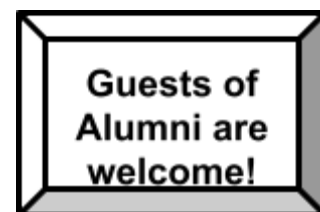


Backpacking Nepal's Manaslu Circuit - Alumni

Kathmandu, Nepal

November 15-30, 2026



Features

- Incredible up-close views of Manaslu and other Himalayan peaks
- 16 days/nights
- 4-11 miles of hiking each day
- Hiking elevations between 2,300 and 17,000 ft
- Tea House accommodations
- Plentiful opportunities to eat Dal Bhat and other local foods
- Intra-country flight after the hiking portion
- Porters will keep your pack light.

Cost: \$4,395

includes pre- and post- trip lodging

Minimum Age: 18

Maximum Trip size: 14 participants

1-2 local partners

1-2 NOLS Instructors

Trip Description

Come along with NOLS as we strap boots on and trek the circuit around one of the world's most iconic mountains. This route travels through an extensive elevation profile as it explores villages and trade routes with ages unknown. This expedition will have the mix of remote travel but with the comforts of rural village life. We think the balance is an outstanding way to see new terrain and meet new friends.

Traveling Nepal's established treks allows lighter packs as we stay in tea houses instead of tents at night and eat meals at the tea houses instead of needing to carry our own food and cook system. The tea houses offer a variety of cuisines, both local and Western, while also providing double-capacity rooms with twin beds. This style of trekking enables longer outings and more distances than would be possible in the Himalaya on a self-sufficient trip, but it does not mean that the hiking is challenge-free!

Our goal for this trip is not simply to walk around a big mountain, but rather to experience and live within Nepali culture. We start the trip with a half-day cooking class to learn a bit more about local cuisine, spices, and shopping. We'll incorporate this knowledge and understanding with more adventurous flavors throughout the trip. The other half of our first full day will be spent taking in the sights of Kathmandu and exploring the city in a semi-structured manner while learning about the history of the country. This immersion continues throughout the trip in both structured conversations led by our local Nepali staff and through informal chats on the trail.

Nepal is a large country and in-country travel is somewhat challenging. This means that we will use most of the trip's second day to get to our trailhead. We will take well-equipped vehicles out of Kathmandu and head to our first tea house in Soti Khola, where you will start learning about the

mountain lifestyle that many rural residents of Nepal live. Once we arrive, we'll stretch our legs and explore our first mountain village before sitting down for our first dinner on the trail.

Once on the trail, we will walk for 4-10 hours almost every day as we make our way up in elevation heading towards Larke-La Pass (16,900'). We will gain elevation gradually to help everyone acclimatize. We have planned the days so that we will not push too hard, but still challenge ourselves with rigorous hikes. During hiking days, we will stop for lunch at a tea house where we can feast on local cuisine before continuing on to our final destination. In total, you will spend 12 days on the trail basking in the views of Manaslu and other massive Himalayan peaks and walking through constantly changing vegetation into the alpine. Days will be hard; hiking in the Himalayas is by no stretch easy, but the rewards are there for anyone willing to do the work.

At the end of the hike we will have a chance to relax and explore the beautiful city of Pokhara which is laid out along the shore of Lake Phewa. This is Nepal's second largest city but has a very different feel than Kathmandu.

We will be working with a local Nepalese company that is owned and run by a Nepali NOLS instructor. You will have NOLS instructors and an English-speaking Nepali guide along to ensure smooth operations. Participants will also pair up and share a porter to carry the bulk of their gear. Porters will carry ~ 25 lbs per participant. This will leave your pack filled with snacks, water, and layers for the day.

This trip is a great way to get reacquainted with NOLS backpacking techniques in a convivial, relaxing atmosphere and visually stunning part of the world. Instruction is geared to your interests, with time for journal writing, photography, and more. Of course, non-alumni friends and family are also invited—this is a great way to introduce NOLS to your sidekicks.

