

Manaslu Equipment List

Note: The items **highlighted in yellow** may be available to rent on request

Clothing / Layers

☐ **Synthetic mountaineering boots**

Examples of suitable boots:

La Sportiva Olympus Mons, Scarpa Phantom 8000 or similar.

Examples of unsuitable boots:

La Sportiva G2SM, Scarpa Phantom 6000 or similar.

☐ **Gore-Tex trekking shoes**

Hiking boots or trail runners, depending on your preference.

☐ **Runners or down booties**

To wear at high-altitude camps.

☐ **Sandals, Crocs or flip-flops**

To wear at lower altitude when not trekking.

☐ **Midweight hiking socks x 4 minimum**

These can be hand-washed during the trek.

☐ **Heavyweight summit socks x 1**

☐ **Underwear x 5 minimum**

These can be hand-washed at base camp. Merino wool or synthetic is advisable.

☐ **Quick-dry shorts x 1**

☐ **Lightweight hiking trousers x 1**

☐ **Softshell trousers x 1**

☐ **Long johns / thermal leggings x 1**

Silk, wool or synthetic. For cold evenings, sleeping and summit night.

☐ **Short-sleeve base layer x 2**

Silk, wool or synthetic.

☐ **Long-sleeve hooded base layer x 2**

Silk, wool or synthetic.

☐ **Mid-layer x 2**

A combination of midweight fleece, lightweight down jacket and/or softshell jacket. Your Earth's Edge jacket can count as one of these layers.

☐ **Down jacket**

With good loft, large insulated baffles, and a hood. At least 900 g in weight.

☐ **Down pants**

Make sure the pants have full-length zips.

☐ **Down suit**

☐ **Waterproof jacket**

☐ **Waterproof trousers**

Full-length zips are helpful so they can be put on over boots and crampons.

☐ **Lightweight poncho**

Useful as a backup in heavy rain.

☐ **Fleece hat / beanie**

☐ **Helmet liner hat**

This is a thin hat which can fit under your climbing helmet.

☐ **Bufs x 2**

☐ **Lightweight liner gloves**

Wool or synthetic.

☐ **Heavyweight mountaineering gloves**

Rab Guide Gloves or similar.

☐ **Heavy down mitts**

Examples of suitable mitts:

Rab Expedition 8000 Down Mitts or similar.

Examples of unsuitable mitts:

Rab Endurance Down Mitt or similar.

☐ **Sunglasses (category 3 or 4)**

- ☐ **Ski goggles (category 3 or 4)**
- ☐ **Sun hat with a wide brim**
To cover face and neck.
- ☐ **Spare set of clothes**
To leave at the hotel and wear after you finish the expedition.

Trekking Essentials

- ☐ **Duffel bag (120-150 L) x 2**
To transport your equipment from Kathmandu to base camp. We recommend using something sturdy, as this bag will be carried by the support team.
- ☐ **Rucksack (55-70 L)**
You will use this throughout the expedition. When approaching base camp it will be almost empty as the bulk of your equipment will be in your duffel bag with the support team. It will be full when carrying loads between higher camps. On summit day it will be almost empty except for your oxygen bottle as we will leave the bulk of our gear at high camp.
- ☐ **Small bag for hotel storage**
To leave at the hotel with any clothes or equipment you don't need on the mountain.
- ☐ **Dry bags**
For additional waterproofing and to separate items inside your bag.
- ☐ **Warm sleeping bag**
Comfort rating of -30°C or lower. Please use the comfort rating, not the limit or extreme/survival rating.
- ☐ **Inflatable sleeping mat**
NeoAir Therm-a-Rest or similar.
- ☐ **Foam sleeping pad**
Z Lite Therm-a-Rest or similar.

