

MANASLU CIRCUIT TREK

Embrace your WILD side



ESSENTIAL PACKING LIST



It's time!! We're so excited to have you joining us for this journey into the mountains of Nepal! Get ready for some amaaazing views, cute tea houses, and new adventure besties. But first, let's make sure you have everything you need to have the best time!



Day Pack

You will only need to carry a small daypack on the trail with things that you will need for that day. The rest we will give to a porter to carry for us.

✓ The Bag

We recommend a size of 20 – 30L, ideally with a waist strap for support so it's a lot more comfortable. Try and keep the pack as small and light as possible to prevent carrying unnecessary weight. Recommended day packs

✓ Water bottle or bladder

The water in Nepal needs to be filtered so there are two options. You can either bring water purification tablets or our favourite option is to bring a water bottle or bladder that filters for you like a Lifestraw, Katadyn or Grayl! Check them out here!

✓ Sunscreen & Hand sanitiser

✓ Hat & Sunnies

✓ Camera

✓ Power Bank - There are not always a lot of powerpoints at the teahouses and sometimes you have to pay to charge so it's always nice to have a powerbank on hand.



✓ **Band-aids** - Here are specific ones for blisters

✓ **Blister Wool** - A life saver on multi day treks!

✓ **Personal Medications & First Aid**

Our guides will carry a first aid kit but it's nice to have a few things that you know you might like in case you get headaches, sore tummies or anything. If you are worried about getting altitude sickness you can chat with your doctor about a few options to bring along as well.

✓ **Headtorch and spare batteries** - Some goodies

✓ **Optional: Trekking Poles** - If you often have knee/hip/ankle pain poles will make a big difference.



Main Bag

When you arrive in Kathmandu you will be given a big duffel bag that you will share with one other person for the trek and it will be carried by a porter along the trail. Each porter carries 20 kilos which is for two people. So you will get a buddy at the beginning of the trip that you will share the bag (10 kilos each) and room with. Your bag that you travel with to Nepal will be securely stored in Kathmandu.

✓ **Packing Cells**

These are our favourite way to stay organised while travelling. It will also help a lot when sharing a duffel with a friend so you can keep each of your things separated and tidy.

✓ **Toiletries**

Travel size bottles are great for a trip like this since you probably won't be washing your hair everyday and it keeps the bag nice and light.

✓ **Travel towel**

Quick drying towels are great! Heres a goodie.

✓ **Lightweight winter sleeping bag**

The higher we get, the colder it gets so having a nice warm sleeping bag is essential. It can go below 0 at nights so we recommend one rated for -10°C.



✓ **3 passport sized photos** - Required for trekking permits

✓ **Optional: Book, Journal, Cards, small travel games, crafts or instruments**

Because who doesn't love to play games in the evening or have a jam around the fire =)



How to DRESS like an Adventurer!

✓ **Shirts**

Having a nice breathable material makes all the difference in a shirt when hiking! Cotton can get cold if you are sweating a lot and then the temperature drops. It's better to have something sweat wicking like merino wool or workout/hiking specific tops. I like to bring a few short sleeve options and a long sleeve one for sun protection as well.



✓ **Long pants**

You can either use normal workout type leggings or a looser pair of pants. Whatever is the most comfortable for you to hike in. I like one of each so I can layer them on the morning we go to Poon Hill. It's gonna be cold!



✓ **Wind/waterproof pants**

The chances for rain in April aren't very high but these will be good to keep you warm when it's windy.

✓ **Warm layers**

The temperatures can get pretty chilly in the mornings and evenings and warm up during the day so it's all about the layers! You will want to have a nice baselayer/midlayer like a merino wool or fleece.



✓ **Puffer jacket**

This is essential! This will be an important part of you layering! It can get really cold at the high elevations. I use a puffer on top of a fleece and or merino and t-shirt so I can plus or minus layers whenever I need.



✓ **Rain Coat**

It probably won't rain but you just never know! This can also double as your wind proof shell to layer on top.



✓ **Beanie & Neck Warmer**

Its gonna be chilllllyyy! I like to sleep with mine too.

✓ **Soft warm gloves**

Some thin fleece ones will be good.

✓ **Pyjamas/Comfy camp clothes**

Dont forget to bring some trackys and soft clothes to relax in at the tea houses. My favourite fleece sweatpants travelling are these [seriously comfy pants](#).

✓ **Hiking boots**

Hopefully you've already got hiking boots broken in, but if you haven't, no worries - time to start wearing them around the house! Most quality boots require some breaking in because they are made of a hard leather or similar material, which softens and moulds to the shape of your foot over time. This is totally normal.

Its best when buying hiking boots to get one size bigger than you normally would for a few reasons: your feet can swell when hot; sometimes you need to wear thick socks for warmth; and when you're going down steep hills your feet tend to slide forward and your toes can get blisters from rubbing on the front. For Nepal ankle boots are recommended to provide ankle support as the terrain can be uneven and rocky.

✓ **Socks**

It makes SUCH a difference to wear quality [wool hiking socks](#). (Ive learnt this the hard way!) Hiking socks are thicker, providing better padding to avoid blisters, and keeping your feet better insulated, cool when its warmer, and warm when its cooler. They also allow air flow, again preventing sweat which leads to blisters.

✓ **Camp shoes**

By the end of the day you will be happy to get your feet out of your hiking boots! I recommend Crocs or Tevas. We're going for comfort and something you can wear with wool socks.





✓ **Power Adapter**

Nepal uses the plug with two round prongs

✓ **Snacks**

You can buy some snacks like crisps and chocolates along the trail but if you want healthier snacks it's better to come prepared. You can buy nuts, bars and dried fruit in Kathmandu. I personally love to bring some protein bars from home because, although the food is delicious, there isn't a whole lot of protein.



Happy Packing!

