

Nepal Hiking Team

Annapurna Circuit Trek Packing Checklist (2026)

Clothing - Layering System

- ■ 2 Moisture-wicking T-shirts
 - ■ 1 Thermal top
 - ■ 1 Thermal bottom
 - ■ 1 Fleece jacket
 - ■ 1 Down jacket
 - ■ 1 Waterproof jacket (hooded)
 - ■ 1 Waterproof trekking pants
 - ■ 2 Trekking pants (quick dry)
 - ■ 1 Warm evening pants
 - ■ 3-4 Underwear (quick dry)
 - ■ 3-4 Trekking socks
 - ■ 1 Warm hat
 - ■ 1 Sun cap
 - ■ 1 Pair gloves
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Footwear

- ■ Waterproof trekking boots (broken in)
 - ■ Camp shoes or sandals
 - ■ Gaiters (winter season)
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Backpack & Storage

- ■ 50-65L Backpack (if no porter)
 - ■ 30-40L Daypack
 - ■ Backpack rain cover
 - ■ 2-3 Dry bags
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Sleeping Gear

- ■ Sleeping bag (-10°C to -15°C rating)
 - ■ Sleeping bag liner
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Toiletries & Hygiene

- ■ Toothbrush & small toothpaste
 - ■ Small soap/body wash
 - ■ Quick-dry towel
 - ■ Wet wipes
 - ■ Toilet paper
 - ■ Hand sanitizer
 - ■ Sunscreen SPF 30+
 - ■ Lip balm with SPF
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Health & First Aid

- ■ Personal medication
 - ■ Basic first aid kit
 - ■ Pain relief tablets
 - ■ Blister pads
 - ■ Rehydration salts
 - ■ Diamox (if prescribed)
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Trekking Accessories

- ■ Trekking poles
 - ■ Headlamp
 - ■ Extra batteries
 - ■ 2L Water bottles
 - ■ Water purification tablets/filter
 - ■ Sunglasses (UV protection)
 - ■ Buff or neck gaiter
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Electronics

- ■ Power bank
 - ■ Charging cables
 - ■ Universal adapter
 - ■ Camera or phone
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Documents & Money

- ■ Passport
 - ■ TIMS Card
 - ■ Annapurna Conservation Area Permit
 - ■ Travel insurance copy
 - ■ Nepali rupees cash
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