Annapurna Base Camp Trekking : A Women-Only Journey

Annapurna Region

Trip Facts

REGION	DURATION
Annapurna	**15 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking (5 hours average daily walk)**
MAX. ALTITUDE	BEST SEASON
4130 m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodge)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
87 km / 54.5 miles	**Flight and Private vehicle**

Group Prices and Discounts

USD 1,200 per person

No. of travellers	Price per person
1–12 Pax	USD 1,200
6–12 Pax	USD 1,200
14–24 Pax	USD 1,200

Overview

Annapurna Base Camp Trekking is a magnificent destination amidst the amphitheater of giant snow-dusted mountains that can be an adventure for all travelers and age groups. The walk reaches you to the heart of the staggering and towering **Annapurna Himalayan range** of peaks.

Stand beneath **Mt. Annapurna-I**, which soars high at 8,091 m/26,545 feet, the first 8,000-meter peak ever climbed in the history of mountaineering. It was summited by French Expeditions in 1950.

The journey begins with an interesting walk following the Modi River upstream right up to its glacial source at **Annapurna Base Camp**. The highest point of the adventure is at 4,130 m, within an array of peaks of **massif Annapurna Himalayas**. It is the shortest and most scenic **base camp trek in the Himalayan region**, starting and ending at **beautiful Pokhara**. The journey follows to the mid-hills and **traditional Gurung villages of Ghandruk**. Then heading up and down to Chomrong, the last permanent village and the gateway to Annapurna Base Camp.

From Chomrong onwards, you walk in the wilderness within a pristine forest to reach the Modi River gorge at Bamboo and Dovan. A temporary settlement with several simple lodges. As the walk progresses heading for a steep climb above the tree lines to reach **Machhapuchare Base Camp.** Located bottom of staggering Mt. Machhapuchare Himal the famous Fish Tail peak.

Then entering the picturesque Sanctuary, the name given by early pioneers and explorers, as the **Sanctuary of Gods** or **Mountain spirits**. **Annapurna Sanctuary** is an overwhelming valley enclosed and well-hidden by towering snow-capped peaks of the Annapurna Himalayan range. Finally, the walk leads beneath the gigantic *Annapurna-I*, *Vara Shikar/ Annapurna Fang*, and *Annapurna South* peaks.

Enjoy the glorious scenery of Snow Mountains in the comfort of a nice lodge, and rooms with a beautiful view. After enjoying a wonderful experience at Annapurna Base Camp, our return journey is downhill with a few ups to Chomrong.

From Chomrong, on an alternative route down to Jhinu village, a place with natural hot springs to enjoy. After enjoying a fabulous time and experience on the hills of **Annapurna Himalayas** we then conclude the walks with an exciting drive back to beautiful Pokhara.

The best about this great **adventure to Annapurna Base Camp** Trekking is a combination with all the highlights of the southern region of Annapurna Himalayas, with **Ghorepani and scenic Poon Hill** which makes this trek more exciting and worth the experience.

For those interested in a tailored experience, Women Adventures offer a **female trekking guide** who can lead your journey. Our **female-owned trekking company** specializes in providing personalized services, and we are proud to offer an inclusive trekking experience. You can also request a **female porter** to support you throughout your journey, ensuring comfort and safety along the trail.

Highlights

- Head on an empowering journey to ABC trek with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions.
- Enjoy the scenic and cultural walks to the picturesque Annapurna Sanctuary.

- An amazing journey from green mid-hills towards the arctic zone of ice and glaciers.
- Walking amidst enchanting woods of tall rhododendrons, pines, and oak trees.
- Constant views of stunning snow peaks of **Annapurna Himalayas** on daily walks.
- Stand beneath the world's tenth highest Mt. Annapurna-I at scenic base camp.

Route Overview

The trekkers joining for **Annapurna Base Camp** or other **adventures around Nepal Himalayas** must be aware of the geographical structure of Nepal. Nepal is a country of highlands of mid-hill to higher **mountainous landscapes and terrains**. The walk leads to an up-and-downhill path with few gradual sections to enjoy.

