



ANNAPURNA SANCTUARY TREK 'AST' GEAR LIST

Essential Gear

- Main piece of luggage:** you will leave this in Kathmandu and only take what you need for the trail which your porter will carry for you. We will provide the porter bag, this is a maximum weight of 10 kilograms (22 pounds) per person, equivalent to ~50 litres of space.
- Sleeping bag:** for the teahouses. Must be rated at least -26oC (-14oF) four seasons. In warmer months May-Oct your bag must be rated at least -15oC (+5oF).
[hire sleeping bags: step 5 page in your OBI files]
- Down jacket:** to keep warm at altitude, must be 800 lift/fill and good quality.
- Day pack:** for carrying items you'll need throughout the day on the trail. Must be well-fitting with supportive shoulder straps, a waist strap and comfortable to wear. Should be large enough for your water/hydration bladder, raincoat, fleece, camera and personal items. Size 25-30 litres (2500 cubic inches).
- Day pack rain cover:** some daypacks come with a rain cover, check if you have one. It can rain a lot on the Annapurna, so you'll need to keep things in your daypack dry.
- Hiking boots:** waterproof boots with good ankle support and solid tread are required.
NOTE: It's very important that your boots are well broken in and comfortable before your trip.
- Hiking poles:** we highly recommend bringing two poles with you to support your knees while trekking. If you don't have your own then we provide them, though you may prefer your own for comfort and training.
- Trail runners/light sandals:** for casual wear, and in the teahouses in the evening.
- Waterproof rain jacket:** a breathable, rainproof and windproof unpadded shell jacket with a hood. Ponchos are not suitable.
- Waterproof/windproof rain pants:** for keeping dry and warm while hiking. Wearing thermal underwear underneath these is best.
- 2 Fleece sweaters/jackets:** one medium-weight to wear during the day, and a light one for the evenings for in the teahouses.
- 2 T-shirts:** quick-dry merino wool style. Cotton t-shirts are not suitable.
- 1 long-sleeve shirt:** quick-dry.
- 1 pair hiking trousers:** lightweight.
- 1 pair shorts:** quick-dry.
- Thermal underwear:** one long sleeved top and bottom set of thermal/polypropylene underwear.
- Underwear**
- Pyjamas/nightwear**
- 4 pair hiking socks:** must be good quality. At least two of these pairs must be warm so they wick moisture away from the foot and minimise blisters.
- Swim suit/shorts:** for the hot springs.
- Travel towel**
- Warm hat:** wool/fleece ski hat or similar.
- Sun hat:** wide brimmed to protect you from the sun.
- Sunglasses:** with polarizing lenses to prevent glare.
- Waterproof gloves:** wool/fleece gloves with a waterproof outer shell.
- Water/Hydration bladder:** one 2 litre volume Camelbak style bladder and a 1 litre bottle.

- Head torch:** with extra batteries as the cold can decrease the life of batteries.
 - Camera:** memory cards and batteries/charger (220V capable with plug adapter for Nepal).
 - Dry bag:** waterproof bag for protecting your camera equipment.
 - Toiletries:** shampoo, conditioner, tooth brush & paste, soap, facecloth, prescription medications, glasses/lenses, shaving gear, feminine hygiene products, wet wipes, hand sanitiser etc.
 - Personal medical aid kit:** Please refer to the medical kits and medication section on your Nepal Essentials document.
 - Sun-block and lip balm:** maximum SPF UVA/UVB broad spectrum.
 - 2 Face buff / bandanas:** one fleece to protect your face and airways in the cold air at altitude; and a thin one for the dusty trail, easy to purchase in Kathmandu.
- NOTE:** if you have extra luggage, you can store this in Kathmandu (at your hotel) to be picked up at the end of your trek.

Essential documents and items



- Passport:** in a waterproof bag.
- Passport copy:** store this in a separate place.
- Passport photos:** 2 passport photos. (2 for visa paper application and 2 for trekking permits)
- Money:** Approx. US\$500 cash, credit/debit cards with pin number for cash withdrawals.
- Air tickets and itinerary:** your international and domestic itinerary and tickets.
- 'AST' trip summary (OBI step 7):** print this out and bring it with you. It includes where to meet your group, any extra hotel information and emergency numbers.
- 'AST' trip itinerary:** print it to bring with you on your trip.



Optional items

- Casual clothes:** if you'd like to bring a nice skirt/shirt to wear out to dinner in Kathmandu (not required on the trail).
- Gaiters:** great if you encounter snow on the trail.
- Alarm clock/watch**
- Adapter plug:** depending on your home country.
- Binoculars:** Machapuchare will be close on this hike, and it'll be even closer with binoculars.
- Pocket knife**
- iPod/mp3 player**
- Reading material**
- Water Filter**
- Solar charger:** saves relying on the teahouse to charge your appliances.
- Length of cord:** this is great for hanging up your socks or other clothes that may get damp along the way.
- Duct tape:** a small amount rolled around a pen or your hiking poles – you never know what you might need it for.

GEAR NOTE: if you're not sure what any of these things are, please ask at your nearest outdoor store, or ask us. We want you to be as well prepared as possible for your trip.

FABRIC NOTE: we recommend quick-drying, wicking fabrics such as Patagonia capilene, Icebreaker merino, or other specially designed fabrics for this trip. If you're not sure what a quick-dry fabric is, ask at your nearest outdoor store. While you can bring some cotton, denim and other non-wicking fabrics on this trip, be aware that they won't be easy to wash or dry.

GEAR IN NEPAL: all of these things mentioned on the gear list are available to purchase in Kathmandu when you arrive, more often for a fraction of the price at home. If you have a preferred brand at home and you'll use it regularly this is good, and Kathmandu has legitimate North Face, Sherpa, Black Yak and Marmot stores at US prices, or hundreds of smaller stores which sell good quality Nepali brands for all goods. Your guides can show you some of their favourite places to go shopping for their outdoor gear when you get there.

PLEASE NOTE: Make sure you bring your waterproof / windproof jacket and pants, sunglasses and WORN IN boots from home!

