



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965 | Tourism License No. 956/065

Barunste Expedition packing list:

<p>HEAD</p> <ul style="list-style-type: none"> ▪ Fleece Hat/ Warm Hat (1-2 Pcs) ▪ Neck Gaiter (2-3 Pcs) ▪ Balaclava ▪ Sun Cap ▪ Desert Cap 	<p>HANDS</p> <ul style="list-style-type: none"> ▪ Thin Fleece Gloves (2 Pairs) ▪ Heavy Gloves (Guide Gloves) ▪ Wind Stopper / Screen Tap Gloves (2 Pairs) ▪ Summit Gloves - 8000m.
<p>UPPER BODY</p> <ul style="list-style-type: none"> ▪ Fleece Jacket (1-2 Pcs) ▪ Thermal Top Base Layer (2-3 Pcs) ▪ Down Jacket (1-2 Pcs) ▪ Gore-Tex Jacket (1 Pcs) ▪ Wind Proof Jacket (1-2 Pcs) ▪ Cotton T-Shirt (3-5 Pcs) 	<p>LOWER BODY</p> <ul style="list-style-type: none"> ▪ Light Weight Quick Dry Trekking Pants (2-3 Pairs) ▪ Thermal Bottom Base Layer (2-3 Pcs) ▪ Fleece Trouser (1-2 Pcs) ▪ Gore-Tex Pant (1 Pcs) ▪ Mid Weight Pants (1-2 Pcs) ▪ Gaiters For Trekking Boots ▪ Down Pants (1 Pcs) ▪ Under Wear (6-8 Pcs)
<p>FOOT WEAR</p> <ul style="list-style-type: none"> ▪ Normal Socks (5-8 Pairs) ▪ Summit Socks/6000 M. Socks (2 Pairs) ▪ Trekking Shoes (Gore-Tex) ▪ Light Trekking/Sports Shoes ▪ Summit Boot (Kailas / Lasportiva / Millet) ▪ Climbing Boot - 6000m. ▪ Camp Booties (1 Pair) ▪ Slipper (1 Pair) 	<p>SLEEPING BAGS</p> <ul style="list-style-type: none"> ▪ Inflatable Pillow ▪ Sleeping Bag -20oc To -30oc (For Base Camp) ▪ Down Sleeping Bag -40 Oc (Extreme Comfort) ▪ Sleeping Bag Liner ▪ Thermarest Mattress (Cell Foam) ▪ Down Mattress (Inflatable)
<p>CLIMBING EQUIPMENT</p> <ul style="list-style-type: none"> ▪ Climbing Helmet ▪ Crampons (Fit With Boot)/Packing Cover ▪ Ice Axe With Spike & Axe Protector ▪ Harness ▪ Belay Devices/ Figure of 8/ Atc Guide 	<p>BAG PACKS</p> <ul style="list-style-type: none"> ▪ Rucksacks 35 L - 50 L ▪ Duffle Bag 120 L-150 L (2 Pcs) ▪ Water Proof Stuff Sacks/Dry Bags small/ Medium/ Large (3-4 Pcs)



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<ul style="list-style-type: none">▪ Jumar / Ascender▪ Tape Slings/240 Cm▪ Lock Carabiner (3 Pcs)▪ Unlock Carabiner (2 Pcs)▪ Snow Goggle (Summit Purpose, Anti-Fog, Polarized, Uv Protection)▪ Head Light 500-700 Lumens Spare Battery (Energizer Ultimate Lithium)▪ Walking Stick/ Trekking Pole▪ Summit down Suit - 8000m. (Kailas / Marmot / Mountain Hardware / North Face / Millet)▪ Pocket Knife (Swiss)▪ Power Bank▪ Altimeter Watch▪ Pee Bottle	SUN STUFFS <ul style="list-style-type: none">▪ Moisturiser / Lotion▪ Banana Boat/ Nivea Sun Cream (Up To -50 Spf)▪ Lip Guard -30 To -50 (Spf)▪ Glaciers Glasses (Uv Protection)▪ Sun Glasses (Uv Protection)
MEDICAL/FIRST AID <ul style="list-style-type: none">▪ Brufen/Ibuprofens▪ Diamox▪ Antibiotic, Paracetamol▪ Cetirizine, Electrolyte▪ Tonsillitis, Fever, Nose, Throat▪ Handy Plaster, Crack Bandage▪ Tincture Iodine, Ondem▪ Minil 10mg (Palpitation, Anxiety)▪ Codopar (Headache & Chest Pain)▪ Salbetol 4mg (Breathless)▪ Azithromycin 500mg (Chronic)▪ Flupen 250mg (Prevent Wound Infection)▪ Infection-Must Take 5 Days)▪ Allegra 120/180mg (Allergic Tonsil)▪ Menstrual Products	TOILETRIES (PERSONAL) <ul style="list-style-type: none">▪ Toothpaste & Toothbrush▪ Soap▪ Shampoo▪ Towel▪ Toilet Paper / Wet Tissue▪ Garbage Bag
	MISCELLANEOUS <ul style="list-style-type: none">▪ Hand & Toe Warmer▪ Hot Water Bag▪ Nail Cutter▪ Umbrella / Rain Coat▪ Camera▪ GPS Tracker (Recommended)
	Travel Documents <ul style="list-style-type: none">▪ Your passport should be valid for 6 months▪ PP Size Photo (4 Pieces)▪ Debit/Credit Cards▪ Insurance Paper and Contact Address.▪ Family Members / Company's Contact Address