A fantastic part of alumni trips is the group itself. NOLS alumni and their guests are an interesting crew with diverse professional and personal backgrounds. Expect plenty of camaraderie, laughter, learning, and shared responsibility on this trip.

Trip Environment

The Manaslu region has a wide range of elevation and thus climates, which have led to broad ecological diversity. There are many different types of forests that you will see as we travel upward in elevation, but Himalayan blue pine and rhododendrons are the most prolific species. A variety of mammals and birds call this area home as well, including endangered species such as the snow leopard and red panda. It is unlikely we would see animals like these or the wolves, bears, or lynx that call the mountains home but hares, gorals, and pikas would not be a surprise.

Hiking on well-established routes like the Manaslu circuit means that we are traveling on clearly defined trails that are easy to follow. There are often side trails off the primary circuit, but a combination of maps, signs, and local knowledge will allow us to easily navigate. The trails are hard-packed in most areas but sections will have been washed out occasionally by the previous monsoon season and we will have to navigate around tricky bits. It is a rocky area with potential for snow up high, so many people find that full-height boots feel best for them over the length of the trip.

On this trip, we will cross over a pass that is a bit less than 17,000 ft in elevation. This will be a challenge for most people and we will take our time moving up in elevation to acclimatize to the changing atmosphere. Hiking at these elevations with less oxygen making it to our muscles will inevitably slow the group down, so our daily distances will decrease as we get higher.

The weather around Manaslu begins to get colder as November turns into December. Overnight temps will likely drop to 20 degrees in the higher areas of the trek while highs could reach 60 degrees on a warm day. Rain is uncommon in November and we can count on mostly dry hiking and clear skies with great views of the peaks around us.

NOLS Staff

Our staff are employees of NOLS, trained and certified accordingly. This means they maintain certifications in wilderness medicine and are trained to NOLS' high standards in risk management. They are senior staff at NOLS who have spent years working and teaching in backcountry environments all over the world. Additionally, our staff specializes in bringing together groups of strangers and building the group culture and camaraderie that makes NOLS trips great.

This trip will be led by NOLS Instructor Jagan Timilsina. Jagan is Nepalese and is NOLS' link to this area. He runs a trekking and guiding company in Nepal in addition to being a NOLS instructor and a highly accomplished endurance runner and mountaineer. Jagan has even summited Everest!

A Day in the Life

Most days on the trail follow the same rhythm. We will have a meetup time for breakfast around 7 a.m., where we can enjoy either local cuisine or order basic western food while sipping tea or instant coffee. After breakfast, we will pack up and review the hike for the day before setting off on our trail. Some days we might ask that your bags are packed before breakfast to allow the porters a headstart on the trail. Our hikes will ramble through many small villages and we can spread out as a group to accommodate different hiking paces.

Each day we will have a designated lunch spot where we will meet up at a tea house to enjoy food together. Depending on our hiking speed, this could be our end destination for the day or it could be a midway stop; regardless, it will be an opportunity to rest our feet and eat some hot food.

Once we arrive at our destination for the day, we will check into our rooms and have some free time to explore the village, walk the countryside, or simply hang out, drink tea, and play cards. Typically, our porters will beat us to our lodging and our bags will be waiting. Often, wandering around the village and meeting children is a highlight in these villages and creates lasting memories.

For dinner, we will gather as a group in our tea house for the evening and order our meals. Limited western food options (pasta, etc.) are often available if you are tired of eating traditional fare. After dinner, folks will often hang out in the dining room to play cards and enjoy the warmth before heading off to bed.

Difficulty Scale

This trip is rated 5 out of 5 on our difficulty scale.

Moderate

Difficult

We use a difficulty scale to help participants evaluate if a trip is right for them. It considers probable weather conditions, physicality of activities, and food and accommodations. You don't need to be a honed athlete, but pre-trip work to improve your strength, flexibility and endurance, is highly encouraged to improve your enjoyment of the place. If you have specific questions regarding physical preparation and your readiness please reach out to the Alumni Trips Department.

