

Nepal Trekking Packing Checklist

Your complete packing reference for Everest Base Camp & Annapurna Circuit

HOW TO USE: Tick each item as you pack it. Use the EBC / Annapurna columns on page 2 for route-specific gear. Print at A4 or save to your phone. Pack smart — the mountain doesn't care about your excuses.

1 CLOTHING & LAYERING SYSTEM

Base Layers

- Merino/synthetic base layer x 2
- NO cotton — it traps moisture

Mid Layer

- Fleece or synthetic insulated jacket

Down Insulation

- Down jacket (700FP+ recommended)
- 700FP+ fill power for above 4,000m

Waterproof Shell

- Gore-Tex or equivalent shell jacket
- Pack cover / waterproof liner

Legs

- Trekking trousers x 2
- Thermal leggings / base layer
- Waterproof overtrousers

Hands & Head

- Warm hat / beanie
- Sun hat or baseball cap
- Liner gloves
- Warm outer gloves / mitts
- Buff or neck gaiter

2 FOOTWEAR

- Trekking boots (waterproof, well broken-in)
- Trekking socks x 3–4 pairs (merino)
- Liner socks (blister prevention)
- Camp shoes — sandals or light trainers
- Gaiters (recommended for Thorong La)

3 BACKPACK & CARRY GEAR

- Main pack: 40–50L (self-carry) OR
- Porter duffel bag (soft-sided, 15kg limit)
- Daypack: 20–25L
- Pack rain cover or dry bags
- Packing cubes or compression sacks
- Padlock for duffel
- Trekking poles

4 HEALTH & PHARMACY

Altitude

- Diamox (consult GP before trek)
- Pulse oximeter
- Rehydration sachets / electrolytes

First Aid

- Blister plasters (Compeed)
- Ibuprofen & paracetamol
- Antiseptic wipes & plasters
- Anti-diarrhoea tablets
- Antihistamine
- Moleskin / sports tape

Sun & Skin

- Sunscreen SPF 50+
- SPF lip balm
- Hand sanitiser
- Moisturiser / lip balm

Water

- Filter bottle (Sawyer / LifeStraw)
- Purification tablets (Aquatabs)
- Hydration bladder (optional)

5 DOCUMENTS & PERMITS

- Passport (valid 6+ months)
- Nepal visa / visa on arrival docs
- TIMS Card (get in KTM or Pokhara)
- Sagarmatha NP Permit (EBC only)
- ACAP Permit (Annapurna only)
- Travel insurance documents
- Emergency contact list (printed)
- Flight & accommodation details
- Medical information card
- Spare passport photos x 4
- USD cash (taxis, permits, tips)

6 ELECTRONICS

- Head torch + spare batteries
- Power bank (20,000mAh+)
- Universal adapter / multi plug
- Camera + memory cards
- Phone + charging cable
- Earphones
- E-reader or Kindle (optional)

Route-Specific Gear: EBC vs Annapurna Circuit

Items where your route genuinely changes what you should pack

The core packing list is the same for both routes. The items below are the genuine differences — pack accordingly. Tick the column that applies to your route. Items marked ★ are especially important for that route.

Item	Everest Base Camp	Annapurna Circuit	Notes
CLOTHING			
Extra base layer (3rd)	<input type="checkbox"/> ★	<input type="checkbox"/>	EBC: nights brutal above
250gsm merino base layer	<input type="checkbox"/> ★	<input type="checkbox"/>	EBC: prioritise warmth
200gsm merino base layer	<input type="checkbox"/>	<input type="checkbox"/> ★	Annapurna: versatility m
3 base layers total	<input type="checkbox"/>	<input type="checkbox"/> ★	Annapurna: longer trip,
Heavyweight down jacket (800FP+)	<input type="checkbox"/> ★	<input type="checkbox"/>	EBC: Gorak Shep drops
Mid-weight down jacket (700FP)	<input type="checkbox"/>	<input type="checkbox"/> ★	Annapurna: wider temp
Gaiters	<input type="checkbox"/>	<input type="checkbox"/> ★	EBC: optional; Annapur
FOOTWEAR			
High-cut boots (ankle support)	<input type="checkbox"/> ★	<input type="checkbox"/>	EBC: stone staircases,
Mid-cut boots (lighter)	<input type="checkbox"/>	<input type="checkbox"/>	Annapurna: more varied
Blister kit (Compeed + tape)	<input type="checkbox"/> ★	<input type="checkbox"/> ★	Long descents on both
PACK SETUP			
Porter duffel (soft-sided)	<input type="checkbox"/> ★	<input type="checkbox"/>	Standard on EBC — 15
40–50L self-carry pack	<input type="checkbox"/>	<input type="checkbox"/> ★	More common on Annap
20–25L daypack	<input type="checkbox"/> ★	<input type="checkbox"/>	Essential if using a port
ALTITUDE & HEALTH			
Diamox prescription	<input type="checkbox"/> ★	<input type="checkbox"/> ★	Both routes exceed 5,00
Pulse oximeter	<input type="checkbox"/> ★	<input type="checkbox"/>	EBC: especially importa
Altitude sickness meds (dexamethasone)	<input type="checkbox"/> ★	<input type="checkbox"/>	EBC: higher sustained a
GEAR & COMFORT			
Trekking poles	<input type="checkbox"/>	<input type="checkbox"/> ★	Annapurna: knee-saving
Sleeping bag liner	<input type="checkbox"/>	<input type="checkbox"/>	Tea house blankets — 0
Hand warmers (pack of 10)	<input type="checkbox"/> ★	<input type="checkbox"/>	EBC: early mornings are
Microspikes (late season)	<input type="checkbox"/> ★	<input type="checkbox"/>	EBC: snow on approach
PERMITS			
TIMS Card	<input type="checkbox"/> ★	<input type="checkbox"/> ★	Required for both routes
Sagarmatha NP Permit	<input type="checkbox"/> ★	<input type="checkbox"/>	EBC route only — ~\$23
ACAP Permit	<input type="checkbox"/>	<input type="checkbox"/> ★	Annapurna only — ~\$23

Weight Targets

EBC daypack (self-carry): 6–8kg | Porter duffel: 10–12kg | Hard limit: 15kg per porter
 Annapurna Circuit (self-carry): aim for under 10kg total | At altitude, every kilo counts

★ = Especially important for this route

