

Manaslu Circuit Trek

ITEMS	DESCRIPTION	QTY	CheckList
HIKING GEARS			
Trekking Poles	Trail stabilizers, save those knees downhill!	1 Pair	
Backpack	With Porter 25-35L, Going Solo 40-60L.	1	
Reusable Water Bottles	Hydrate and hug at night when it's filled with hot water!	1	
MicroSpikes	Grip it, handle icy path like a boss.	1 Pair	
Trekking Boots	Boots for support, Trail runners for pros.	1 Pair	
Headlamp	Keeps hands free, early hikes and midnight nature calls!	1	
Dry Bag/Zip Lock Bag	Stay organized and stash the stinky.	1	
Rain Cover for Backpack	Shields your bag from rain and rough rides!	1	
Sunglasses	lose one, break one, still look cool.	2 Pairs	
Sun Hat / Cap	Shield your face, no one likes a sunburned selfie.	1	
Organizer's	Tame your packing chaos like a pro-level trekker.	1	

GARMENTS			
Base Layer Set (Thermal)	A thermal hug for windy ridges.	2	
Fleece/Microfiber Jacket	Like a wearable hug, light, warm, essential.	1	
Quick Dry Tees (Merino)	Sweat less, smell less, hike more.	3	
Quick Dry Pants	Dries fast—cross rivers, dodge rain.	1	
Trekking Pant (Soft Shell)	Built for Nepal's trails, tough and comfy.	1	
Trekking Pant (Hard Shell)	Bring the big guns for snow and storm duty.	1	
Windbreaker Jacket	Windproof your journey without packing bulk.	1	
Waterproof Jacket	Because soggy trekkers aren't happy trekkers.	1	
Waterproof Pant	Wet pants? No thanks, bring these just in case.	1	
Down Jacket	Your puffy cloud for chilly dawns and nights.	1	
Cosy Outfit for teahouses	Trade hiking boots for this once you're in the teahouse.	1 Set	
Socks (Liner/Trekking)	Happy feet = happy trek. Bring extras!(3/3)	6 Pairs	
Gloves Liner	Wear under gloves or for chilly tea stops.	1 Pair	
Gloves Windproof	Block those winds sweeping down from the peaks.	1 Pair	
Woolen Hat	Block out wind and keep your brain warm.	1	
Beanie	Extra warmth while sipping tea in the yard.	1	
Neck Gaiter	Neck protector, face warmer, and style icon in one.	1	
Under Garments	Laundry day is rare, pack backups!	3	
Bra	Supportive and breathable for long trail days.	3	

SLEEPING			
Sleeping Bag	Sleep snug—from stars to teahouse beds.	1	
Sleeping Bag Liner	Add warmth and avoid funky smells.	1	
Earplugs	Snorers in the next room? Problem solved.	2 set	
Travel Pillow	Nap like royalty, even in the Himalayas.	1	
Eye Mask	Sun's up? Not till you are.	1	

 Essentials

 Don't have, we got you covered.

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ITEMS	DESCRIPTION	QTY	CheckList
TOILETRIES / HYGIENE			
Microfiber Towel	Dries fast, packs light, towel off in style.	1 Pair	
Tooth brush & Tooth paste	Morning breath? Not on these trails.	1 Set	
Wet Wipes	No shower? No problem, wipes to the rescue.	2 Pack	
First Aid Kit	Leeches, scrapes, bruises, be ready.	1	
Sunscreen	High-altitude sun bites, lather up.	1	
Blister Kit	Blisters sneak up, treat them quick.	1	
Soap/Sampoo	Bucket shower? You'll still feel fresh.	1 Set	
Lip Balm	Wind or sun, protect those lips.	1	
Comb or Brush	Brush off the dust, hair's still happy.	1	
Period Supplies	Periods don't pause for mountains, pack well.	As Needed	
Nail Clippers / Tweezers	Snagged gear or sharp toenail? Clip it clean.	1	
Toilet Paper	Don't get caught short, carry your own roll.	Varies	
Sanitising Gel	Sanitize before snack time, in every stop.	1	
Deodorant	Feel fresh, even 3 days from a shower.	1	
Mirror (Optional)	For grooming or checking windburn.	1	
Water Purification Tablets / Filters	Turn glacier melt into safe drinking water.	1	

ELECTRONICS			
Camera	Snap yaks, peaks, and village smiles.	1	
Phone	Call home, check maps, jam tunes, one device.	1	
GPS Watch / Device	Track your climbs, brag later.	1	
External Hard Drive	No backup, no proof, save it all.	1	
Cables	Juice up your phone, cam, or headlamp.	1	
Power Bank	Dead battery? This keeps you going.	1	
E-Book	Books in your pocket, read and relax.	1	
Travel Adapte(Type D, C & M)	Stay charged from Kathmandu to Jomsom.	1	
Earphones	Tunes or podcasts, your trail soundtrack.	1	

MISCELLANEOUS			
Lightweight Shoes/Sandels	Post-hike bliss, slip into comfort.	1	
Gaiters	Keep snow and grit out of your boots.	1 Pair	
Playing Cards/Card Games	Perfect for rest days or teahouse hangs.		
Multitools	Solves (almost) everything in one flip.	1	
Journal/Pen	Write. Reflect. Doodle. Dream.	1 Set	
Repair Kit	Patch up gear before it falls apart.	1	
Insulated Flask	Sip hot tea in icy wind like a local.	1	
USD 15-20 In Nepalese Currency	Tea, snacks, or surprise tips, always handy.	As Needed	
Snacks (Energy Bar, Protein, Tail Mix)	Fuel your hike with tasty trail treats.	Varies	
Electrolyte Tablets or Powder	Beat cramps—fuel up with electrolytes.	Varies	