NEST Adventure Manaslu Circuit Trek Packing List

S.N	Basic Gear	Description
1	Back Pack with Rain Cover	50 -70 L Capacity With Comfortable Shoulder Straps & Rain Protection
2	Day Pack with Rain Cover	15 - 25 L For Short Hikes or Summit Day
3	Walking Poles	1 Pair - Adjustable, Lightweight With Reliable Locking System
4	Head Light	1 (Durable Battery With Adjustable Brightness Setting)
5	Water Bottle or Hydration Pack	2 Bottles (1 Liter Each) or Hydration Bladder (2-3 Liter)
6	Personal Medical Kits	Antibiotics, Antiseptic, Bandages, Band-Aids, Painkillers
7	Snacks	Energy Bars, Protein Bars & Dry Fruits
	Hand Wear	
8	Waterproof & Warm Gloves	1 Pair – Insulated, Waterproof Preferred
9	Woolen Gloves or Fleece Gloves	1 Pair – For Inner Insulation Layer
	Head Wear	
10	Sun Hat	1 – Wide Brim For Sun Protection
11	Woolen Hat	1 – For Warmth In Cold Weather
12	Sun Glasses	1 – With UV Protection And Side Coverage
13	Balaclava	1 – Full Face Covering For Cold Wind
14	Neck Gaiters	1 – For Sun Protection & Warmth)
	Body Wear	
15	T-Shirts	2 (Half Sleeves, Non Cotton & Quick Dry)
16	Fleece T-Shirts	1 – For Mid Layer Insulation
17	Fleece Jacket	1 – For Warmth
18	Down Jacket	1 (-10 to -15 Degree Celsius) Lightweight & Windproof
19	Thermal Inners (Upper & Lower)	1 Pair – For Warmth During Night & Cold Climates
20	Trek Pants	2 – Synthetic
21	Windproof Jacket & Pants	1 Pair – Lightweight, Water Resistant & Windproof
22	Poncho	1 – For Rain Protection
23	Sleeping Bag	Lightweight, High Quality Goose Down (-10 to -20 Degree Celsius)
	Foot Wear	
24	Trekking Shoes	1 Pair – Waterproof, Ankle Support & Good Grip
25	Socks (Cotton & Woolen)	5/3 Pairs – Wool For Cold & Cotton For Light Use
26	Slippers or Flip-Flops	1 Pair – Lightweight, Optional Camp Footwear
27	Crampons	Consult With NEST Adventure
	Personal Utilities	
28	Sunscreen Cream	SPF 30 or Above
29	Toilet Paper & Wipes	Biodegradable Preferred
30	Moisturizer	For Dry Skin
31	Lip Balm	With SPF
32	Hand Sanitizer	Alcohol Based
33	Toothbrush & Toothpaste	Travel Size
34	Towel	Quick Dry Microfiber Preferred
35	**Medications**	
36	First Aid Kits	Basic First Aid Kits (Consult With A Doctor)
37	Altitude Sickness Medicine	Diamox or Similar (Consult With A Doctor)
38	Pain Relief Medicine	Paracetamol or Ibuprofen
39	Antibacterial Powder	For Bacterial Use

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