Tsum valley, Manaslu and Annapurna Circuit Trek – 28 Days: Equipment checklist

Packing list for Tsum valley, Manaslu and Annapurna Circuit Trek

Clothing & layering:

- Moisture-wicking thermal tops and bottoms
- Lightweight, quick-drying hiking trousers
- Moisture-wicking hiking shirts
- Long-sleeve T-shirts
- Fleece jacket or warm pullover
- Windproof and waterproof outer jacket/rain jacket
- Down jacket or synthetic insulated jacket
- Quick-drying athletic underwear
- Merino wool or synthetic hiking socks
- Cozy wear for teahouses

Footwear:

- Broken-in waterproof hiking boots
- Lightweight sandals or camp shoes
- Gaiters (optional, useful for snow or rain/mud)

Headwear & handwear:

- Sun hat or baseball cap
- Warm beanie or wool hat
- Neck gaiter or buff
- Lightweight windproof/thermal gloves

Gear & equipment:

- Daypack (30L – 40L)
- Rain cover or dry bags
- Lightweight sleeping bag (rated to 0°C to -5°C)
- Sleeping bag liner (for extra warmth and teahouse hygiene)
- Trekking poles
- Headlamp with extra batteries or charging cable
- Water bottle or hydration bladder (2-3L capacity)
- Water purification tablets or filtered bottle

Personal items & toiletries:

- High-SPF sunscreen and lip balm
- UV-protection sunglasses
- First aid kit (blister care, personal medications, painkillers)
- Wet wipes and hand sanitizer
- Toothbrush, travel toothpaste, and biodegradable toilet paper
- Quick-dry travel towel
- Feminine hygiene supplies

Documents & money:

- Passport and trekking permits
- Nepalese Rupees in cash
- Travel insurance documents
- Passport-sized photos

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