Annapurna Circuit Trekking : A Transformational Trek for Women

Annapurna Region

Trip Facts

REGION	DURATION
Annapurna	**15 Days**
DIFFICULTY	ACTIVITY
Strenuous	**Trekking (5-6 hours average daily walk)**
MAX. ALTITUDE	BEST SEASON
5416 m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
160-230 km / 100-145 miles	**Private vehicle**

Group Prices and Discounts

USD 1,050 per person

No. of travellers	Price per person
1 Pax	USD 1,300
2–4 Pax	USD 1,150
4–6 Pax	USD 1,050

Overview

Annapurna Circuit Trekking is an adventure around the scenic sides of the **massif Annapurna Himalayan range**. The trek leads to exciting country walks from green forested hills to barren arctic zones of ice and glaciers. The best feature of the

journey is following the raging Marsyangdi River upstream and reaching its glacial source at high **Manang Valley**, enclosed by an array of towering giant snow-capped peaks. This trek is a perfect **adventure for women** of all ages whether you are travelling solo or with your fellow **female explorers**, guided by a female trekking guide in Nepal from a trusted **women trekking guide agency.** Trekking in Annapurna Circuit leads you to mind-blowing landscapes and scenery from the beginning to the end of trekking. **Annapurna Circuit** is regarded as one of the best adventure destinations on this planet by various travel guidebooks. In the past few years, the Annapurna Circuit trek route has been shortened due to the construction of motorable roads. Nevertheless, the route around the Annapurna Himalayas retains its charm and beauty, due to its pristine wilderness. The walk leads you to the harmony of impressive Buddhist cultures, from one lovely village to another beautiful settlement.

The adventurous walk begins from the green hills of Dharapani village and then heads west. The trail follows through traditional villages along with constant views of snow peaks to enter the high picturesque Manang Valley. At Manang, there will be time for an extra day before heading towards the highest point of the adventure on top of **Thorang-La Pass**. Explore the lifestyle of Manang women, where their strong sense of unity, resilience, and empowerment showcases the spirit of women supporting women in this remote region. Trekkers can enjoy short scenic hikes to the viewpoints as an exercise procedure for acclimatization. While at Manang, enjoy exploring the village enriched with age-old Buddhist culture.

The adventure continues toward west to the end of Manang Valley with a steep climb up to Thorang-La. This high pass forms the boundary of Manang and Mustang districts on top of Thorang-La. You can enjoy the spectacular panorama of the Himalayan peaks as far as your eyes can reach. The sight include the views of Annapurna Himalayas, Damodar Himal with Chulu's, Dhaulagiri Himal, and Manaslu Himal in the far east direction. After enjoying fabulous views of surrounding stunning scenery, you will descend through a long downhill to reach *Muktinath* around the Mustang area. Muktinath is one of the holiest pilgrimage sites for Hindus and Buddhists.

Slowly, our wonderful adventurous walk ends on reaching downhill to **Kaligandaki Valley** at *Jomsom*. Jomsom is the headquarters town of Mustang district and home to indigenous *Thakali people* . It is located on the ancient Trans Himalayan Salt and Caravan route of Nepal and Tibet-China.

From Jomsom, a swift, short, and scenic flight brings you to a lovely city in Pokhara. A renowned tourist destination in Nepal as well as in the whole of Asia. Pokhara is a city blessed with beautiful scenery and the natural wonders of calm lakes on the laps of the Annapurna Himalayas, a perfect and magnificent place to conclude the wonderful adventure of Annapurna Circuit Trekking.

Highlights

- Head on an empowering journey to Annapurna Circuit Trekking 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.
- One of the most exciting and adventurous walks around the Himalayan range.

- Experience the dramatic bio-diversity of landscapes, vegetation, and cultures along the **Annapurna region trek**.
- Trek to scenic viewpoints around the picturesque Manang Valley of the high mountains.
- Explore traditional villages adorned with age-old cultures of Buddhist heritage.
- From beautiful Manang Valley to scenic Mustang via high Thorang-La Pass on the classic Annapurna Circuit guided trek route.