Food on the trip

There will be plenty of food provided on the trip for everyone. We are happy to ensure that folks who have reasonable dietary needs and/or preferences are well taken care of throughout the entire trip. Listing those needs on your registration paperwork is critical for our success here.

If you would like to bring your own snacks along, that is highly encouraged. We all have treats that we enjoy and bringing something special is a great way to keep motivation high and not have to rely on the group's schedule for your munchies.

We are careful when selecting food for the group, stomach related illness is a common cause for evacuation in the Himalayas and we have experienced more problems with food than altitude on NOLS trips.

Curriculum

This trip focuses on many traditional NOLS skills, competencies, and concepts including map reading, hiking, and group travel. The instructors will provide information necessary for the group to comfortably travel as well as optional topics as desired by participants. These could include natural history, local history, leadership, decision making, and team function, among other things. Formal "classes" are few and mostly optional but informal discussions are plentiful. Anticipate a required base level of group management and cohesion— this is a mountain expedition.

About Nepal

Nepal has a long and rich history dating back about 11,000 years to the first settlers in the Kathmandu valley. Originally a Hindu region, it was sparsely populated outside of the Kathmandu valley where a branch of the Silk Road came through. In the 11th century BC, Gautama Buddha was born in southern Nepal and, over time, the region began to show the influence of Buddhism. Today, the vast majority of Nepal is still Hindu, but Buddhism has a small foothold and many foreigners think of Nepal (incorrectly) as a Buddhist country.

The current political borders of Nepal were first fixed in the 18th century and have been relatively stable since then. The country was one of the few in the region that was not colonized by the British but rather enjoyed self-rule that vacillated power between a Hindu monarchy and various forms of

autocracy and democracy until 2008, when the monarchy was resolved. In 2015, a new constitution was adopted with parliamentary democracy emerging as the official new form of government.

Nepal's economy is generally diverse, but the people of Nepal overwhelmingly work in agriculture. Manufacturing also provides income for the country through exports, but most Nepalis are farmers of some variety. The rise of tourism has contributed to growth in the service sector of Nepal and a rise in the living standards of many of those working in that industry.

Mountaineering has a long history in Nepal because of mountains like Everest, K2, Annapurna, Manaslu and many others. In the past 40 years, trekking around these mountains and visiting their expedition base camps has given way to governmentally backed routes where rural villages receive support to build infrastructure supportive of foreign trekkers. These routes have given Nepal the well-deserved reputation as one of the best mountain trekking areas in the world. Stunning geography coupled with a hospitable culture means Nepal is a place that many come back to over and over again.

The Manaslu region is a dominantly Buddhist area. We will see and talk about a variety of different Buddhist monuments such as chortens, mani walls, and monasteries. The two indigenous ethnic groups here (Nubri and Tsum) have a long history of Buddhism but the area has also been influenced by Tibetan refugees that have fled from China's colonization of that former country. Nepal has largely embraced their displaced neighbors as religious relatives and they are ethnically similar. In regions like Manaslu, the border between Nepal and Tibet is very porous and more heavily defended and defined by the mountains and passes than any governmental construct.

Tea Houses in Nepal

Our lodging during the hiking section of this trip will be tea houses in small villages along our route. This is a style of lodging that is unique to Nepal and one of the highlights of hiking in this part of the Himalayas.

Tea Houses are typically hotel-style buildings that serve meals and offer rooms to rent. Most of these buildings can house 30-80 people in double rooms with twin beds and dining facilities to accommodate similar numbers. The bedrooms of the tea houses are not heated, so we will be sleeping in warm sleeping bags, but the dining rooms have wood stoves to gather around. These are cozy oases for trekkers and, while a bit more rustic than many hotels, they epitomize the hospitality of Nepalese society.

Most tea houses offer extra amenities if you are interested in spending a little bit of additional money. Services like wifi, hot showers (\$3-5), electrical charging, and beer (\$6-8) are somewhat standard along the trail and not incredibly expensive if used in moderation. Having some cash on hand will be necessary as the tea houses only accept local currency and these extras are not included in trip tuition.

