Classic Annapurna Circuit Trek 2026/2027

Equipment Lists

City Clothing and Travel Essentials

- Comfortable everyday wear such as trousers, shirts, and T-shirts (season-dependent)
- A lightweight jacket or fleece layer suitable for the weather
- Essential travel documents: passport, visa, insurance papers, and flight details
- Backup copies of all important documents (digital or printed)
- Cash in USD or NPR and/or travel cards (NPR preferred)
- UV-protection sunglasses
- A light duffel bag or suitcase for storing city clothing

Casual footwear or sandals for downtime

Porter Carried Trekking Gear

- Duffel bag (provided by Breeze Adventure)
- Sleeping bag and down jacket (rentable in Kathmandu)
- Quick-dry trekking pants (2–3 pairs)
- Thermal base layers (2 sets)
- Trekking T-shirts (2–3)
- Fleece or softshell jacket
- Waterproof shell jacket and pants
- Inner and insulated gloves
- Waterproof, broken-in trekking boots
- Lightweight camp shoes

- Power bank with cables
- Essential toiletries and hygiene items

Daypack Essentials

- 30–40L daypack with rain cover
- Water bottles or a 2L hydration bladder
- Rain jacket or windbreaker
- Quick snacks like energy bars, nuts, or dried fruits
- Headlamp with spare batteries
- Sunscreen and SPF lip balm
- Hand sanitizer and a few wet wipes (rest goes in the porter bag)
- Camera or smartphone
- Lightweight gloves, hat, and a Buff/neck gaiter
- Personal ID and some cash

Personal Medical Kit

- Personal prescription medications (with copies of prescriptions)
- Diamox/Zolamide for altitude sickness (consult your doctor)
- Pain relief tablets (ibuprofen, paracetamol)
- Antiseptic cream and band-aids
- Blister treatment (Compeed, moleskin)
- Anti-diarrheal medicine (loperamide)
- Oral rehydration salts (ORS)
- Broad-spectrum antibiotics (doctor’s advice required)
- Cold and flu tablets
- Throat lozenges
- Daily multivitamins

- Tweezers and small scissors

Note: Always seek medical advice before taking any of these medications.

Additional Recommended

- Collapsible trekking poles
- Water purification tablets, a portable filter, or SteriPEN
- Journal, notebook, or e-reader (Kindle)
- Quick-dry travel towel
- Earplugs and an eye mask
- Duct tape or a small repair kit
- Biodegradable laundry soap
- Extra camera batteries and memory cards
- Lightweight thermos for hot drinks
- Snacks or any special dietary items