Route Overview

Trekkers planning to join for Annapurna Circuit Trekking or other **adventures around the Nepal Himalayas** should be aware that Nepal is a country of high land of mid-hill to higher **mountainous landscapes and terrains.**

The trek involves a lot of uphill and downhill sections, with only a few gradual paths to enjoy along the way. The only flatland is the low sub-tropical Terai belt around southern Nepal. **En route to Annapurna Circuit**, start with steep ups for some hours with a few short downhill.

From Thorang Phedi to the top of Thorang-La Pass is a steep climb for a few hours. The rest of the journey is downhill to Mustang areas unto Jomsom, the finishing point of trekking.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

Upon arrival at Kathmandu's Nepal International Airport, you will be welcomed by our team of female staff and guides. A short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, getting refreshed from the Jet Lag. Later, join with other members of the Annapurna Circuit Trek at meeting room for briefing. Our female guide or group leader will provide information about the treks, local lodges, and food options. The briefing will includes a wide range of information to make your holiday meaningful and enjoyable. Overnight at Hotel.

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: Drive to Bhesishar Town 760 m around Lamjung district and Drive to Dharapani village 1,860 m- 11 hrs.

Early morning we depart from the hotel, for an exciting overland journey to Bhesishar Town, for first overnight beyond Kathmandu. The drive follows lower warm farm villages

and towns, then diverts from the main Pokhara and Kathmandu highway to reach Besisahar.

Bhesishar is the headquarters town of Lamjung district. In Besisahar, we spend a few minutes for dropping off the passengers. The driving distance to Bhesishar from Kathmandu is approx. 176 km / 109 miles.
We then begin another interesting drive from Bhesishar towards high Manang areas. The drive follows Masrsyangdi River to Syange village, and then on winding uphill to Jagat, Chamje. Upon reaching Tal Besi village, you will enter the Manang region and continue on to Dharapani village for your first overnight stay in the mountainous landscape. Dharapani village offers many good lodge for trekkers, which is at junction of Annapurna and Manaslu Circuit routes. From here the air gets cooler within coniferous forest of pines and rhododendrons trees. The driving distance from Bhesishar to Dharapani Village in Manang district is approx. 35 km /19.7 miles. Female guides and porters support you in every way, making travel easier with a familiar companion by your side. With them, you can openly share personal thoughts and challenges, creating a journey that feels both safe and empowering.

Day 04: Trek to Chame 2,710 m -05 hrs.

Today is the first day of our trek and we start from Dharapani, following a pleasant wide trail within cool shade of lovely forest. As the walk continues, you will arrive at the small village of Bagarchap, where you can enjoy views of the Annapurna peaks. Then, continuing on the trail, you will head to Danque village, known for its apple orchards, before making a steep climb to Timang.

Timang is a large village of mixed Gurung and Magar hill tribes with glorious views of Manaslu and Lamjung Himal. At Timang, you can stop for lunch at one of the nice restaurants before spending the afternoon walking down to the Marsyangdi River. Following the forested path to Kodo village, where route to Upper Manang and Nar Phu trail splits.

From Kodo, a short gradual climb reaches Chame, a large town and headquarters of Manang district. Enjoy the comfort of a nice lodge, having time to explore the town with views of Lamjung Himal North Face. The walking distance from Dharapani to Chame Town is approx. 16 km / 10 miles. (walking distance is much shorter than on drives).

Day 05: Trek to Upper Pisang 3,345 m-06 hrs.

In the morning, start from Chame and cross a bridge, then follow the forested trail to Brathang village. The walk leads to cross the bridge over the same Masrsyangdi River, and then climb up to a ridge. The hilltop is called Dukure Pokhari, with few lodges and shops which is a nice place for lunch with views of majestic Pisang Peak. The afternoon walk leads down to a flat valley and then reaches Pisang village for a short rest. From here, leave the main trail of the Annapurna Circuit and ascend to Upper Pisang, located high above Pisang village. Enjoy the overnight in a nice simple lodge with grand views of Pisang Peak and Chulus, including the Annapurna Himalayan range. The walking distance from Chame to Upper Pisang is approx. 13.7 km / 8.5 miles.

