WILD WOMEN
EXPEDITIONS

Annapurna Vistas Trek

Packing Checklist

🧦**Gear Note:** We want you to feel well prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!

👚**Fabric Note:** We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

🧳**Luggage Logistics Note:** You will repack in Pokhara, put only the gear you will bring on the trek in the provided duffel for the porter and in your personal day pack. Your remaining gear will be stored safely and will be waiting for you in Pokhara upon your return.

🥾**Hot Tip:** Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favourite pair of jeans!

👚**Laundry Note:** There are no laundry facilities available throughout the trip. If you're extending your stay, most hotels in Nepal have laundry service.

✈️**Travel Tip**: Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. hiking boots, fleece) and pack your raincoat, waterproof pants, camera/phone, paperwork and medications in

your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

🌦️**Hot Tip**: Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*).

Required Items

- ☐ Main luggage: suggested small-medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L) but keep in mind that rollers can make luggage easier to manage.
- ☐ Daypack: A 20L-30L pack should be sufficient for your water bottles, snacks, raincoat, fleece sweater, camera/phone and personal items. Choose a pack with a chest strap and easy-access zippered pockets and properly sized rain cover that tightly cinches.
- ☐ Hiking boots: Make sure you've given them a solid pre-trip workout in varying terrain and elements! Logging several miles in them will help ensure a blister-free trip. Waterproof material is highly recommended.
- ☐ Waterproof jacket and pants: Jackets with hoods and armpit zips are best. Your rain gear MUST BE truly waterproof and not just a shell.
- ☐ Insulated jacket: 1 medium weight down or synthetic jacket
- ☐ For March and November trips: Lightweight fleece or synthetic jacket (to fit underneath your main down/synthetic jacket on extra cool days or evenings)
- ☐ Sun hat/baseball cap
- ☐ Warm hat: wool/fleece toque (for the Canadians) or beanie
- ☐ Medium-weight gloves or mitts: they will be appreciated on the colder mornings and evenings
- ☐ Sunglasses
- ☐ 2 x 1L (32oz) wide mouth water bottles such as Nalgene - it is important that your water bottles are no smaller than 1L; if you prefer to drink from a hydration bladder, please bring this in addition to one of your 1L bottles
- ☐ Trekking poles (these can be purchased in Kathmandu)
    - ☐ Note: You cannot pack hiking poles in your carry-on luggage. They must be checked in.

- [ ] Using hiking poles is highly recommended. They can reduce the strain placed on your knees, etc and provide stability

Recommended Items

- [ ] Trail runners/running shoes: For casual wear at camp and walking around town
- [ ] Light sandals: for evening wear or around accommodations, and to wear in the showers. Best if able to wear warm socks in the sandals (Crocs are good example)
- [ ] Socks: Bring enough socks to have a dry pair to hike in and change into at camp (post-hike) everyday. Good hiking socks are paramount—especially merino wool socks that will help keep your feet warm even when wet. There will be time to wash socks—and let them air dry on outside of pack while hiking
- [ ] Long sleeve fleece or merino wool shirt: 2, one for cooler hiking days and one for evening wear
- [ ] Shirts/T-shirts: 2, lightweight, moisture-wicking fabric
- [ ] Long-sleeve shirts: 2, lightweight to mid-weight, moisture-wicking fabric
- [ ] Lightweight hiking pants: one or two pairs, at least one quick-dry pair is recommended.
- [ ] Set of long underwear/base layers: 1-2, top & bottom, moisture-wicking fabric
- [ ] Underwear and bras as desired
- [ ] Pajamas. Fleece pants and long underwear work best!
- [ ] Toiletries
- [ ] Wet Wipes (handy while on trek)
- [ ] Travel towel (compact, lightweight, quick-dry)
- [ ] Sunscreen (SPF 30+), lip balm with sunscreen
- [ ] Earplugs (recommended for shared rooms)
- [ ] Headlamp, spare batteries
- [ ] Personal, basic first aid kit. Blister kit highly recommended
- [ ] Electrolytes or rehydration powder
- [ ] Anti-nauseant: can be helpful at altitude or during longer drives
- [ ] Imodium: for mild cases of diarrhea, also common at altitude and in Nepal in general
- [ ] Extra strength Ibuprofen or similar
- [ ] Lightweight Binoculars
- [ ] Backpack rain cover (make sure it's of an appropriate size and keep it accessible when repacking each night)

Optional Items

- ☐ Down booties (to keep your feet as warm as a hug in the evenings)
- ☐ Sock liners (these tight, thin, synthetic liners are worn under socks to prevent blisters)
- ☐ Sleeping bag liner for additional warmth (adds 5-7°C)
- ☐ Sleeping bag: rated for sub-zero or down to 0°F/-20°C (*the provided sleeping bag is rated to -20C/-4F and weighs 1.5kg but you are welcome to bring your own if it is rated warm enough and is not too bulky or heavy, ie. Down is best)
- ☐ Bio-Degradable Laundry soap (for washing socks and underwear in tea houses)
- ☐ Portable battery/power brick for charging phone/camera
- ☐ Extra travel and 'town' clothes
- ☐ Bandana/ Buff
- ☐ Ziploc baggies to waterproof items in day pack or a small dry bag
- ☐ Pencil and Notebook/Journal
- ☐ Reading material
- ☐ Face masks, hand sanitizer
- ☐ Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few
- ☐ Envelopes for guide(s) tips (see Travel Details 'Tipping' section for guidance and instructions on tipping)

Essential Documents

- ☐ Passport (with photocopies or photo of passport stored on phone)
- ☐ Travel insurance (with photocopies or stored on phone)
- ☐ Airline tickets (with photocopies or stored on phone)
- ☐ Cash in home or local currency. Debit and credit cards. It is easy to exchange most foreign currencies into Rupees once in Kathmandu
- ☐ Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access or printed, your preference)
- ☐ Any entry visas or vaccination certificates as required

Resources for Buying Outdoor Gear & Clothing

- ➔ Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- ➔ Borrow: Why buy when you can borrow from a friend?!
- ➔ Thrift stores and online swap sites are awesome places to scour for second-hand items.
- ➔ Reduce, Reuse, Recycle, Rewear!