The only flatland is the low sub-tropical Terai belt around southern Nepal. **En route to Annapurna Base Camp**, start with steep ups for some hours with a few short downhill. From the Deurali 3,300 m onwards to **Machhapuchare Base Camp** at 3,720 m high, is a steep up for a few hours.

The trek becomes more pleasant, with a gradual and winding path leading to Annapurna Base Camp, after entering the sanctuary from Machhapuchare Base Camp. The return journey to Jhinu, the final stop of the trek, involves mostly downhill walking. However, it also includes short climbs followed by long descents on stone-paved steps through charming villages.

Fixed Departures

Departure	Duration	Availability
November 10th – November 24th	15 Days	Available
November 13th – November 27th	15 Days	Available
November 16th – November 30th	15 Days	Available
November 19th – December 3rd	15 Days	Available
November 24th – December 8th	15 Days	Available
November 27th – December 11th	15 Days	Available

The next 6 departures. See every date on the website.

Itineraries

Day 01: Arrival in Kathmandu (1,350 m)

On arrival at Tribhuvan International Airport in Kathmandu, you will be received by our lady staff. A short drive of 30 minutes from the airport takes you to the hub of Kathmandu city around the Thamel area to your hotel. After checking into your hotel, you can rest and get refreshed. After relaxing for a few minutes, you can join the Annapurna Base Camp trek briefing with our female trekking guide covering trek details, local lodge, and food. You can enjoy a dinner in nice authentic Nepali Restaurants with a cultural program in the evening. A good way as an introduction to Nepali Cuisines and Cultures to experience.

Day 02: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Fly to Pokhara 860 m (30 mins by air), drive to Tikhedhunga 1,425 m (3 hours ride), and trek uphill to Ulleri village (2,050 m) 1.5 hrs walks.

After breakfast, our team will escort you to Kathmandu Domestic Airport Terminal for your short flight to Pokhara. The 30-minute flight offers stunning views of the Himalayan peaks. Upon arrival in Pokhara, we'll organize our belongings before embarking on a thrilling drive. Passing through Bhirethati village and ascending gradually to Hille, we'll reach Tikhedhunga where we can observe lovely views of waterfalls. From here, we start walking crossing a bridge with steep climb to Ulleri village for an overnight stop in the comfort of a nice mountain lodge with views of Annapurna peaks. Our female guides and porters bring not only expertise but also a unique perspective, creating a safe, supportive, and encouraging environment for you.

Day 04: Trek to Ghorepani village 2,885 m - 4.30 hrs.

Enjoy the morning glorious views of the Annapurna Himalayas with majestic Machhapuchare Himal, the Fish Tail Peak. After breakfast, we start the morning walks from Ulleri, a short day trek to Ghorepani which is about 3-4 hours walking distance. Our female guides and porters are at the front line, leading the way with confidence, strength, and a familiarity with the region. The trail follows winding slow-ups through a serene forest of rhododendrons and pine trees. As the walk progresses with a short climb reaching lower Ghorepani village, you enter the main gate. Then with a short climb to the top village of Ghorepani called Deurali, all houses with lodges are painted blue. A nice and scenic location amid beautiful rhododendrons and pine forest surroundings. The village stands at the base of the famous Poon Hill, the name Poon is one of the tribes of Magar, the main natives of the Western Hills of Nepal. At Ghorepani, we stop for lunch and overnight stop, which offers a beautiful view of the Dhaulagiri Himalayan range.

Day 05: Morning hike to Poon Hill and trek to Tadapani 2,640 m-06 hrs.

An early morning hike up for an hour, or more to reach on top of Poon Hill. From Poon Hill, enjoy the stunning sunrise views over arrays of snow peaks from Manaslu, Annapurna and Dhaulagiri Himal. For a better view, climb to a view tower that stands at the center of Poon Hill. After a refreshing morning with glorious views of sunrise with the mountain range, return down to Ghorepani. We do breakfast and pack our backpacks for the next overnight destination at Tadapani. This part of the trek is not just about exploring beautiful landscapes; it's about walking alongside a new wave of women entrepreneurs who are redefining the trekking industry in Nepal. The morning walk led to a climb through a lovely forest to the Deurali hilltop. A small place with few tea houses, and then walk downhill into a gorge to Banthati for the possible lunch stop. In the afternoon the path follows down and up to reach Tadapani for an overnight halt. A nice small settlement, situated amidst serene woodland in the shade of Annapurna Himalayas. On reaching Tadapani check into a nice simple lodge accommodation.

