

Manaslu Circuit Trek

Complete Packing List

All gear for a safe, warm high-pass trek crossing Larkya La (5,106m)

–20°C

Min Temp

5,106m

Larkya La Pass

14–18 Days

Duration

–15°C

Sleep Bag

\$2/day

Bag Rental

Best Trekking Seasons

Spring

Mar–May

Best season. Wildflowers & clear Himalayan views.

Autumn

Sep–Nov

Excellent visibility. Most popular season.

Monsoon

Jun–Aug

Heavy rain & restricted permits. Avoid.

Winter

Dec–Feb

Very cold at pass. Full gear essential.

Altitude Safety

Larkya La Pass (5,106m) is the highest point — temperatures can drop to –20°C. Always carry a –15°C sleeping bag. Ascend slowly, drink 3L+ water daily, and watch for AMS symptoms. Diamox (125–250mg) is recommended — consult your doctor beforehand.

Quick Reference Checklist

Print and tick off each item before you pack

HEAD & SUN PROTECTION

1

Sun Hat — Wide Brim

2

Warm Beanie

3

Buff / Neck Gaiter

x1

4

Headlamp

x1

5

Extra Batteries for Headlamp

6

Sunglasses — UV Protection

x1

7

Sunscreen

SPF 50+

8

Lip Balm with SPF

SPF 20+

9

Face & Body Wipes

BODY WEAR — LAYERS

10

Down Jacket

–15°C to –20°C

11

Thermal Base Layer Top

x2 sets

12

Fleece Pullover

x1

13

Lightweight Thermal Top

x1

14

Waterproof / Snowproof Jacket

x1

15

Trekking Trousers

x2 pairs

16

Fleece / Thermal Pants

x1 pair

17

Waterproof Trousers

x1 pair

18

Hiking Shorts

Optional

Quick Reference Checklist (continued)

FOOTWEAR & SMALL ITEMS

1

Waterproof Hiking Boots

Break in first!

2

Camp Shoes / Sneakers

x1 pair

3

Crampons / Ice Cleats

Nov–Mar only

4

Gaiters

x1 pair

5

Hiking Socks

x3 pairs

6

Warm Thermal Socks

x1 pair

7

Quick-Dry Underwear

1–2 pairs

8

Sports Bra (Women)

9

Thick Gloves + Fleece Liner

x1 pair

PACKS, SLEEP & GEAR

10

Duffel Bag — Porter Carry

65–75L

11

Day Pack

30–40L

12

Dry Bag / Pack Liner

13

4-Season Sleeping Bag

–10°C rated

14

Sleeping Bag Liner

x1

15

Trekking Poles — Adjustable

x1 pair

16

Water Bottles

2L total

FIRST AID & HEALTH

17

Diamox Tablets

125–250mg

18

Excedrin / Paracetamol

19

Ibuprofen

20

Imodium / Pepto-Bismol

21

Dettol / Betadine Ointment

x6 sachets

22

Band-aids — Multiple Sizes

23

Waterproof Medical Tape

24

Moleskin Blister Kit

25

Small Personal First Aid Kit

26

Hand Sanitizer

27

Sunscreen

SPF 50+

28

DEET Insect Repellent

29

Compact Towel

30

Shampoo + Soap

Quick Reference Checklist (continued)

WATER PURIFICATION

1

Water Filter — e.g. Sawyer

x1 reusable

2

UV Treatment — e.g. SteriPen

x1

3

Purification Tablets (Aquatabs)

4

Iodine Tablets

Backup option

5

Electrolyte Sachets

6

= Item number for packing order | Colour badge = quantity or season note