MagicalNepal

Annapurna Base Camp Trek

	ITEMS		DESCRIPTION	QTY	Checklist
HIKING GEARS	Trekking Poles		Trail stabilizers, save those knees downhill!	1 Pair	
	Backpack	✓	With Porter 25-35L, going Solo 40-60L.	1	
	Reusable Water Bottles	✓	Hydrate and hug at night when it's filled with hot water!	1	
	MicroSpikes	✓	Grip it, handle icy path like a boss.	1 Pair	
	Trekking Boots	✓	Boots for support, Trail runners for pros.	1 Pair	
	Headlamp	✓	Keeps hands free, early hikes and midnight nature calls!	1	
	Dry Bag/Zip Lock Bag		Stay organized and stash the stinky.	1	
	Rain Cover for Backpack		Shields your bag from rain and rough rides!	1	
	Sunglasses	✓	lose one, break one, still look cool.	2 Pairs	
	Sun Hat / Cap	✓	Shield your face, no one likes a sunburned selfie.	1	
	Organizer's		Tame your packing chaos like a pro-level trekker.	1	
GARMENTS	Base Layer Set (Thermal)		A thermal hug for windy ridges.	2	
	Fleece/Microfiber Jacket	✓	Like a wearable hug, light, warm, essential.	1	
	Quick Dry Tees (Merino)	✓	Sweat less, smell less, hike more.	3	
	Quick Dry Pants	✓	Dries fast—cross rivers, dodge rain.	1	
	Trekking Pant (Shaft Shell)	✓	Built for Nepal's trails, tough and comfy.	1	
	Trekking Pant (Hard Shell)	✓	Bring the big guns for snow and storm duty.	1	
	Windbreaker Jacket	✓	Windproof your journey without packing bulk.	1	
	Waterproof Jacket	✓	Because soggy trekkers aren't happy trekkers.	1	
	Waterproof Pant		Wet pants? No thanks, bring these just in case.	1	
	Down Jacket	✓	Your puffy cloud for chilly dawns and nights.	1	
	Cosy Outfit for teahouses		Trade hiking boots for this once you're in the teahouse.	1 Set	
	Socks (Liner/Trekking)	✓	Happy feet = happy trek. Bring extras!(3/3)	6 Pairs	
	Gloves Liner		Wear under gloves or for chilly tea stops.	1 Pair	
	Gloves Windproof	✓	Block those winds sweeping down from the peaks.	1 Pair	
	Woolen Hat		Block out wind and keep your brain warm.	1	
	Beanie	✓	Extra warmth while sipping tea in the yard.	1	
	Neck Gaiter	✓	Neck protector, face warmer, and style icon in one.	1	
	Under Garments	✓	Laundry day is rare, pack backups!	3	
	Bra	✓	Supportive and breathable for long trail days.	3	
SLEEPING	Sleeping Bag	✓	Sleep snug—from stars to teahouse beds.	1	
	Sleeping Bag Liner		Add warmth and avoid funky smells.	1	
	Earplugs		Snores in the next room? Problem solved.	2 set	
	Travel Pillow		Nap like royalty, even in the Himalayas.	1	
	Eye Mask		Sun's up? Not till you are.	1	

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TOILETRIES / HYGIENE	Microfiber Towel		Dries fast, packs light, towel off in style.	1 Pair	
	Tooth brush & Tooth paste	✓	Morning breath? Not on these trails.	1 Set	
	Wet Wipes	✓	No shower? No problem, wipes to the rescue.	2 Pack	
	First Aid Kit	✓	Leeches, scrapes, bruises, be ready.	1	
	Sunscreen	✓	High-altitude sun bites, lather up.	1	
	Blister Kit		Blisters sneak up, treat them quick.	1	
	Soap/Sampoo	✓	Bucket shower? You'll still feel fresh.	1 Set	
	Lip Balm	✓	Wind or sun, protect those lips.	1	
	Comb or Brush		Brush off the dust, hair's still happy.	1	
	Period Supplies		Periods don't pause for mountains, pack well.	As Needed	
	Nail Clippers / Tweezers		Snagged gear or sharp toenail? Clip it clean.	1	
	Toilet Paper		Don't get caught short, carry your own roll.	Varies	
	Sanitising Gel		Sanitize before snack time, in every stop.	1	
	Deodorant		Feel fresh, even 3 days from a shower.	1	
	Mirror (Optional)		For grooming or checking windburn.	1	
	Water Purification Tablets / Filters	✓	Turn glacier melt into safe drinking water.	1	
ELECTRONICS	Camera		Snap yaks, peaks, and village smiles.	1	
	Phone	✓	Call home, check maps, jam tunes, one device.	1	
	GPS Watch / Device		Track your climbs, brag later.	1	
	External Hard Drive		No backup, no proof, save it all.	1	
	Cables		Juice up your phone, cam, or headlamp.	1	
	Power Bank	✓	Dead battery? This keeps you going.	1	
	E-Book		Books in your pocket, read and relax.	1	
	Travel Adapter(Type D, C & M)		Stay charged from Kathmandu to Jomsom.	1	
	Earphones		Tunes or podcasts, your trail soundtrack.	1	
MISCELLANEOUS	Lightweight Shoes/Sandels	✓	Post-hike bliss, slip into comfort.	1	
	Gaiters		Keep snow and grit out of your boots.	1 Pair	
	Playing Cards/Card Games		Perfect for rest days or teahouse hangs.		
	Multitools		Solves (almost) everything in one flip.	1	
	Journal/Pen		Write. Reflect. Doodle. Dream.	1 Set	
	Repair Kit		Patch up gear before it falls apart.	1	
	Insulated Flask		Sip hot tea in icy wind like a local.	1	
	USD 15-20 in Nepalese Currency	✓	Tea, snacks or surprise tips, always handy.	As Needed	
	Snacks (Energy Bar, Protein, Trail Mix)	✓	Fuel your hike with tasty trail treats.	Varies	
	Electrolyte Tablets or Powder	✓	Beat cramps—fuel up with electrolytes.	Varies	

✓ Essentials

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