Day 06: Trek to Chomrong village 1,940 m - 05 hrs.

From Tadapani with a grand vista of the Annapurna Himalayas, the morning starts with a long descent through a densely forested trail. Then cross a bridge over Kimrong Khola/stream, the route leads to a steep climb reaching Gurjung village. A farm village with few Tea Houses and shops. After a short rest, we begin a pleasant walk on a stone-paved path that leads to Chomrong for an overnight halt, the last permanent villages, en route to Annapurna Base Camp.

Further, other overnight stops can be found here and these are temporary settlements to cater to the trekkers. Chomrong is almost as large as Ghandruk village populated by the Gurung hill people. The village provides many good lodges and food for trekkers delights, with views of Annapurna peaks. Our female guides and porters are trained professionals who bring a wealth of knowledge, skill and care to you during the trek.

Day 07: Trek to Bamboo 2,610 m- 6 hrs.

After a pleasant overnight in Chomrong, a morning walk follows down to cross a river, and then a climb leads to Sinuwa Danda. A small settlement on top of a ridge with few nice lodges, possible lunch stop. From Sinuwa a nice walk through lovely dense woods on winding ups with a short descent to Bamboo. A place amidst bamboo groves and pine forest, located above the Modi River with several good lodges. Our focus is on creating a safe, inclusive, and supportive trekking experience where women can excel as leaders, and where their stories can inspire you.

Day 08: Trek to Deurali - 04 hrs.

From Bamboo, we walk into a Modi River gorge, through thick vegetation and tree lines with a few hour's walks. To reach Dovan, we past an isolated small place with few nice huts and cottages which serves as lodges and guest houses. Our female guides are not only experts in navigation and safety but also skillful to adapt with the changes in the community.

From Dovan the adventure begins following the Modi River upstream and reaching a higher elevation. The climb leads through dense vegetation and tall tree lines to reach Himalaya Hotel, a place with few good lodges. After a refreshing stop, the walk continues over rocky debris of moraine from the old avalanches of Huin-Chuli peak. The walk leads close to the river and a short steep climb reaching a flat field or small plateau at Deurali. Spend overnight at Deurali.

Day 09: Trek to Annapurna Base Camp 4,130 m - 03.5 hrs.

We commence the day hike after we finish our breakfast at Deurali. The afternoon walk follows the other side of the Modi River. We climb through smaller bamboo thickets and as we go up the tree lines drop for short bushes and shrubs. After a good climb of a few hours, we reach on top of a ridge where MBC (Machhapuchare Base Camp) is located. It is standing beneath the towering North West Face of staggering Machhapuchare Himal.

From Machhapuchre Base Camp, it is a short climb on a grassy slope, to enter the picturesque Sanctuary which is enclosed within tiers of jagged giant peaks. The walk follows due west on a gradual winding path. Then reaching a flat ground with a welcome signboard to Annapurna Base Camp, a short climb to a grassy area. The area consists a several good lodges situated right beneath the towering East Face of Mt. Annapurna-I with Vara Shikar or Annapurna Fang. We then transfer into a nice lodge for lunch and overnight on the highest spot of the journey. You can celebrate the achievements as women who have overcome challenges and carved your own paths in a traditionally male-dominated field.

Afternoon at leisure, you can marvel at the spectacular views of snow peaks that surround the sanctuary and Annapurna Base Camp. The views include from main Annapurna - I, Vara Shikar, Gangapurna Himal towards north-west with A-South and Huin-Chuli in the south. The views also include Tent Peak / Tharpu Chuli, Fluted or Singu Chuli with Machhapuchare Himal, and arrays of lesser peaks.

