



# MANASLU EXPEDITION GEAR CHECKLIST

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## HEAD WEAR

- Warm Hat
- Sun Hat
- Bandana or Buff
- Neoprene Face Mask (Optional)
- Neck Gaiter / Fleece Buff (Optional)
- Sun Glasses (2 Pairs)
- Ski Goggles

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## BODY WEAR

- Waterproof Shell Jacket
- Waterproof Shell Pants
- Expedition Down Suit
- Base Camp Down Pants

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- Lightweight Insulated Pants (Optional)
- Midweight Insulated Jacket
- Softshell Climbing Pants
- Lightweight Fleece Top & Pants
- Windshirt (Optional)
- Trekking/Glacier Shirt
- Base Layer Tops (3) & Leggings (2)
- Underwear (5-6 Pairs)
- Trekking Clothes
- Casual Wear

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## HAND WEAR

- Liner Gloves (2 Pairs)
- Fleece Gloves (2 Pairs)
- Mountaineering Gloves (Removable Liners)
- Expedition Mitts

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## FOOT WEAR

- Socks (6-8 pairs)
- Lightweight Shoes/Sandals
- Trekking Boots
- 8000m Mountaineering Boots
- 6000m Mountaineering Boots (Optional)
- Snow Gaiters
- Down Bivvy Boots
- Camp Boots (Optional)
- Foot Warming System (Optional)

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## PACKS & BAGS

- Small Duffel (30-40 L)
- Large Duffels x 2 (95-132 L)
- Daypack (30-40 L)
- Mountaineering Pack (55-65 L)



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## ACCESSORIES

- Headlamps (2) + Spare Lithium Batteries
- Personal First Aid Kit
- Personal Toiletries
- Sunblock & Lip Balm
- Moist Wipes
- Pocket Knife/Leatherman
- Cigarette Lighter
- Camping Towel
- Chemical Warmers (Optional)
- Pillow Case (Optional)
- Stuff Sacks & Large Plastic Bags
- Solar Panel & Battery Pack (Optional)
- Pee Bottle
- Chargers & USB Flash Drive
- Steripen (Optional)
- Trekking Poles (Optional)

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## CAMPING GEAR

- Down Sleeping Bags (-20°C & -40°C)
- Foam Sleeping Mat
- Inflatable Sleeping Mat
- Water Bottles (2) & Covers
- Cup, Bowl & Spoon
- Thermos Flask (Optional)

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## CLIMBING EQUIPMENT

- Climbing Helmet
- Climbing Harness
- Ice Axe
- Crampons
- Belay/Rappel Device
- Locking Carabiners (3)
- Non-Locking Carabiners (3)
- Mechanical Ascender (Jumar)
- Prusik & Cord
- Avalanche Transceiver

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## TRAVEL GEAR

- Valid Passport & Documents
- International Adapter
- Passport Photos (4)
- Insurance Papers & Contact Address