



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. You will share the porter with one other person so please restrict the gear that you give them to 13 kilograms (28 pounds) per person. We will provide the bag that the porter will use, equivalent to 50 litres space per person
- Sleeping bag:** essential for the tea houses. Must be rated at least -26°C/-14°F/four seasons. In warmer months mid-April, May, June, Sept & Oct your bag must be rated at least -15°C/+5°F (hire sleeping bags: US\$50 per trip)
- Daypack:** for carrying items you'll need throughout the day on the trail. Must be well-fitting with supportive shoulder straps and a waist-strap. Should be large enough for your water bottle, raincoat, fleece, camera and personal items. Size 30 litres (2500 cubic inches)
- Hiking boots:** sturdy boots with good ankle support and solid tread are required. They should be comfortable, **well worn-in** and waterproofed. **NOTE:** It's very important that your boots are well broken in before your trip
- Gaiters:** very useful to keep the tops of your boots and socks dry and they add warmth
- Hiking poles:** we highly recommend bringing two poles with you to support your knees during the hikes. If you don't have your own then we provide them, though you may prefer your own for comfort and training
- Trail runners/running shoes:** for casual wear, and in the tea houses in the evening
- Jandals/light sandals:** for tea house showers
- Waterproof rain jacket/shell:** a breathable, rainproof and windproof unpadded shell jacket with a hood which keeps you dry when active. Ponchos are **not** suitable
- Waterproof rain pants:** for keeping dry and warm while hiking. Wearing thermal underwear underneath these is best
- Down jacket/sweater:** essential as it gets very cold on the trail, must be 300 loft/fill and good quality.
- Fleece:** one medium-weight to wear while being active and in the evening
- Shirts/T-shirts:** two, which are quick-dry **NOTE:** cotton t-shirts are not suitable to hike in. Please ensure your hiking shirts are made from materials that wick away moisture from the body
- Long-sleeve shirts:** one quick-dry
- Lightweight trousers:** two pairs, for wearing around the tea houses in the evening
- Shorts:** two pairs which are quick-dry
- Thermal underwear:** one top and bottom set of thermal/polypropylene underwear - you'll be using these a lot
- Underwear**
- Pyjamas/nightwear:** or similar
- Socks: three pairs of quality hiking socks.** At least two of these pairs must be warm. Hiking socks must be good quality so that they wick moisture away from the foot and minimise blisters
- Swim suit/shorts:** for the hot springs
- Travel towel:** for showers while staying in the tea houses, and for the hot springs
- Warm hat:** wool/fleece ski hat, or similar
- Sun hat:** baseball cap, or similar
- Sunglasses:** with a retainer strap if you have one. The light in the Himalayas can get very bright
- Waterproof gloves:** wool/fleece gloves with a waterproof outer shell
- Water bottle/bladder:** two or three litre volume
- Torch/flashlight/headlamp:** a headlamp is best. Please remember to bring extra batteries as the altitude and cold can have an effect on the life of batteries
- Camera:** memory cards and batteries/charger (220V capable with plug adapter for Nepal)
- Toiletries:** shampoo, conditioner, toothbrush, toothpaste, soap, facecloth, prescription medications, glasses/lenses, shaving gear, feminine hygiene products, wet wipes, hand sanitiser etc.



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- Personal first aid kit:** for any essential items including prescription drugs and antibiotics that you know you'll need e.g. diarrhea, food poisoning, cold and flu, pain relief, sleeping pills, hydration salts, and blister treatment if you are prone to blisters. Your guides also carry a group first aid kit
NOTE: if you have extra luggage, you can store this in Kathmandu or Pokhara (at your hotel) to be picked up at the end of your hike
- Sun-block and lip balm:** maximum SPF UVA/UVB broad spectrum recommended all year in Nepal
- Scarf, buff or bandana:** handy to wear if it's hot or dusty, can purchase in Kathmandu

Essential documents and items

- Passport:** stored in a waterproof wallet
- Passport copies:** please bring a photocopy of your passport and four passport photos (for your arrival visa and your trekking permit)
- 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

- Alarm clock:** for those mornings you'll need to get up early
- Adapter plug:** depends on your home country
- Casual clothes:** if you'd like bring a nice skirt/shirt to wear out to dinner in Kathmandu (not required on the trail)
- Binoculars:** Machapuchare will be close on this hike, and it'll be even closer with binoculars
- Pocket knife**
- iPod/mp3 player**
- Reading material**
- 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 you won't be taking these on the trail as they won't be easy to wash or dry