



Manslu Trek Packing List

	DESCRIPTION	BRAND / MODEL	QTY	CheckList
HIKING	Trekking poles	BYO or purchase cheaply in Ktm	2	
	Micro Spike	Micro Spike - Hire from Ktm	2	
	Backpack	Zpack, Osprey, HMG, 30-40 litre w Porter 60-80 w/o	1	
	Water reservoir	BYO or use 1.25 litre water bottle	1	
	Water filter	Katadyn BeFree	1	
	Pack liner	Ultrasil or a garbage bag (unless waterproof)	1	
	Stuff sacks	Ultrasil BYO or buy in Ktm	1	
	Pack cover	Ultrasil BYO or buy in Ktm (unless waterproof)	1	
SLEEPING	Sleeping bag -USD 1/day to rent	BYO or Rent in Ktm -10 to -20 degrees	1	
	Sleeping bag liner	Silk BYO and purchase cheaply on Ebay	1	
			1	
GARMENT	Underwear	Breathable synthetic BYO	3	
	Socks	Wool BYO	3	
	Bra	Sports BYO	3	
	Base layers - Pants	Merino wool BYO	1	
	Trekking shirt	Synthetic lightweight BYO or purchase in Ktm	2	
	Rain pants	Sythetic lightweight Frogg Toggs are excellent	1	
	Trekking pants	Synthetic lightweight BYO or purchase in Ktm	2	
	Hiking shoes / boots	BYO Salomon Quest 4D or Xultra 3 or 4	1	
	Camp shoes	Down booties BYO or purchase in Ktm	1	
	Gloves	One pair thin merino wool. 2nd pair thick insulated	2	
	Hat	Sun hat or peak cap with neck protection. BYO	1	
	Down Jacket	BYO	1	
Wind Breaker	BYO	1		
MISCELLANEOUS	Sunglasses	Non- polarised Glacier Glasses Julbo recommend	1	
	Book or E-reader	BYO Kindle or book	1	
	Solar Charger	BYO great for keeping batteries charged	1	

	DESCRIPTION	BRAND / MODEL	CheckList
HYGIENE / SAFETY	Microfiber towel	Lighthouse BYO	
	Tooth brush	BYO	
	Tooth paste	BYO	
	First aid kit	BYO	
	Medicine kit	BYO Prescribed medications	
	Sunscreen	BYO	
	Sewing kit	BYO	
	Insect repellent	BYO	
	Blister kit	BYO	
	Soap/Sampoo	Castille soap recommended	
ELECTRONICS	Comb or brush	BYO	
	Period supplies	BYO	
	Small swiss army Knife (Optional)	Victorinox Swiss Army classic SD recommended	
	Toilet paper	Rolls in a waterproof zip lock bag	
	Sanitising gel	A small squeeze bottle	
	Camera (Optional)	BYO	
	Phone	BYO (purchase Nepal sim card)	
GPS (Optional)	BYO or use your phone		
External hard drive (Optional)	BYO to back up photos not mandatory		
Head torch	BYO Nitecore NU25 recommended		
Power Bank for charging phone	BYO		