Day 06: Trek to Manang 3,540 m- 05 hour.

After a pleasant overnight in Pisang Village with glorious views of Annapurna Himalayas, including Pisang and Chulu's peaks we begin our journey from Upper Pisang. From Upper Pisang, you can enjoy a pleasant walk away from the main motorable road. You will also have an opportunity for scenic views of the massif Annapurna Himalayas. As the walk follows above Hongde, a village with a small airstrip, the higher path then leads to Braga. At Braga, we do a short tour of the old Braga monastery, enriched with old relics of Buddhism. The interior of the monastery is filled with idols of famous saints and gurus. From the monastery atop Braga village, enjoy the views of Annapurna and Chulu Himal range.

After enjoying a short visit of the monastery, head down on the main trail. We then walk for an hour to reach Manang. The main village of Upper Manang areas are adorned with typical Tibetan style houses which serve as excellent lodges and restaurants. On reaching the village, enjoy the comfort of a nice lodge accommodation with good food menus. The walking distance from Upper Pisang to Manang Village is approx. 15.7 km/ 9.7 miles.

Day 07: At Manang Rest Day for acclimatization and short hike.

At Manang enjoy a free day for acclimatization and take a hike to Gangapurna Himal Ice fall. The walk route leads down to Masrsyangdi River crossing the bridge, a short climb on top of a high ridge. A scenic hill top for grand views of Gangapurna Himal Ice-Fall and glaciers. It also offers a close views of Annapurna II and III, with Chulu peaks. Afternoon at leisure, explore the village, where most houses are built in Tibetan tradition. The local natives of Manang were migrated from Tibet more than 400 years ago, as you can notice colorful culture and custom similar to its Tibetan predecessors.

You also have an option for a visit to High Ice Lake and 11th Century Saint Milarepa Meditation Cave. It requires a long distance walk to reach these places. The round trip takes more than 5-6 hours and can be quite tiring due to the high altitude.

On your rest day in Manang, you'll have the opportunity to observe the daily lives of the local women, who are known for their kindness and helpfulness.

Day 08: Trek to Yak Kharka 4, 110 m - 04 hrs.

From Manang village, we begin a short day walks of few hours to reach Yak Kharka for lunch and overnight. The path starts with gradual climb towards a smaller settlement with

views of Chulu West peak. Slowly the morning walk completes reaching a wide valley at Yak Kharka. A lovely scenic spot with several good lodges, enjoy lunch with views of Gangapurna Himal, and array of peaks. Spend the night in a cozy lodge at Yak Kharka, with the afternoon free for short, refreshing walks. The walking distance from Manang village to Yak Kharka on a pleasant gradual uphill trail is approx. 10 km / 6.5 miles.

Day 09: Trek to High Camp 4,900 m-04 hrs.

Another short day walk, but quite strenuous due to rise in altitude, morning starts on a pleasant path to Ledar. Ledar is a place with few good lodges, from here on gradual winding trail, then down to a stream. After crossing a bridge, take a short climb then walk on gentle path to Thorang Phedi. Phedi, bottom of Thorang-La Pass, stopping here for short rest and then end the day with an hour steep climb to Thorang High Camp for lunch and overnight halt. The walking distance from Yak Kharka to High Camp is 8 km / 5 miles and it is the highest overnight stop of the adventure.

Day 10: Trek to Muktinath 3, 800 m crossing high Thorang la pass 5,416 m / 17,700 feet - 06 hrs.