Expectations of Participants

The alumni trip atmosphere is more relaxed than a typical NOLS expedition. However, it's not a full-service vacation or guided experience. You'll have to participate, carry your load, and help out as

needed. These expeditions are fun, but they still require self-reliance, self awareness, risk management, and sound decision making as we trek through remote areas where evacuation to modern medical facilities can take several days. Like all NOLS courses, these expeditions emphasize hands-on learning and the application of new skills in a variety of situations.

All participants need to complete and submit application materials, including a medical history form. These forms highlight the intersection of your trip's anticipated physical rigor and your current health and fitness status. Your forthright and timely completion and submission of the forms sets you and your trip up for success in the outdoors.

Alumni trips allow electronics and alcohol (for those of legal age in the country of the trip). Many participants find that these luxuries can add to the trip experience and local flavor. Excessive alcohol consumption is not a part of the culture of Alumni trips.

Trip Itinerary

Nov 14	Travel from your home city will likely start this day or sooner. You will probably lose a day on travel and total travel time will take 2-3 calendar days.	
Nov 15	We will have a trip orientation at 5 p.m. in the lobby of our Kathmandu hotel.	Lodging by NOLS: Kathmandu hotel
Nov 16	Scheduled city day in Kathmandu as we get our trekking permits taken care of and our hiking team registered. We will have a half-day of exploration of Kathmandu and a half-day Nepalese cooking class where you will learn some of the basics of available foods and spices in Nepal.	Lodging by NOLS: Kathmandu hotel
Nov 17	Drive from Kathmandu to Machha Khola (2850 ft) ~8 hours	Lodging: Tea house
Nov 18	Trek to Jagat (4400 ft) ~ 10 miles, 1,500 feet of gain, 7-9 hours	Lodging: Tea house
Nov 19	Trek to Deng (6100 ft) ~ 11 miles, 1,700 feet of gain, 8-10 hours	Lodging: Tea house
Nov 20	Trek to Namrung (8600 ft) ~ 9-10 miles, 2,600 feet of gain, 7-9 hours	Lodging: Tea house
Nov 21	Trek to Lho (10,433 ft) ~ 5-6 miles, 1,700 feet of gain, 4-5 hours	Lodging: Tea house
Nov 22	Trek to Samagaon (11,550 ft) ~ 4-5 miles, 1,115 feet of gain, 4-5 hours	Lodging: Tea house
Nov 23	Acclimatization and rest day in Samagaon, light hiking around the area and exploring the village	Lodging: Tea house

Nov 24	Trek to Samdo (12,700 ft) ~ 4-5 miles, 1,165 feet of gain, 4-5 hours	Lodging: Tea house
Nov 25	Trek to Dharmasala (14600 ft) ~ 4-5 miles, 1,920 feet of gain, 5-7 hours	Lodging: Tea house
Nov 26	Trek to Bhimtang (11,780) over Larke-La pass (16,900 ft) ~9-10 miles, 2,100 feet of gain, 5,000 feet of loss, 8-10 hours	Lodging: Rustic hut
Nov 27	Trek to Tilje (7550 ft) ~10-11 miles, 4,200 feet of loss, 6-8 hours	Lodging: Tea house
Nov 28	A short hike to Dharapani will get us to the trailhead where we will have transportation waiting for us to Pokhara ~ 4 hours of driving. In Pokhara, we will check in to our hotel and get to clean up a bit before exploring the town and lake front.	Lodging by NOLS: Hotel in Pokhara
Nov 29	Today will be a semi-structured day to enjoy the beautiful lakeside town of Pokhara.	Lodging by NOLS: Hotel in Pokhara
Nov 30	We will take an afternoon flight back to Kathmandu and transfer to Bhaktapur where we will do some sightseeing and stay overnight. We'll conclude with our final group dinner and a toast to a great trip.	Lodging by NOLS: Hotel in Bhaktapur
Dec 1	Onward Travel	

Trip Logistics

Getting to Kathmandu

Nepal is actually a straightforward travel destination. There is only one international airport in the country so everyone flies into Tribhuvan International Airport (KTM). If possible, we recommend arriving several days early to help recover from jet-lag, allow for baggage delays, and to get adjusted to a different culture.

