

# 13-Days Manaslu Circuit Trek

## Packing Checklist

UPPER BODY CLOTHING	Category	Item	Quantity	Essential / Optional	CheckList
	Base Layer	Short-sleeve moisture-wicking T-shirt	3	Essential	
	Base Layer	Long-sleeve merino/synthetic top	2	Essential	
	Mid Layer	Fleece jacket (100-200 weight)	1	Essential	
	Mid Layer	Down/synthetic insulated jacket	1	Essential	
	Outer Layer	Waterproof hardshell jacket (Gore-Tex)	1	Essential	
	Outer Layer	Lightweight windbreaker	1	Optional	

LOWER BODY CLOTHING	Trekking Pants	Convertible trekking pants	2	Essential	
	Trekking Pants	Lightweight trekking pants (backup)	1	Optional	
	Base Layer	Thermal leggings / base layer bottoms	1	Essential	
	Rain Pants	Waterproof over-trousers	1	Essential	
	Shorts	Lightweight hiking shorts	1	Optional	

UNDERWEAR	Underwear	Moisture-wicking underwear	4	Essential	
	Women's	Sports bra (moisture-wicking)	2-3	Essential (women)	

SOCKS	Trekking Socks	Merino wool trekking socks	4	Essential	
	Liner Socks	Thin liner socks	2	Optional	
	Sleep Socks	Thick warm socks (wool/fleece)	1	Essential	

FOOTWEAR	Category	Item	Quantity	Essential / Optional	CheckList
	Trekking Boots	Waterproof hiking boots (broken-in)	1 pair	Essential	
	Camp Shoes	Lightweight sandals / crocs	1 pair	Essential	
	Gaiters	Waterproof gaiters	1 pair	Recommended	

HEADWEAR	Sun Hat	Wide-brim trekking hat	1	Essential	
	Warm Hat	Beanie / wool cap	1	Essential	
	Buff	Neck gaiter / buff	1	Essential	
	Balaclava	Full face cover	1	Optional	

BAGS & STORAGE	Duffel Bag	60-80L duffel (with rain cover)	1	Essential	
	Daypack	25-35L backpack (with rain cover)	1	Essential	
	Dry Bags	Waterproof stuff sacks	3	Essential	
	Ziplock Bags	Various sizes	5-8	Essential	
	Compression Sack	For sleeping bag/down jacket	1-2	Recommended	

SLEEP SYSTEM	Sleeping Bag	4-season, rated -15°C to -20°C	1	Essential	
	Sleeping Bag Liner	Silk or fleece liner	1	Highly Recommended	
	Travel Pillow	Inflatable pillow	1	Optional	

TREKKING GEAR	Category	Item	Quantity	Essential / Optional	CheckList
	Trekking Poles	Collapsible/foldable (pair)	1 pair	Essential	
	Headlamp	LED headlamp + extra batteries	1	Essential	
	Sunglasses	UV400 / Category 3-4	1	Essential	
	Water Bottles	1L reusable (Nalgene)	2	Essential	
	Bottle Insulator	Insulated cover	1	Recommended	
	Water Purification	Purification tablets / SteriPEN	1 set	Essential	
	Trekking Towel	Quick-dry microfiber (medium)	1	Essential	
Multi-tool	Swiss Army knife / Leatherman	1	Optional		

TOILETRIES	Sunscreen	SPF 50+ (100ml)	1	Essential	
	Lip Balm	SPF lip balm	2	Essential	
	Soap	Biodegradable soap (small)	1	Essential	
	Toothbrush & Paste	Travel size	1 set	Essential	
	Moisturizer	Face & hand cream (small)	1	Recommended	
	Hand Sanitizer	Travel size (100ml)	1	Essential	
	Wet Wipes	Biodegradable pack	2 packs	Essential	
	Toilet Paper	Rolls	2	Essential	
	Deodorant	Travel size	1	Optional	
	Menstrual Products	Pads/tampons/cup + zip bags	As needed	Essential (women)	

**FIRST AID & HEALTH**

Category	Item	Quantity	Essential / Optional	CheckList
First Aid Kit	Bandages, blister pads, antiseptic, tape, gauze	1 kit	Essential	
Diamox	Acetazolamide (altitude sickness)	1pack (20 tablets)	Essential	
Pain Relief	Ibuprofen + Paracetamol	1 pack each	Essential	
Anti-Diarrhea	Imodium / Loperamide	1 pack	Essential	
ORS	Oral Rehydration Salts	6-8 sachets	Essential	
Throat Lozenges	Medicated lozenges	1 pack	Recommended	
Antihistamines	Allergy tablets	1 pack	Optional	
Antibiotics	Broad-spectrum (prescription)	1 course	Recommended	
Eye Drops	Lubricating drops	1	Recommended	

**ELECTRONICS**

Smartphone	With offline maps downloaded	1	Essential	
Power Bank	20,000 mAh	1	Essential	
Charging Cables	USB-C / Lightning	2	Essential	
Travel Adapter	Universal adapter	1	Essential	
Camera	Mirrorless / GoPro (optional)	1	Optional	
Extra Batteries	Camera / headlamp	2-4	Essential	
Earbuds	Wireless or wired	1	Optional	

## DOCUMENTS &amp; MONEY

Category	Item	Quantity	Essential / Optional	CheckList
Passport	Original	1	Essential	
Passport-Size Photos	For permits	8	Essential	
Permits	MCAP + RAP + ACAP	Arranged	Essential	
Insurance Doc	Print + digital copy	1	Essential	
Cash (NPR)	Nepali Rupees	NPR 30,000- 50,000	Essential	
Emergency Card	Emergency contacts written	1	Essential	
Document Copies	Photocopies + cloud/email backup	1 set	Essential	
Waterproof Pouch	For documents & phone	1	Essential	

## SNACKS &amp; NUTRITION

Energy Bars	Clif / Snickers / local	10-15	Recommended	
Trail Mix	Nuts & dried fruits	2 bags (250g each)	Recommended	
Electrolyte Tablets	Nuun / ORS / Hydralyte	15-20 tablets	Essential	
Chocolate	Bars	4-6	Optional	
Instant Coffee/Tea	Sachets	10-15	Optional	

## MISCELLANEOUS

Category	Item	Quantity	Essential / Optional	CheckList
Earplugs	Foam or silicone	2 pairs	Highly Recommended	
Eye Mask	Sleep mask	1	Optional	
Playing Cards	Deck	1	Optional	
Journal & Pen	Small notebook	1	Optional	
Trekking Map	Physical map (Manaslu Circuit)	1	Recommended	
Whistle	Emergency whistle	1	Essential	
Carabiner Clips	Small clips	2-3	Optional	
Garbage Bags	Large plastic bags	3-4	Essential	
Umbrella	Compact, lightweight	1	Optional	
Duct Tape	Small amount (wrap around bottle)	1	Recommended	