Today is a big day of the adventure. Start the morning with an early breakfast, then start the morning walk on a level, winding path. As the walk progresses, continue with a steady climb along an undulating, winding trail until you reach the top of Thorong-La Pass. The highest point of the adventure at 5,416 m / 17,700 feet high. The top is festooned with thousands of Buddhist colorful prayer flags. Enjoy the panorama of Chulu peaks with Damodar Himal, which includes views of Annapurna Himalaya and Dhaulagiri Mountain range. From the top, we walk a long descend to the bottom at another Phedi within Mustang district. Have a short rest or enjoy lunch break at Phedi. In Phedi, there are a few small tea houses and restaurants. In the afternoon, enjoy a gradual walk to Muktinath, situated at an altitude of 3,800 meters, for an overnight stop. A holy spot for all Hindus, the word Muktinath means 'Liberation' to be free from the life cycle. At Muktinath, you will be transferred into one of the nice lodges with excellent views of Tilicho, Nilgiri's and Dhaulagiri mountain range. The walking distance from Thorang High Camp to Rani-Pawa, the village within Muktinath and Mustang area is 15 kilometers / 9.5 miles.

Celebrate your incredible achievement of crossing Thorong La Pass alongside your female friends, guides, and porters. This special day highlights the strength and determination of females as you celebrate together the achievement of crossing the highest pass.

Day 11: Trek to Jomsom 2,715 n via Kagbeni 2,880 m-05 hrs.

In the morning, take time for a visit and prayer at Muktinath, a site steeped in history and ancient purity. For more than 2,300 years, Hindus and Buddhists have come on a pilgrimage to this holy site, drawn by its natural power.

The visit leads to the Temple of Muktinath and 108 water spouts, which are also the source of Kaligandaki River. Pilgrims also search for fossil called Shaligram (ammonite) in this place. Saligrams is a small rounded rocks, if split open they reveal the imprint of ammonites formed 140 million years ago. Because of its wheel-like shape the Shaligram is associated with the Hindu god Vishnu.

Muktinath area offers grand views of Dhaulagiri, including Tilicho and Nilgiri's peaks. After a holy visit of Muktinath, walk down to Kagbeni, an exciting village to experience. The village of strong Tibetan influence, as well the entrance to Upper Mustang the Restricted Area in Nepal.

From here a short walk to Eklay Bhatti, the junction to Jomsom, Muktinath and Kagbeni. After a short rest with possible lunch break, continue walk along the valley floor of Kaligandaki River. The walk slowly ends on reaching Jomsom for overnight stop. Jomsom is located on the Old Trans Himalayan Salt Trade route of Nepal and Tibet. The areas around Jomsom and Kaligandaki Valley is famous for apples, the route is also called Apple as the Pie Trail. Enjoy the comfort of a nice lodge, having time to explore the Jomsom Town. The main inhabitants of Jomsom are Thakali. The tribes of Kaligandaki of Lower Mustang follows Buddhist religion. Witness the resilience and dedication in the daily lives of the women in Jomsom, and let it inspire you to support their journey toward empowerment and equality. The distance from the village of Rani-Pawa, Muktinath to Jomsom Town is 18 km/11 miles.

Day 12: Fly to Pokhara 860 m 23-minute flight. Afternoon option for sightseeing of Pokhara interesting sites.

After a breakfast, we take a short walk to Jomsom airport for scenic and short flight to beautiful Pokhara. The scenic flight offers a views of Dhaulagiri and Annapurna Himalayan peaks, as the aircraft lands at Pokhara. Pokhara is one of the most sought touristic destinations in all Himalayas, a picturesque city overlooking views of the massive Annapurna Himalaya. The views also include the famous and magnificent Machhapuchare Himal 'Fish Tail'. From the airport a short drive to the hotels by the serene Phewa Lake side, with time to explore beautiful Pokhara. The total distance from Jomsom to Pokhara is 155 km / 96 miles, a driving distance. But by flight with smooth short flight of less than 30 minutes.

Day 13: Fly back to Kathmandu 30 mins flight and transfer to hotel.

In the morning you will catch the last views of Annapurna Himalaya with majestic Machhapuchare Himal or Fish Tail, and then transfer to Pokhara airport for smooth short flight to Kathmandu. You will be back within the hustle and bustle city life of Kathmandu after a great adventure and wonderful experience on Annapurna Circuit Trekking. Rest of the day at leisure for individual activities and shopping souvenirs or join in for a short tour around places of great interest.

