



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

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

Himlung Expedition packing list:

HEAD <ul style="list-style-type: none">▪ Fleece Hat/ Warm Hat (1-2 Pcs)▪ Neck Gaiter (2-3 Pcs)▪ Balaclava▪ Sun Cap▪ Desert Cap	HANDS <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.
UPPER BODY <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)	LOWER BODY <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)
FOOT WEAR <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)	SLEEPING BAGS <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)
CLIMBING EQUIPMENT <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	BAG PACKS <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)

www.annapurnafoothills.com | Email: info@annapurnafoothills.com

Telephone No.: +977 -1-4917745 | Direct call | WhatsApp +977 9841579429



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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 	<p>SUN STUFFS</p> <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)
<p>MEDICAL/FIRST AID</p> <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 	<p>TOILETRIES (PERSONAL)</p> <ul style="list-style-type: none"> ▪ Toothpaste & Toothbrush ▪ Soap ▪ Shampoo ▪ Towel ▪ Toilet Paper / Wet Tissue ▪ Garbage Bag
	<p>MISCELLANEOUS</p> <ul style="list-style-type: none"> ▪ Hand & Toe Warmer ▪ Hot Water Bag ▪ Nail Cutter ▪ Umbrella / Rain Coat ▪ Camera ▪ GPS Tracker (Recommended) <p>Travel Documents</p> <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

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