Day 10: Trek to Bamboo 2,050 m - 06-07 hrs.

After the shortest walks of the previous day, today is the longest trekking hour to reach Bamboo from ABC. After a wonderful mesmerizing moment at Annapurna Base Camp and Sanctuary, we do our good breakfast. The adventure begins downhill to Deurali passed MBC, and then with a few short climbs to the Himalaya Hotel and Dovan. Then the day completes on reaching Bamboo for an overnight stop, after a long and exciting day. You then transfer to a nice lodge for afternoon tea and dinner around the main route of Annapurna Base Camp.

Day 11: Trek to Jhinu-Danda a place with hot spring 1, 700 m - 05 hrs.

From Bamboo, ascend briefly to Khuldi Ghar, then follow a winding trail to Sinuwa Danda. We then descend to a river, cross a bridge, and climb steeply to Chomrong for lunch. Afterward, the trek is downhill to Jhinu-Danda for the final overnight stay. Enjoy a natural hot spring nearby for a refreshing dip after the day's adventures.

As you enjoy the breathtaking views and the rejuvenating hot springs, know that you are part of a movement that promotes women rising to new challenges and enjoying success together.

Day 12: Drive to Pokhara- 03 hrs.

After a delightful overnight stay in Jhinu village, the morning begins with a brief stroll across the bridge, leading to New Bridge for crossing over the Modi River. Following the bridge crossing, embark on an exhilarating drive back to Pokhara along the same scenic highway. The journey improves as you join the main highway, eventually arriving in Pokhara for an overnight stay in the cozy comfort of a charming hotel.

Day 13: Fly to Kathmandu

After enjoying breakfast at the hotel, it's time to catch the flight back to Kathmandu. We then transfer you to Pokhara domestic airport, which now also serves international flights. Afterwards, check-in and board a moderate-sized airplane for a scenic flight to Kathmandu. Upon arrival at Kathmandu airport, a brief drive will take you to the hotel. The rest of the afternoon is yours to relax and unwind at leisure.

Day 14: In Kathmandu free day, for individual activities with options for tours.

You have a leisure day in Kathmandu to unwind and engage in personal activities, including shopping for Nepalese souvenirs like handicrafts and jewelry. Those interested can also request a tour of the captivating cities of Patan and Bhaktapur for an additional adventure.

Day 15: International departure from Kathmandu

On your final day in Kathmandu and Nepal, after an enriching adventure exploring the Annapurna Himalayas, it's time for your international flight. Our female guide and staff will accompany you to the airport, where you bid farewell to Nepal, your guide, and the staff. As you enter the terminal for your journey home or to your next destination, you carry with you the memories of your unforgettable experiences in Nepal.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