- ☐ **Pee bottle (1 L, wide-mouth)**
Women should bring a funnel (SheWee) too.
- ☐ **Water bottles (3 x 1 L Nalgenes) + water bladder (2 L)**
You can use a water bladder at lower elevations if you prefer, but it won't work at high altitude so you also need bottles.
- ☐ **Water bottle insulators**
For each of your bottles.
- ☐ **500 ml Thermos**
- ☐ **Cup, bowl and spoon / spork**
- ☐ **Personal snacks**
Although meals are included throughout the expedition, bring your favourite high-energy snacks like energy bars, sweets, trail mix or nuts to eat on the trail.
- ☐ **Hand warmer sachets x 5 minimum**
- ☐ **Headtorch with spare batteries**
- ☐ **Walking poles**
- ☐ **12-point crampons**
- ☐ **Climbing helmet**
- ☐ **Mountaineering harness**
- ☐ **Ascender (Jumar)**
- ☐ **Belay device (ATC/Figure 8)**
- ☐ **3 metres of 7 or 8 mm rope**
Can be purchased in Kathmandu.
- ☐ **3 large oval-shaped screwgate carabiners**
Can be purchased in Kathmandu.

Personal Care

- ☐ **Sun cream (at least SPF 30)**
SPF 50 recommended.
- ☐ **SPF lip balm (SPF 50)**
- ☐ **Insect repellent**
- ☐ **Toiletries**
Toothbrush, toothpaste and soap. Wet wipes and a nail brush are very useful.
- ☐ **Small quick-drying towel**
Microfibre or similar.
- ☐ **Tissues / toilet paper**
No toilet paper is provided in teahouses.
- ☐ **Hand sanitiser**
- ☐ **Moisturiser**
Useful for dry skin caused by altitude, wind and sun exposure.
- ☐ **Glasses / contact lenses (if needed)**
We advise bringing both glasses and contact lenses. Daily disposable lenses are recommended over monthlies.
- ☐ **Menstrual hygiene products**
It's best to be prepared, even if you're not expecting your period, as cycles can become irregular at altitude. Applicator tampons or pads are best.
- ☐ **Small rubbish bags / resealable bags**
For used tissues, wipes and personal hygiene products.

Important Items

- ☐ **Passport**
Must be valid for at least six months after you return and have at least two free pages.

- ☐ **Copies of your passport, travel insurance and vaccination records**
Bring printed copies and keep digital copies accessible offline.
- ☐ **Cash and bank card**
For tips, drinks, snacks, optional activities and emergencies.

Optional Items

- ☐ **Sleeping bag liner**
Helps to keep your sleeping bag clean and adds extra warmth.
- ☐ **Second sleeping bag**
If you own a second sleeping bag, bring it, as it is useful to have one for base camp and one for high camps.
- ☐ **Balaclava**
- ☐ **Foot warmer sachets**
- ☐ **Rain cover for your rucksack**
- ☐ **Water purification**
All drinking water provided to you will be treated correctly, but you may still wish to bring your own tablets / drops, such as iodine or chlorine. Powdered fruit juice can help disguise the taste.
- ☐ **Earplugs and eye mask**
- ☐ **Universal travel adaptor, power bank and charging cable(s)**
Nepal primarily uses Type C plugs.
- ☐ **Camera**
- ☐ **Kindle / book, notebook and pen**
- ☐ **Swimwear / togs**
For the hotel pool.

Med Kit List

It's essential that you bring your own basic first aid kit. Below are the key items you'll need:

Essential:

- ☐ **Current medications**
Bring a good supply of any tablets, creams, or inhalers you currently take or think you may need.
- ☐ **Paracetamol and ibuprofen**
- ☐ **Rehydration salts / electrolytes**
- ☐ **Blister kit and plasters**
Compeed (blister plasters), standard plasters, KT tape and a small pair of scissors.
- ☐ **Throat lozenges**
Useful in dry, dusty or cold conditions.

Recommended:

- ☐ **Diamox (tablet form, not capsules)**
If you have decided to take it.
- ☐ **Antibiotics (one of Azithromycin or Ciprofloxacin)**
The doctor will carry antibiotics for the group, but supplies can be depleted quickly if several people become unwell.

Optional:

- ☐ **Antihistamine cream and tablets**
Useful for allergies, bites or skin irritation.
- ☐ **Nasal spray / decongestant (e.g. Sudafed)**
- ☐ **Diarrhoea relief tablets (Loperamide)**
- ☐ **Buscopan**
- ☐ **Laxatives**
- ☐ **Medicated cream**
For example, hydrocortisone, antifungal cream or cold sore cream, if you normally use them.

If you have any questions or concerns, just get in touch - we're happy to help!