



ADVENTURE PULSE

YOUR ADVENTURE MANAGEMENT CONSULTANT

PACKING LIST

Annapurna Base Camp

Here is a list of everything you'll need for your epic Himalayan adventure!

APPAREL

Inner Layers -

- 1-2 pairs of thermal uppers
- 1-2 pairs of thermal leggings

Thermals are essential to trapping your body heat and staying warm at higher altitudes, so it's worth investing in a good set!

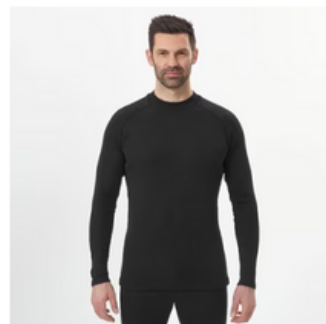


[Decathlon Men's](#)

[Decathlon Women's](#)

[Columbia Men's](#)

[Columbia Women's](#)



T-shirts and Pants

- 6-8 t-shirts or long-sleeve shirt (cotton / dryfit)
- 2-3 pairs of trekking pants (no denim!)

Outer Layers -

- 1 Sweater/Sweatshirt



Any brand or material would work well.

- 1 Fleece Jacket



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- 1 Down Jacket



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- 1 Waterproof Layer
(like raincoat or wind-cheater)



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Footwear -

- 1 pair of hiking boots
- 1 pair of comfortable sandals/floaters/sneakers
- 6-8 pairs of cotton socks (for day)
- 2 pairs of thick/woollen socks (for night)



[Decathlon Men's](#)

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Warm Clothing -

- Gloves - liner and outer
- Sun hat
- Woollen cap
- Buff



Accessories -

- Duffel bag / Rucksack (60L+)
 - Daypack / Backpack (20-30L capacity)
 - Sleeping bag (can be bought or rented in Kathmandu)
 - 2x 1L Bottles (to carry drinking water)
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- Torch + Batteries / Headlamp
 - Knee/Ankle/Wrist Guards
 - Trekking Poles
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- Personal Medical Kit
 - Personal Toiletries Kit
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- Sunblock
 - Sunglasses
 - Moisturiser
 - Hand Sanitiser
 - Snacks!