15 Days Annapurna Base Camp Packing CheckList

UPPER BODY	Category	Item	Quantity	Essential / Optional	CheckList
	Trekking Shirts	Lightweight synthetic, long & short sleeve	2–3	Essential	
	Base Layer	Breathable, moisture-wicking thermal top	1	Essential	
	Mid Layer	Fleece or insulating layer	1	Essential	
	Down Jacket	Warm insulated down (rent in Kathmandu)	1	Essential	
	Windbreaker	Lightweight windproof jacket	1	Essential	

LOWER BODY	Category	Item	Quantity	Essential / Optional	CheckList
	Trekking Pants	Lightweight, comfortable, quick-drying	2	Essential	
	Base Layer	Merino wool base layer pants	1	Essential	
	Rain Pants	Lightweight synthetic (e.g., Frogg Toggs)	1	Essential	

UNDERWEAR	Category	Item	Quantity	Essential / Optional	CheckList
	Underwear	Breathable synthetic underwear	4	Essential	
	Women's	Moisture-wicking sports bra	As needed	Essential (women)	

SOCKS	Category	Item	Quantity	Essential / Optional	CheckList
	Trekking Socks	Wool or synthetic, several thick pairs	4 pairs	Essential	

FOOTWEAR	Category	Item	Quantity	Essential / Optional	CheckList
	Hiking Boots	Sturdy, waterproof, well-broken-in boots or shoes (e.g., Salomon Quest 4D or X Ultra 3/4)	1 pair	Essential	
	Camp Shoes	Down booties or comfy shoes / sandals	1 pair	Recommended	

HEADWEAR & HANDWEAR	Category	Item	Quantity	Essential / Optional	CheckList
	Sun Hat	Sun hat or cap with neck protection	1	Essential	
	Warm Hat	Wool or thermal hat for cold and altitude	1	Essential	
	Gloves	One thin merino pair + one thick insulated	2 pairs	Essential	
	Scarf / Buff	Warmth and protection from wind and dust	1	Recommended	

BAGS & SLEEP	Category	Item	Quantity	Essential / Optional	CheckList
	Daypack	Small pack for daily hikes and excursions	1	Essential	
	Sleeping Bag	Warm, for cold nights (rent in Kathmandu)	1	Highly Recommended	
	Bag Liner	For simple teahouses with limited heating	1	Recommended	

TREKKING GEAR	Category	Item	Quantity	Essential / Optional	CheckList
	Trekking Poles	Balance and support on steep, uneven trails	1 pair	Recommended	
	Water Bottle	Reusable, ideally insulated	1	Essential	
	Headlamp	Headlamp or flashlight for early starts	1	Essential	

TOILETRIES & HYGIENE	Category	Item	Quantity	Essential / Optional	CheckList
	Toiletries	Eco-friendly soap, toothbrush, toothpaste	1 set	Essential	
	Sunscreen	High-SPF for strong mountain sun	1	Essential	
	Lip Balm	SPF-protected lip balm	1	Essential	
	Insect Repellent	Useful in warmer seasons	1	Optional	

FIRST AID	Category	Item	Quantity	Essential / Optional	CheckList
	First Aid Kit	Personal medications, bandages, antiseptic wipes, blister care	1 kit	Essential	

ELECTRONICS	Category	Item	Quantity	Essential / Optional	CheckList
	Camera / Phone	For photos and memories along the trail	1	Essential	
	Power Bank	For charging in remote areas	1	Essential	
	E-Reader / Book	Kindle or a good book for downtime	1	Optional	
	Notebook & Pen	For notes or journaling	1	Optional	

Note: Sleeping bags and down jackets are available for rent in Kathmandu, and most other trekking gear can be easily purchased there as well. At Himalaya Hub, we're happy to help you arrange all the necessary equipment so you're fully prepared and ready for your adventure.