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

A free day in Kathmandu to enjoy relaxing moments and for individual activities and shopping spree. You can shop for souvenirs from Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 15: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around the Annapurna Himalayas. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to next port of call.

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

Cost Includes & Excludes

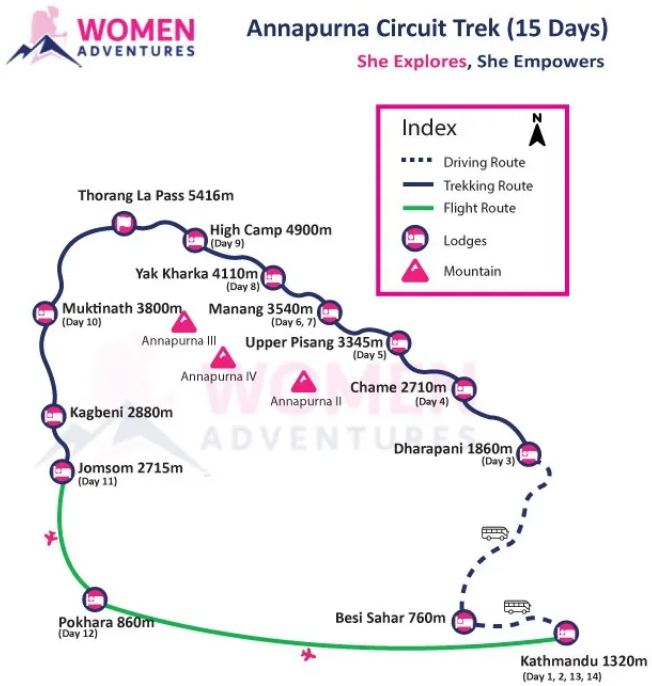
Cost Includes

- Airport Pick Up and Drop Off (International & Domestic)
- 3 star standard hotel with breakfast in Kathmandu (Nepal standard)
- 3 star standard hotel with breakfast in Pokhara
- Tea house (Lodge) accommodation during trek
- All meals (Breakfast, Lunch, and Dinner) during trek
- Tea / Coffee (3 times a day) during 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.
- Air ticket (Jomsom-Pokhara)
- Private transfer from Pokhara to Kathmandu,
- Kathmandu Cultural and Historical sightseeing with a certified female Tour Guide, private transportation, and entrance fee
- Trekking Permit (TIMS)
- Annapurna Conservation Area Permit (ACAP)
- Down jacket, sleeping bag, fleece liner, and a duffel bag
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, your personal insurance coverages that should include the emergency helicopter evacuation, and any kind of expenses created due to unforeseen circumstances.
- Lunch and dinner in Kathmandu and Pokhara.
- Tips for Guide Porter & Driver (Tips are not mandatory but expected and recommended)
- Any other services that are not mentioned in Inclusion section

Trip Map



FAQs

Is the Annapurna Circuit Trek difficult?

The difficulty level of the Annapurna Circuit Trek is considered moderate to highly challenging. The highest altitude of this trek is 5,416 meters (17,769 feet) while crossing the Thorong La Pass. You need to walk 5 to 7 hours daily on average. With proper acclimatization and preparation will lead you to a safe and pleasant adventure.

Can a beginner do the Annapurna Circuit Trek?

The can-do spirit plays an important role in a successful trekking experience. We recommend you focus on strengthening your legs. Proper acclimatization and a slow and steady pace will surely make your Annapurna Circuit Trek successful. The route is conquered by many beginners with proper planning.

How long does it take for the Annapurna Circuit Trek?

The Annapurna Circuit trek generally takes 14 to 20 days. It depends on the starting and ending points. If your starting point is Besisahar with Pokhara as an ending point, then it will take about 18 days. As the road is improved, many trekkers choose the short route starting from Chame and ending at Jomsom or Tatopani.

How fit do I need to be for the Annapurna Circuit Trek?

