RaksTrust - ABC2026 Kit List
14th November – 23rd November

Please find a kit list for the trek below. Although it is comprehensive, please also do your own research to make sure that you have everything you need. Please be aware that you will have to be self-sufficient for 7 full days, as basic amenities will not be available. You will not be able to do any laundry, and although power is available, access to facilities will be very limited and this may incur additional charges.

Any items with "(optional)" next to it are not essential but it's important to be practical. When packing, think about what you need to be comfortable in varying temperatures and weather conditions (i.e. hot, cold, rain, wind, snow), especially at higher altitudes.

ABC is the in the Annapurna Sanctuary and is a protected space. You should follow a "pack it in, pack it out" policy as littering is strictly not permitted, so any waste you create, you must carry and dispose of appropriately. Dispose of waste either at the tea houses (where permitted), or at the end of the trek in Pokhara.

1. Trekking Clothing

Headwear - Having good headwear and neckwear is essential against the cold. Think about what you are most comfortable trekking in.

- Brimmed hat/Sun cap/knit hat
- Sunglasses
- Snood/Neck Warmer/Neck Gaiter
- Balaclava (optional)
- Bandana or Headscarf (optional)

Upper Body – Packing effective layers for different temperatures is important. Also bear in mind that you need sufficient layers for all conditions for 7 days, 3-4 sets as a minimum is advisable. Consider items which are quick drying.

- Thermal layers
- Long/Short Sleeve hiking shirts/tops (*for trekking at lower altitudes)*
- Fleece Pullover or Jacket
- Waterproof Jacket

- Sports Bra (for women)
- Insulated Jacket (synthetic or down)
- Soft Jacket/gilet (fleece or soft shell)
- RaksTrust t-shirt

Handwear
- Lightweight Gloves
- Heavyweight Gloves or Mittens

Lower Body
You need sufficient trousers to last 7 days so 2-3 sets is essential.

- Hiking Trousers
- Waterproof trousers
- Thermal layers
- Underwear
- Hiking shorts (optional)

Extra Items for the evening/night time (optional)
Temperatures at night will drop, especially at higher altitudes where temperatures can be below freezing. Depending on preferences, you can stay in your hiking clothes, or change into a light pair of joggers

Footwear – Comfort is key as footwear will be worn back to back for many days. Your hiking / trekking shoes should have good ankle support and a good grip, as well as being protective under different weather conditions. Additional shoes do add more weight but also think about what you are comfortable walking in. Make sure you carry sufficient socks for 7 days. Any new trekking/hiking footwear must be broken in before the hike to ensure you are comfortable.

- Trekking boots
- Lightweight trekking shoes (optional)
- Hiking socks
- Light shoes/trainers/sandals/sliders (*for wear when not trekking i.e. around the tea houses)*
- Cotton socks (optional)
- Waterproof socks (optional)
- Gaiters (optional)

2. Trekking Equipment, Gear & Accessories

Porters will be on hand to carry anything between the tea houses with a max weight of 18-20kg. You will be responsible for carrying your own day pack (i.e. layers for the day, valuables etc).

- Duffel Bag, 90L (*For your luggage)*
- Trekking backpack (*30ltrs approx., adjustable and with good ventilation for your back*)
- Sleeping Bag (*rated to 3 -4 season with a comfort rating of -10 to -15°C*)
- Sleeping bag liner (optional)
- Small waterproof cover (*for things like passport and phone*)
- Daypack cover (optional)
- Trekking poles
- Head torch with extra batteries
- Rubbish bag
- Reusable water bottle
- Hydration reservoir/bladder (*with insulated pipe*) (optional)
- Power bank/portable charger (*access to charge devices may be limited*)
- Charging cables
- Travel adaptor
- Book/Diary/Games (optional – this is for the evenings at the tea houses)
- Crampons (optional)
- Binoculars (optional)
- Navigation equipment (optional - i.e. a watch)
- Padlock (optional)
- Blowup pillow/Pillowcase to put over pillows provided by the tea houses (optional)
- Snacks (optional – availability of snacks may be limited at the tea houses)

3. First Aid & Medicines

Himalayan Ecstasy guides carry an all-round comprehensive first aid kit on the trek. However, it is essential to carry a personal first aid kid as well for any minor issues. The following list are articles that you may wish to consider:

- Antibiotics (optional)
- Painkillers
- Cough Lozenges (optional)
- Plasters, Bandages & Zinc Oxide Tape
- Foot Powder
- Skin blister repair kit
- Antidiarrheals
- Altitude sickness drugs (*Diamox*)
- Water purification tablets or water filters
- Oral Rehydration Sachets
- Eye drops (optional)
- Ear plugs (optional)
- Prescriptions
- Sun protection (*SPF 50+*)
- Lip Balm

- Insect repellent
- Hand sanitiser
- High-calorie snacks (optional)
- Electrolytes, powder or tablets (optional)

4. Toiletries & Personal Hygiene

- Wet Wipes/Baby Wipes (ideally biodegradable)
- Toothbrush and Toothpaste
- Handwash
- Soap/bodywash
- Dry Shampoo (optional)
- Quick-drying towel (*microfiber*)
- Deodorants
- Nail Clippers
- Hair Brush
- Face Flannel
- Hand and face moisturizing cream
- Toilet Paper