

Medex Manaslu EQUIPMENT LIST

The two most essential items are a very good down sleeping bag and a down jacket to wear in camp at night. Suggest go for top of the range sleeping bag. We can expect night time temperatures of minus 26°C!!!

Please take note that the weather should be settled but the autumn of 2014 led to a tragedy on the Annapurna Circuit when unseasonal weather struck at the height of the trekking season. Please get good kit and go prepared.

On the trail during the day it will be hot at lower altitudes and during the day can be hot at higher altitudes but once the sun goes down it will rapidly get cold. Standard walking gear is fine plus a few camp luxuries as noted below:

Walking boots – we may be crossing snow fields higher up
Alternate footwear in case boots are hurting and to wear in camp in the evenings
Day Pack
Torch
Water bottle
Sunglasses
Sun cream
Trekking poles
Umbrella
Iodine -leeches/water purification

Therma Rest or equivalent
Sleeping bag – four season down bag

Down jacket
Fleece jacket and possibly trousers
Gloves
Warm Hat / balaclava
Waterproof jacket
Thermals

Blue barrel supplied by Tony Davies for carriage of your kit by porters or, if you want to save weight, consider a kit bag which should be waterproof and preferably lockable.

Please be aware of the cultural sensitivities of the local people when considering trekking cloths especially for hot weather – see Medex Environmental and Cultural Guidelines.

Larkya Peak additional gear

Boots capable of taking crampons

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Crampons – please ensure you have used these prior to the trip and that they are fitted correctly to your boots

Harness

Prussics/figure of eight/crabs

Helmet

Please note that the standard porter load is 15kilos. You will be charged extra by our trekking agent at a rate of US\$9 per additional kilo. For those climbing Larkya Peak an extra allowance of 5 kilos per person is included.

The following will be provided for you:

Tent – two person

All cooking equipment

All food whilst on trail

Mugs, plates, cutlery

For those climbing Larkya Peak, the following will be provided centrally:

Climbing ropes

Ice axes

Snow belays