarm clock for early starts
Quick dry towel	Quick dry type sold by Kathmandu and other mountaineering shops are good
First aid kit	Bandages, plasters, antiseptic antibiotic cream, aspirin or pain killers, water sterilization tablets for emergency and pain relieving gel. If you have weak knees bring knee supports. Bring small tube of cream for athlete's foot if you get it.
Maps and guidebook	Rough Guide or Lonely Planet are good
Earplugs	Very useful to minimise early morning noise
Small sewing kit	(with safety pins)
Water bladder with watering tube (optional)	Very handy to make sure you drink enough - you can buy in Pokhara & Kathmandu
Wash bag & toiletries inc soap	Bring less than 100ml of each if possible. (Toothpaste, toothbrush, floss, soap, brush, deodorant, and moisturiser as air is very dry)
Sunglasses	Ensure good quality and as dark as possible as glare off snow can be dazzling

### **General Advice**

It is best to layer clothes and go for lots of thin layers that are breathable than to have one thick layer as you will want to peel them off for the day and layer up as it gets colder towards nightfall. Ebay is also a great place to buy a lot of the above very cheaply.