Lodging

The trip starts at our lodging in Kathmandu. If you arrive early, we recommend that you book into the course hotel. For the hotels on the trip we'll team you up in single gender rooms, so please let us know if you're a partner with someone on the trip.

Our hotel in Kathmandu is: [Hotel Holy Himalaya](#). The hotel is in the Thamel district of Kathmandu and only about 6 km from the airport. The taxi ride from the airport to the hotel should cost around 800-1000 NPR (\$8-10 USD). There are no ride sharing services in Nepal so you will need to grab a taxi as you leave the airport; it is good to verify the price before you agree to a taxi and be prepared to have to negotiate a bit.

Tea Houses:

While we are backpacking on the trail we will stay nightly in tea houses. These simple lodges offer basic but comfortable accommodation and meals for trekkers and other visitors to the remote areas that we will be traveling. We will typically be split up into same gender rooms of two people with individual beds. Showers are not standard at Tea Houses but you can pay for a hot water shower, \$4-6 is typical. Wifi is occasionally available as well and could cost up to \$10/night for a relatively slow connection.

Storage of Personal Belongings

Personal baggage that doesn't go into the mountains with you can be stored in Kathmandu. This is reasonably secure storage, but nothing is 100 percent guaranteed. NOLS assumes no responsibility for your stored baggage.

We are starting and ending the trip in different locations around Kathmandu but will organize a baggage transfer for anything that does not come on the trail with us.

We will organize a "shower bag" for each person that will be transported to Pokhara and meet us at our hotel when we finish the trek. A change of clothes and shower essentials are all that you will need in that bag.

Currency

Nepal uses the Nepalese Rupee as its currency. This is different from the Indian Rupee which is also accepted in some places. In larger cities, US dollars are often accepted as well, but often with poor exchange rates.

Getting cash out of an ATM usually gives the best exchange rate. You will want some cash for the trekking portion of the trip if you want to treat yourself to a nice drink or an extra treat along the trail. There will not be access to ATMs anywhere along the trek but you will be able to get more money in Pokhara near the trip's end.

Depending on what you like to spend money on, a budget of USD \$50-200 would be reasonable for extra expenses on the trip. This would cover showers, electricity, wifi, fancy drinks, souvenirs, etc...

Tipping

While tipping is common in the outdoor guiding culture, your NOLS Instructors are not driven to excellence by tips but rather a love for taking people outdoors. You are welcome to tip the Instructors if you choose, but many instructors are honored by [a donation in their name to the NOLS Annual Fund](#) which supports scholarships for future NOLS students.

Tipping of our Nepalese support staff on the trip is common in the trekking industry. If you would like to do so, \$75-125 per person for both the porter and local guide (\$150-300 total) that would be a reasonable amount with the high end of that being a generous tip. Tipping in Nepalese Rupees is easiest for locals, but US dollars are ok as well.

Tipping in service areas in Nepal is common and often included in your bill. If it is not, 5-10 percent is a reasonable amount.

Travel Insurance (Cancellation and Medical)

We will confirm your trip is running approximately 60 days before the start date. It is best to purchase tickets that are refundable or changeable, as well as consider travel cancellation insurance in case of unforeseen events causing you to change your plans or if NOLS has to cancel a trip for any reason. Check your personal insurance carrier and credit card to understand what you might already have. Travel medical insurance is highly recommended should you need any kind of medical attention while out of your home country. Check out cat70.com or worldnomads.com for a wide variety of options.

Medical Travel Insurance

Additionally, insurance that covers emergency evacuation, **specifically helicopter evacuation**, is required for this expedition. This is due to the complexity of evacuation in high altitude areas. This insurance information will be collected by our partner company in Nepal upon arrival.

