

16-Days Manaslu Circuit Trek

Packing Checklist

UPPER BODY CLOTHING	Category	Item	Quantity	Essential / Optional	CheckList
	Base Layer	Short-sleeve moisture-wicking T-shirt	4	Essential	
	Base Layer	Long-sleeve merino/synthetic top	2	Essential	
	Mid Layer	Fleece jacket	1	Essential	
	Mid Layer	Down/synthetic insulated jacket	1	Essential	
	Outer Layer	Waterproof hardshell jacket	1	Essential	
	Outer Layer	Lightweight windbreaker	1	Optional	

LOWER BODY CLOTHING	Trekking Pants	Convertible trekking pants	2	Essential	
	Trekking Pants	Lightweight trekking pants	1	Recommended	
	Base Layer	Thermal leggings	1	Essential	
	Rain Pants	Waterproof over-trousers	1	Essential	
	Shorts	Lightweight hiking shorts	1	Optional	

UNDERWEAR	Underwear	Moisture-wicking underwear	5	Essential	
	Women's	Sports bra	3	Essential (women)	

SOCKS	Trekking Socks	Merino wool trekking socks	5	Essential	
	Liner Socks	Thin liner socks	2	Optional	
	Sleep Socks	Thick warm socks	1	Essential	

FOOTWEAR	Category	Item	Quantity	Essential / Optional	CheckList
	Trekking Boots	Waterproof hiking boots	1 pair	Essential	
	Camp Shoes	Sandals / cros	1 pair	Essential	
	Gaiters	Waterproof gaiters	1 pair	Recommended	

HEADWEAR	Sun Hat	Wide-brim hat	1	Essential	
	Warm Hat	Beanie	1	Essential	
	Buff	Neck gaiter	2	Essential	
	Balaclava	Full face cover	1	Optional	

HANDWEAR	Light Gloves	Liner/trekking gloves	1 pair	Essential	
	Warm Gloves	Insulated waterproof gloves	1 pair	Essential	

BAGS & STORAGE	Duffel Bag	60-80L	1	Essential	
	Daypack	25-35L	1	Essential	
	Dry Bags	Stuff sacks	4	Essential	
	Ziplock Bags	Various sizes	8-10	Essential	
	Compression Sack	For sleeping bag/jacket	1-2	Recommended	

SLEEP SYSTEM	Sleeping Bag	4-season (-15°C to -20°C)	1	Essential	
	Sleeping Bag Liner	Silk or fleece	1	Highly Recommended	
	Travel Pillow	Inflatable	1	Recommended	

TREKKING GEAR	Category	Item	Quantity	Essential / Optional	CheckList
	Trekking Poles	Collapsible pair	1 pair	Essential	
	Headlamp	LED + extra batteries	1 (+extra batteries)	Essential	
	Sunglasses	UV400 / Cat 3-4	1	Essential	
	Water Bottles	1L Nalgene	2	Essential	
	Bottle Insulator	Cover	1	Recommended	
	Water Purification	Tablets / SteriPEN	1 set (+extra tablets)	Essential	
	Trekking Towel	Microfiber	1	Essential	
	Multi-tool	Knife / Leatherman	1	Optional	

TOILETRIES	Sunscreen	SPF 50+	1 (150ml or 2x100ml)	Essential	
	Lip Balm	SPF	2	Essential	
	Soap	Biodegradable	1 (slightly larger)	Essential	
	Toothbrush & Paste	Travel	1 set	Essential	
	Moisturizer	Face & hand	1	Recommended	
	Hand Sanitizer	Travel size	2	Essential	
	Wet Wipes	Biodegradable	3 packs	Essential	
	Toilet Paper	Rolls	3	Essential	
	Deodorant	Travel size	1	Optional	
	Menstrual Products	As needed + disposal bags	As needed (+buffer)	Essential (women)	

FIRST AID & HEALTH

Category	Item	Quantity	Essential / Optional	CheckList
First Aid Kit	Complete kit	1	Essential	
Diamox	Acetazolamide	1 pack (20+ tablets)	Essential	
Pain Relief	Ibuprofen + Paracetamol	1 pack each (+extra)	Essential	
Anti-Diarrhea	Imodium	1 pack	Essential	
ORS	Oral Rehydration Salts	10-12 sachets	Essential	
Throat Lozenges	Medicated	1 pack	Recommended	
Antihistamines	Allergy tablets	1 pack	Optional	
Antibiotics	Broad-spectrum	1 course	Recommended	
Eye Drops	Lubricating	1	Recommended	

ELECTRONICS

Smartphone	With offline maps	1	Essential	
Power Bank	20,000 mAh	2	Essential	
Charging Cables	USB-C / Lightning	2	Essential	
Travel Adapter	Universal	1	Essential	
Camera	Optional	1	Optional	
Extra Batteries	Camera / headlamp	4-6	Essential	
Earbuds	Wireless/wired	1	Optional	
E-reader / Kindle	For rest/acclimatization days	1	Optional	

DOCUMENTS & 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	1	Essential	
Cash (NPR)	Nepali Rupees	NPR 40,000– 65,000	Essential	
Emergency Card	Written	1	Essential	
Document Copies	Physical + digital	1 set	Essential	
Waterproof Pouch	For docs & phone	1	Essential	

SNACKS & NUTRITION

Energy Bars	Various	15–20	Recommended	
Trail Mix	Nuts & dried fruits	3 bags (250g)	Recommended	
Electrolyte Tablets	Nuun / ORS	20–25 tablets	Essential	
Chocolate	Bars	6–8	Optional	
Instant Coffee/Tea	Sachets	15–20	Optional	

MISCELLANEOUS

Category	Item	Quantity	Essential / Optional	CheckList
Earplugs	Foam/silicone	3 pairs	Highly Recommended	
Eye Mask	Sleep mask	1	Optional	
Playing Cards	Deck	1	Optional	
Journal & Pen	Small notebook	1	Optional	
Trekking Map	Physical	1	Recommended	
Whistle	Emergency	1	Essential	
Carabiner Clips	Small	2-3	Optional	
Garbage Bags	Large plastic	4-5	Essential	
Umbrella	Compact	1	Optional	
Duct Tape	Small wrap	1	Recommended	
Small Laundry Line	Clothesline + clips	1	Recommended	
Travel Clothesline Clips	Binder clips / clothespins	4-6	Recommended	