You should be moderately to highly fit for the Annapurna Circuit Trek. During this trek, you need to walk 6 to 8 hours daily carrying your backpack at high altitudes. Regular activities like hiking, cycling, running, or gym workouts are recommended to prepare you well.

What is the best time to do the Annapurna Circuit Trek?

The highly recommended seasons for the Annapurna Circuit Trek are Spring (March to May) and Autumn (mid-September to November), with clear mountain views, stable weather, and comfortable temperatures. During winter, it is colder and passes as Thorong La may snow in.

Do I need permits for the Annapurna Circuit Trek?

Yes, you need two permits for the Annapurna Circuit Trek:

- **ACAP** (Annapurna Conservation Area Permit)- **30 USD** per person
- **TIMS Card** (Trekker's Information Management System)- **USD 20** per person

We take care of everything, including guides, permits, transport, and accommodation, tailored for your comfort and safety.

What kind of accommodation is available on the trek?

Accommodation during the Annapurna Circuit lodges are generally teahouses or mountain lodges with twin-sharing rooms, shared toilets, and a main dining area. You can get hot showers and charging services at an additional cost.

Can I do the Annapurna Circuit solo?

We recommend you hire a licensed guide from a registered trekking agency for safety purposes and a better understanding of the culture and geography. As for the backpacks, hiring a porter helps with the bags, making it much more enjoyable.

What if my question isn't listed?

No worries! Get more details on **Annapurna Circuit Trek** , and you can directly talk to our expert at +977 9841290101 or email us your inquiries at info@womanadventures.com

Food and Culture

Besisahar Town serves as the gateway to higher Himalayan villages, where trekkers can find a mix of food and lodging accommodations at designated overnight stops. The lodge accommodation is nice, with a comprehensive food menu to enjoy various food items.

In Nepal, the most favorite and popular meal is Nepali Dal Bhat, boiled or steamed rice served with a 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 options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups. The lodge accommodation and food are best in Dharapani, Chame, Pisang, and Manang villages as well as in Muktinath including the Jomsom. Except in a few places like Yak Kharka and High Camp **en route Thorang-La Pass** the lodge accommodation is simple but with nice and cozy rooms having common bathrooms and toilets. They have a good food menu of limited varieties, some villages offer fresh homemade bakery items. In most places, the rooms are on a shared basis with common bathrooms and toilets due to harsh terrain conditions. The plumbing systems for running water freeze in the morning, evening, and nighttime. From Dharapani village onward, hot showers are available at an additional cost due to the freezing temperatures.

All lodges have electricity to light the large dining room powered by local hydro or solar power. For charging electronic items, you have to pay an extra cost per hour and for each gadget gadget. **Internet and Wi-Fi** are available, but it is slow and disturbing in some places due to weather conditions.

In a large group with more than 6 people, it is best to order a set meal for all. It saves time and fuels energy, which is important around remote areas of the Himalayas. Following the norms and rules as **Responsible Trekkers** is a good practice for **Eco-Tourism** and involves properly managing garbage and litter throughout the trek.

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. The Gurung are the inhabitants of the southern hills of the **Annapurna Himalayas**. Starting from Tal Besi, you'll enter the Manang region, extending up to the Thorong-La Pass and into the Mustang district. The highland villages are occupied by Manang Gurung, Bhotias, and Mustang people. The people Follow the same strong Buddhism similar to their Tibetan predecessors. On this walk, trekkers will encounter Buddhist monuments.

The place includes a series of prayer walls and spinning wheels with impressive monasteries of great religious and cultural interest. The lower Mustang area is populated by *Thakali* people, the tribes of **Kaligandaki Valley**. Thakali villages cover from Jomsom to Ghasa and Tatopani. Jomsom is the major hub and headquarters of the Mustang district and home to indigenous Thakali people. The Thakali people are interwoven with Buddhism religion similar to the highlanders of Manang and Upper Mustang people.

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.
- Glacier glasses
- Head torch.
- 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.
- Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.

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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