

Manaslu Circuit Trek Packing Checklist

The complete, no-nonsense gear guide for first-time and experienced trekkers tackling Larke Pass (5,106m) — pack smart, trek happy, come home with stories.



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Your printable, save-for-later companion for the Manaslu Circuit Trek — Nepal's remote Himalayan gem

What to Pack for the Manaslu Circuit Trek

Everything you need for 3–4 weeks of shifting temperatures, river valleys, and high alpine passes

Why packing right matters: The Manaslu Circuit takes you from warm, subtropical river valleys at 900m all the way up to the icy, windswept Larke Pass at 5,106m — sometimes within the same week! Packing correctly for this range of temperature and terrain isn't just about comfort, it's one of the most important parts of your entire trek preparation.

Clothing

- Moisture-wicking base layers
- Insulated mid-layers (down or synthetic jacket)
- A waterproof and windproof outer shell
- Trekking trousers
- Thermal underwear
- Warm hat
- Sun hat
- Gloves (both liner and insulated)
- Buffs or neck gaiters

Footwear

- Broken-in waterproof trekking boots
- Camp shoes or sandals for evenings
- 3–4 pairs of quality trekking socks plus liner socks

Backpack

A 40–50L backpack for personal daypack use, plus a duffel bag (often provided by the agency) for the porter to carry.

Sleeping Gear

A four-season sleeping bag rated to at least -15°C to -20°C for higher elevations, plus an optional liner for extra warmth and hygiene.

Trekking Equipment

- Trekking poles
- Headlamp with spare batteries
- Sunglasses with UV protection
- A basic repair kit

Electronics

- Power bank (10,000–20,000 mAh)
- Universal adapter
- Spare phone/camera batteries
- A solar charger as backup

Toiletries

- Biodegradable soap
- Wet wipes
- Hand sanitizer
- Toothbrush and toothpaste
- Quick-dry towel

Personal Documents

- Passport with visa
- Passport photos
- Permit copies
- Travel insurance documents
- Printed emergency contacts

First Aid Kit

-  Diamox (acetazolamide, on doctor's advice)
- Basic pain relief
- Blister care
- Altitude sickness medication
- Water purification tablets
- Any personal prescriptions

Snacks

- Energy bars
- Dried fruit
- Nuts
- Electrolyte powders to supplement teahouse meals on demanding days

Water Purification

A combination of purification tablets, a filter bottle, or a UV steripen — so you're never solely reliant on bottled water.

Optional Luxury Items

A pillow case · Small travel journal · Portable speaker · A favorite tea or coffee sachet for morale — the little things that keep spirits high after a long trekking day!

What NOT to Pack

Avoid bringing:

- Excessive changes of clothing
- Heavy cotton items that stay wet once damp
- Full-size toiletries
- Hardcover books
- Unnecessary camera lenses
- Bulky luxury electronics

Remember: Every extra kilogram adds fatigue over multiple long walking days, so pack only what serves a clear function.

Choosing the Right Trekking Boots

Waterproof boots with ankle support are essential given river crossings, mud, and occasional snow near the pass.

Break-in period: Boots should be worn on at least several long walks before the trek to avoid blisters.

Socks: Merino wool blends manage moisture better than cotton.

Insoles: Upgraded cushioned insoles can significantly improve comfort on long descent days.

Backpack Weight Guide

Recommended limits: Keeping your load within these ranges keeps both you and your porter safe, happy, and moving comfortably all day.

Bag	Recommended Weight	What Goes In It
Porter-carried duffel	12–15 kg	Main clothing, sleeping bag, spare gear
Personal daypack	5–7 kg	Water, snacks, layers, camera, essentials for the day



Quick Recap: Layer smart, break in your boots early, keep your pack weight in check, and never skip your first aid kit — and you'll be ready for one of Nepal's most spectacular Himalayan adventures!



Keep Exploring: Manaslu Circuit Trek Resources

This packing checklist is part of a complete Manaslu Circuit Trek preparation series covering permits, itineraries, altitude sickness prevention, best trekking seasons, and budget planning for Nepal's most rewarding restricted-area trek.

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