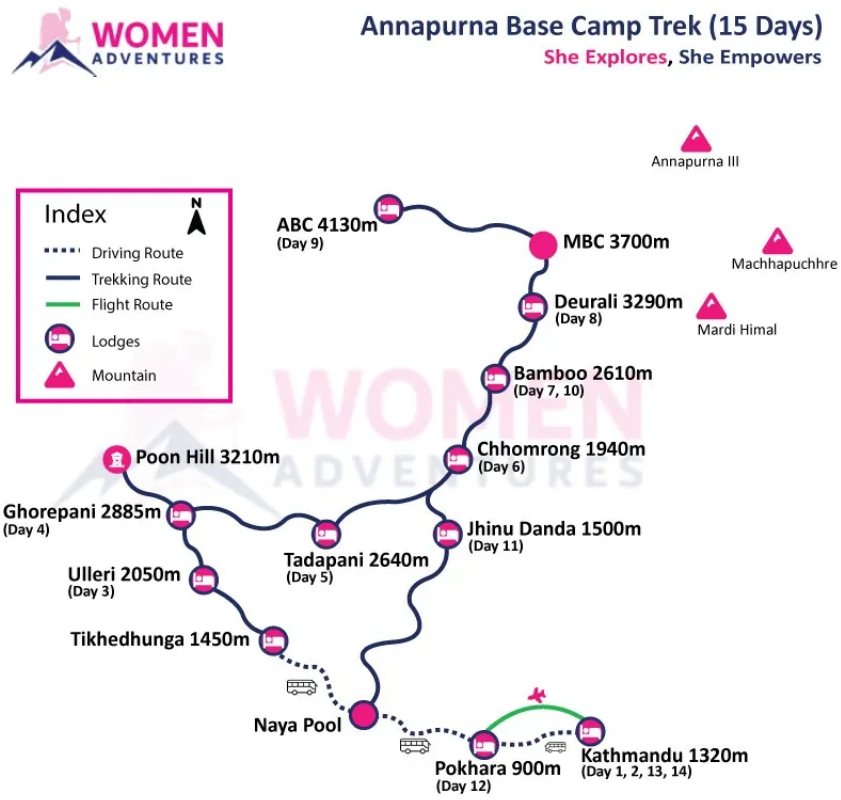
Cost Includes

- Both pickup and drop from the airport
- One-way flight ticket from Pokhara to Kathmandu
- Accommodation in 3-star standard hotels in Kathmandu and Pokhara including breakfast
- All meals (breakfast, lunch, dinner) throughout the trek
- Tea or coffee 3 times a day during the trek
- Lodging in tea houses during the trek
- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers
- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- All necessary trekking permits, including the Trekking Permit (TIMS), and the Annapurna Conservation Area Permit (ACAP).
- Essential gear for the trek such as a down jacket, sleeping bag, fleece liner, and a duffel bag.
- Sightseeing in Pokhara, with a guide, private transportation, and entrance fees.
- Cultural and historical sightseeing in Kathmandu, with a certified female tour guide, private transportation, and entrance fees.
- All government taxes into the overall package.

Cost Excludes

- Bar bills (alcoholic drinks, mineral water), cigarettes, client's insurance, and any kind of unforeseen & personal expenses
- Your insurance must include comprehensive coverage like emergency helicopter evacuation, to address unforeseen circumstances.
- Lunch and dinner, during your stay in Kathmandu
- Gratuities for the Guide and Porters which are not obligatory but are anticipated and suggested as an additional expense.
- Any expenses other than the price include section.
- All personal stuff

Trip Map



FAQs

How long is the Annapurna Base Camp trek?

It takes roughly 7 to 12 days, depending on the route, pace, and level of acclimatization. Common starting points are Nayapul, Ghandruk, and Jhinu Danda. For further variation, you can add Ghorepani/Poonhill or Mardi Himal, we will customize itineray as per your requirement.

How difficult is the Annapurna Base Camp (ABC) trek?

The ABC trek is considered moderate. The trails are well-kept with consistent ascents and descents. The highest point is 4,130 meters, and no technical climbing is required. Proper fitness and gradual pacing are required for a successful trek.

Is ABC Trek for beginners?

Absolutely, ABC Trek is perfect for beginners with a basic fitness level. ABC is considered one of the high-altitudes treks for beginners in Nepal. Women Adventures makes it easy by providing guided tours, slow-paced itineraries, and offering acclimatization to make a comfortable trek for beginners.

How much does it cost for the Annapurna Base Camp trek?

The cost ranges from USD 500 to USD 1,000 depending on the size of the group, services and duration of the trek. This usually covers the cost of permits, transport, accommodation, meals, guides, porters, and gear rental in some cases.

What is the best time to do the Annapurna Base Camp trek?

The most promising time for the ABC trek is during s**pring (March to May)** and **autumn (September to November).** These seasons, especially Spring, ensure perfect weather with clear blue skies and blooming rhododendrons. Whereas Autumn is a magical time to explore wilderness, mountains, and rich culture.

Do I need a permit for the ABC trek?

Yes, you will need:

- Annapurna Conservation Area Permit (ACAP)
- Trekker's Information Management System (TIMS) Card

We take care of the permits when you book your trek with us.

What type of accommodation is available on the Annapurna Base Camp Trek?