Carbon Footprint and Offset

Current estimates are that the Travel Industry accounts for ~8% of global emissions. This percentage includes everything from transportation to accommodation and shopping. NOLS recognizes that our business contributes to this problem but we do not have a comprehensive strategy at this point.

If you would like to offset part or all of the carbon emissions related to your Alumni trip, we recommend [South Pole](#). [Their calculator](#) can help easily calculate your footprint and choose a project to contribute to. [Here is a link to their calculator.](#)

Immunizations / Vaccinations / Travel medications

International travel poses special health considerations. NOLS strongly advises that all participants traveling to international locations carefully consider what vaccinations or inoculations are required, recommended, or suggested for their specific travel itinerary. Consulting with a physician, travel medicine specialist, or other healthcare professional is strongly advised.

Visa / Passport

Your passport must have **6 months of validity** from the time you enter Nepal in order to be admitted into the country.

Visas are available upon arrival at the airport in Nepal. When you arrive, you will fill out a form first at a kiosk and then proceed to a banking desk where you will pay the Visa fee (\$50 USD for a 30 day Visa, don't get a 15 day one as you will be there for 16 days). You might be able to pay with a credit card, but bringing US cash with you expedites the process. With that receipt and the form you filled out, you will proceed to the immigration officer who will issue you a visa.

Please Note:

Attention International European travelers - **Must read... Action Required**

If your travels have you **entering or transiting (passing through or laying over in) the UK**, you will need to apply for and have an approved Electronic Travel Authorization (ETA) to continue to your destination.

This [article](#) explains that starting Jan 8, 2025, US and Canadian citizens will need to apply for the ETA to enter the UK.

Here's [the link](#) for how to apply.

As well, for NOLS International Alumni trips, your **passport must be valid for a minimum of 6 months post trip**. For example, if your trip concludes on July 30, 2025, your passport must be valid through January 30, 2026.

Electricity stuff

Electrical adapters are needed in Nepal and you might encounter three different plugs in your quest for power. You should bring type C, D, and M adapters with you in order to ensure that you will have what you need. The hotels will have power plugs that you can use and the tea houses will have power access that you will have to pay for.

You will be able to pay for a charge at some places of lodging, budget USD\$3-5 per charge.

Trip Registration

The best way to register is through the trip information page on the nols.edu website. A non-refundable deposit secures your spot on the trip. If any issues arise, please call the NOLS Alumni Department at (800) 332-4280. Your enrollment is complete with receipt of your full tuition and your completed application forms; these are **due 60 days before the start of your trip**.

All participants are required to submit registration materials, including a medical form. These forms highlight the intersection of your trip's anticipated physical rigor and your current health and fitness status while also providing NOLS information about things like your dietary needs.

NOLS is not responsible for additional costs incurred by late arrivals or evacuations. Those expenses are the responsibility of trip participants and we recommend purchasing travel insurance to mitigate the impact of unforeseen circumstances.

Do not book travel greater than 60 days before the start of the trip unless you have confirmed with NOLS that the trip will run. On rare occasions, we do cancel trips due to low enrollment.

Cancellation and Transfer Policy

For your reference, here is the [Alumni Trips Cancellation and Transfer Policy](#). When enrolling on a trip, you will need to agree to this policy.

Suggested Readings

[A History of Nepal - John Whelpton](#)

[Primer: Buddhism - DonHuang foundation](#)

Local Recommendations

Wandering around the Thamel neighborhood in Kathmandu can easily use up a day if you enjoy walking into shops and trying different foods. This district is the most tourist friendly area of the city, but you will still have to watch out for motorbikes speeding around!

Visit Swayambhunath - This is Nepal's famous Buddhist temple that is populated by hundreds of monkeys. They are believed to be holy and formed from the head lice of a Buddhist deity that was raised at the temple. You can take a tour here led by a resident monk and participate in ceremonies.

Nepalese food comes in a wide variety of flavors and quality. Be mindful of what you eat avoiding salads, cold foods, and partially cooked dishes. Sticking to simple, well cooked, hot foods served in restaurants is a good rule of thumb.

