

Manaslu Circuit Trek Packing List



Clothing and Footwear

- ☐ Moisture-wicking tops and bottoms
- ☐ Thermal innerwear for cold nights
- ☐ Quick-drying underwear 
- ☐ Sports bras or supportive inner layers for women trekkers 
- ☐ Fleece or light down jacket 
- ☐ Insulating vest (optional)
- ☐ Waterproof shell jacket and pants 
- ☐ Breathable trekking trousers & shorts 
- ☐ Warm Hat, gloves, scarf
- ☐ Sunhat and sunglasses 
- ☐ Neck gaiter or buff for dust & cold air 
- ☐ Trekking boots 
- ☐ Camp shoes or sandals 
- ☐ Hiking socks and gloves 

Health and Hygiene

- ☐ First aid kit 
- ☐ Sunscreen and lip balm with SPF 
- ☐ Insect repellent
- ☐ Biodegradable soap
- ☐ Personal hygiene essentials 
- ☐ Hand sanitizer and wet wipes 

Trekking Gear & Equipment

- ☐ Sleeping Bag: (-10°C to -15°C)  
- ☐ Trekking poles 
- ☐ Headlamp or flashlight 
- ☐ Reusable water bottle (1-2L)
- ☐ Water purification tablets or filter 
- ☐ Rain jacket or poncho
- ☐ Power Bank or solar charger 
- ☐ Quick-dry towel
- ☐ Microspikes: For icy sections near Larke Pass 
- ☐
- ☐

Backpacks & Bags

- ☐ Duffel bag(60-80L) 
- ☐ Daypack(30-40L)
- ☐ Rain Cover
- ☐ Dry bags or compression sacks

Technology and Miscellaneous

- ☐ SmartPhone or Camera 
- ☐ Power Adapter and Power Bank 
- ☐ Trekking map or offline GPS 
- ☐ Cash (no ATMS beyond Soti Khola) 
- ☐ Snacks or energy bars 

Documents and Permits

- ☐ ID and passport 
- ☐ Permits  
- ☐ 2 pp size photos
- ☐ Travel Insurance Certificate 
- ☐ Photocopies of all documents 

-  = Essentials
 = Provided for you

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