You can expect a local teahouse with basic twin-sharing rooms, warm meals, and a cozy atmosphere. While blankets are provided, it is advisable to carry a sleeping bag for added warmth.

Is there internet access on the ABC trek?

Yes. Most of the tea houses particularly found in lower regions like Chhomrong, Ghandruk, and Bamboo offer Wi-Fi. The only issue here is you need to pay for the service and the speed is slow. Local SIM cards like NTC and Ncell have the possibility to work in some of these regions.

What should I pack for the ABC trek?

Some of the important items we would consider first are;

- Trekking Boots
- Warm Clothing And A Down Jacket
- Rain Gear
- Water Purification Tablets
- 4 Season Sleeping Bag
- Sunscreen, sunhat, and sunglasses

Please find the equipment list here.

Can I do the Annapurna Base Camp trek solo?

For various safety concerns, solo trekking without a guide is not allowed in the Annapurna region. You must hire a licensed guide or book a trek with a registered agency, which Women Adventures provides.

What if my question isn't listed?

No worries! Get more details on Annapurna Base Camp itinerary, and for more queries, you can directly talk to our expert at +977 9841290101 or email us at info@womanadventures.com.

Food and Culture

Food and accommodation are important, besides the **best seasons for trekking to Annapurna Base Camp**. After staying in a nice tourist standard hotel in Pokhara, the food and lodge accommodation around villages depend upon the teahouses.

En route to designated overnight stops in main villages like Ulleri, Ghorepani, Chomrong, and Jhinu, the lodge accommodation is nice and with a comprehensive food menu to enjoy the various items of food served upon request. In Nepal, the favorite and common meal is Nepali Dal Bhat, boiled or steamed rice. It is served with mild curry of seasonal vegetables, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options.

The food menu lists from breakfast, lunch, and dinner to snack items. Breakfast from oats porridge, and cereals to cornflakes with toast/ chapattis, and pancakes includes a choice of egg variation. Lunch and Dinner from Continental, Chinese, Indian, Nepali, and Tibetan main course with a choice of soups but cooked in Nepali style.

The lodge accommodation and food are best in Ghandruk, Chomrong, and Jhinu villages, from Chomrong to Annapurna Base Camp the lodge accommodation has basic facilities but with nice and cozy rooms.

For private, or single rooms supplements, are available depending on the flow of trekkers. After Chomrong, the places en route are temporary settlements with lodges for travelers. The rooms are on a shared basis with common bathrooms and toilets due to harsh terrain conditions. The plumbing systems for running cold waters freeze in the morning, evening, and nighttime.

Due to freezing temperatures from Deurali onward, using hot showers is at an extra cost. All lodges have electricity to light the large dining room powered by local hydro or solar power. Charging electronic devices is available at an additional cost per hour, with separate fees for each gadget. **Internet and Wi-Fi** are available, but it is slow and disturbing in some places due to weather conditions.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the **Annapurna Himalayas** and Mid-West Nepal are the Magar and Gurung hill tribes. The Gurung are the inhabitants of the southern hills of the Annapurna Himalayas.

On the trek, you can visit the major villages of **Ghandruk** and Chomrong with the Gurung people. They follow **Buddhist religion** and culture as well as the Bon sect of pre-Buddhism, worship of nature and **mountain spirits**.

Every house is adorned with Buddhist prayer flags of white, blue, red, green, and brown which represent the five elements on earth. These colors symbolize clouds (or water), thunderbolts (or fire), vegetation, and soil, reflecting the balance of nature in Buddhist culture. The Gurung also practiced **Shamanism**, an ancient religion characterized by the belief in an unseen world of gods, demons, and ancestral spirits.

Gurung also celebrates **Hindu festivals**, but their main event is **Tamu Lhosar**. New Year is based on animals and bird cycles, and at present (2023) year is the year of the Rabbit. The festival falls in December or January, similar to the **Tibetan and Chinese New Year** but it occurs in different months. At Ulleri and Ghorepani villages inhabited by the **Poon-Magar Hill Tribe**

also follow both **Hindu and Buddhist religions**.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.

- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

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