

Manaslu Expedition Required Equipment

BASE LAYERS

- Synthetic Short Underwear** (2-3 pair)
non-cotton style underwear
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- Lightweight Long Underwear** (2-3 pair)
long sleeve shirt and long pants
recommended: [Mountain Hardware Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms
- Heavyweight Long Underwear** (1 pair)
recommended: [Mountain Hardware Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms
- Short Sleeve Synthetic Shirt** (1-2 pair)
recommended: [Mountain Hardware Diamond Peak Short Sleeve T-Shirt](#)

MID LAYERS

- Soft Shell Jacket**
to be worn over other layers
recommended: [Mountain Hardware Stretch Ozonic Jacket](#)
- Soft Shell Pants**
very breathable and water repellent
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- Lightweight Nylon Pants** (1-2 pair)
recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF/RAIN LAYERS

- Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardware Exposure/2 Gore-Tex 3L Active Jacket](#)
- Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

- Heavyweight Insulated Down Jacket with hood**
we primarily wear this when climbing below Camp 2
recommended: [Mountain Hardware Absolute Zero Parka](#) or [Nilas Jacket](#)
- Insulated Pants**
worn primarily when climbing below Camp 2
recommended: [Mountain Hardware Compressor Pant](#)
- Down Suit**
worn when climbing above Camp 2
recommended: [Mountain Hardware Absolute Zero Suit](#)

HEADWEAR

- Warm Hat**
synthetic or wool hat (ski hat)
recommended: [Mountain Hardware Dome Perignon Pro](#)

**Balaclava**

to protect your neck and face in high winds
recommended: [Mountain Hardwear Alpine Balaclava](#)

**Baseball Cap or other sun hat**

to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#)

**Bandana or Buff**

to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#)

EYEWEAR

**Glacier Glasses**

full protection with side covers or wrap around
recommended: [Julbo Shield Sunglasses](#)

**Ski Goggles**

to be worn on summit day in the event of high winds – (2nd pair optional)
recommended: [Scott USA LCG Goggle](#)

GLOVES

**Lightweight Synthetic Base Layer Gloves**

for wearing on a hot day
recommended: [Mountain Hardwear Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**

to wear for moderate cold/wind
recommended: [Mountain Hardwear Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind
recommended: [Mountain Hardwear Exposure/2 Gore-Tex Glove](#)

**Expedition Mitts**

large enough to fit a liner glove inside
recommended: [Mountain Hardwear Absolute Zero Gore-Tex Down Mitt](#)

**Heated Gloves (optional)**

Battery-powered heated gloves
recommended: [Outdoor Research Capstone Heated Gloves](#)

FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**Wool or Synthetic Socks (6 pairs)**

recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)

**Heated Socks (optional)**

recommended: [Lenz 4.0 Heat Socks](#)

**Mountaineering Boots**

recommended: [La Sportiva Olympus Mons Evo](#)

**Hiking Boots/Shoes**

comfortable boots or shoes for the trek to base camp

**Camp Boots**

comfortable boots for wearing in camp
recommended: [Sorel Caribou Boot](#)

**Gaiters (optional)**

recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

**Booties (optional)**

recommended: [Feathered Friends Down Booties](#)

SLEEPING EQUIPMENT

**Sleeping Bag (for high camps)**

rated to at least -40°F. Goose down or synthetic
recommended: [Mountain Hardwear Phantom Gore-Tex -40 Sleeping Bag](#)

**Sleeping Bag (for base camp)**

rated to at least -20°F
recommended: [Mountain Hardwear Lamina -30 Sleeping Bag](#)

**Self-inflating Sleeping Pads (2)**

full length is preferred, 1 for base camp and 1 for high camps
recommended: [Therm-a-Rest NeoAir XTherm](#)

**Closed-cell Foam Pad**

to be used in conjunction with the inflating pad for warmth and comfort when sleeping
recommended: [Therm-a-Rest RidgeRest SOLite](#)

**Earplugs**

recommended: [Eagle Creek Travel Ear Plug Set](#)

MOUNTAINEERING GEAR

**Expedition Backpack**

approximately 65L
recommended: [Mountain Hardwear South Col 70 OutDry](#)

**Compression Stuff Sacks**

for reducing the volume of the sleeping bag, down parka, etc., in your pack
recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC Dry Sacks](#)

**Trash Compactor Bags**

to line backpack and stuff sacks as well as for separating gear

**Backpack Rain Cover (optional)****Trekking Backpack**

to carry on the trek to base camp. Simple and light.
recommended: [Mountain Hardwear Scrambler 35 Backpack](#)

**Trekking Poles with Snow Baskets**

adjustable poles
recommended: [Black Diamond Alpine Carbon Z Trekking Poles](#)

**Ice Axe**

general mountaineering tool (65cm)
recommended: [Petzl Summit Ice Axe](#)

**Crampons**

general mountaineering crampons
recommended: [Petzl Sarken Leverlock Crampon](#)

**Climbing Helmet**

must be able to fit over your warm hat
recommended: [Petzl Sirocco Helmet](#)

**Ascender**

1 right or left-hand ascender
recommended: [Petzl Ascension Ergonomic Ascender](#)

**“Y” Rig for ascender and safety carabiner**

recommend: [Petzl Dual Connect Adjust](#)

**Accessory Cord**

30 feet (9m) of 6mm accessory cord
recommended: [New England 6mm Accessory Cord](#)

**Alpine Climbing Harness**

mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness
recommended: [Petzl Altitude](#)

**Carabineers**

3 regular and 3 locking
recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)

**Belay/Rappel Device**

recommended: [Petzl Reverso](#)

**Headlamp**

with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)

TRAVEL ITEMS

**Large Duffel Bags with Locks (2)**

for transporting gear
recommended: [The North Face Base Camp Duffel](#)

**Carry-on Backpack**

can use trekking backpack, approximately 18” x 16” x 10” (46cm x 41cm x 26cm)

**Travel Clothes**

for days in cities and towns

**Lightweight journal, sketchbook, pencils, pen****U.S. cash**

for currency exchange to purchase SIM cards or merchandise in cities and villages

ADDITIONAL FOOD ITEMS

**Snack Food**

bring a few days’ supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc.
variety of salty and sweet is good

OTHER EQUIPMENT

**Cup**

plastic 16 oz. minimum cup or mug

Bowl
large plastic bowl for eating dinner or breakfast

Spoon
plastic spoon (Lexan)

Water Bottles (2 or 3)
wide mouth bottles with 1-liter capacity
recommended: [Nalgene 1L bottle](#)

Water Bottle Parkas (2)
fully insulated with zip opening
recommended: [Outdoor Research Water Bottle Parka #1](#)

Water Treatment (optional)
recommended: [SteriPEN Ultra](#), [Aquamira](#), tablets, etc.

Thermos
1 liter
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)

Heated Insoles (optional)
recommended: [Hotronic Custom S4 Heating Elements Foot Warmer Kit](#)

Hand Warmers
recommended: [Yaktrax Hand Warmer](#)

Sunscreen
SPF 50 or better

Lip Screen (2 sticks)
SPF 30 or better

Toiletry Bag
include toilet paper and hand sanitizer

Pee Bottle
1-liter minimum bottle for convenience at night in the tent

Female Urination Device (FUD)
recommended: [Sani-Fem Freshette](#)

Knife or Multi-tool (optional)

Small Personal First-aid Kit
include athletic tape, band-aids, Ibuprofen, blister care, cough drops, etc.

Medications and Prescriptions
bring antibiotics (Azithromycin, etc.), and altitude medicine such as Diamox and dexamethasone

Handkerchiefs/Bandanas (optional)

OPTIONAL ELECTRONICS



Country-appropriate power plug adapters and power transformers



Avalanche Transceiver

recommended: [Backcountry Access Tracker 2 Avalanche Beacon](#)



Adventure Sports Watch

recommended: [Garmin fēnix 6](#)



GPS/Personal Satellite Communicator

recommended: [Garmin inReach Mini](#)



Personal Power System

recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100AC Power Bank](#)



Digital Entertainment

movies, tv shows, music, books loaded on to smartphone, iPad, Kindle



Camera

bring extra batteries, charger, and memory cards



Portable Travel Humidifier

battery powered