Packing System:

1. Luggage storage - Anything that isn't going "into the field" with us can be left in Kathmandu.
2. Porter Bag - *NOLS will provide* a medium sized duffel for each participant. We ask that you keep the weight of this duffel to ~ 25 lbs, porters carry 2 of them. This bag will have your personal items that you will not need during daily hiking. You will only have access to it in the morning and when you get to the evening's tea house.
3. Day pack - You will be carrying this bag. This should have your water, snacks, and layers for the day.

Your Gear List

This list focuses on the backcountry portion of the trip, you will need to pack other clothing and items for travel and time in Kathmandu.

Upper Body Clothing

Equipment	Notes
Base layer	Synthetic or wool long underwear style.
Mid Layer	A light fleece, medium wool layer, or light puffy layer
Vest (optional)	Fleece or puffy vest to keep your core warm
Top insulating layer	Thick winter puffy layer, most people want a hood as well
Long sleeve shirt (optional)	Nice for sun protection, synthetic or wool, interchangeable with a Base layer.
Wind shirt (optional)	A lightweight, breathable, durable nylon wind shell, in either pullover or parka style
Rain jacket	A sturdy, waterproof jacket with a hood— coated nylon and breathable fabrics such as Gore-Tex® are acceptable
T-shirt (2-3)	A lightweight synthetic or merino wool t-shirt

Sports Bra or Tank (2-3)	Synthetic sports bra or a synthetic sports tank are recommended
Warm hat	Synthetic or wool
Sun hat	Baseball cap or full brim
Gloves or mittens	Medium weight, windproof/waterproof is preferred
Lower Body Clothing	
Equipment	Notes
Light/midweight base layer	Synthetic or wool long underwear style
Wind/hiking pants (optional)	Breathable nylon wind pants or hiking pant
Rain pants	Coated nylon and breathable fabrics such as Gore-Tex® are great
Hiking / sleeping shorts	Nylon, quick-dry shorts
Underwear (2-4)	Wear what's comfortable; cotton, silk, or synthetics are fine, you can wash these out at the Tea Houses
Footwear	
Equipment	Notes
Hiking boots	A sturdy pair of boots for hiking that you are already accustomed to. Boots are preferred over lighter shoes because of the cold temperatures, but a sturdy hiking shoe could be fine for some people.
Gaiters	Short gaiters to keep rocks and debris out of your shoes—tall gaiters are not needed for this hike
Sneakers or non-hiking shoe	Something to wear around the huts and a backup for your hiking boots
Flip Flops	Lightweight sandal for around the hut when your feet need a “breather”
Socks (2-3 pairs)	½ crew to crew length wool socks
Miscellaneous Personal Gear	
Equipment	Notes
Medium backpack	Must be big enough to carry personal items (e.g., water, clothing layers, snacks)—20-30 Liters
Sleeping bag 0-20 degrees	The bedrooms in Tea Houses are not heated and can get cold at night.
Compression sack	To make your sleeping bag smaller in your pack
Plastic trash bags (2-3)	Heavy-duty compactor bags (33 gallon) waterproof items in your pack
Water bottles/hydration bladder	2 Liters capacity or more. Bladders with 3+ Liters are great.
Lip balm (1-2)	SPF 15 or greater
Sunscreen	SPF 30 or greater
Sunglasses	Good-quality sunglasses with 100-percent UV protection

Headlamp	Bring extra batteries
Toiletries	Toothbrush, toothpaste, comb, brush, skin lotion, soap, tampons, etc. (travel or trial sizes are enough), ear plugs and eye covers can be nice
Wet Wipes / Toilet paper	Toilet paper isn't common in Nepal and bringing your own will ensure that you have something that is a higher quality
Hand sanitizer	Valuable on the trail where hygiene facilities are scarce
Towel	There are shower available along the route for a little extra \$\$
Optional Items	
Trekking poles	Most participants enjoy hiking with 2 poles
Water purification system	NOLS provides Chloride tabs. If you have a system you prefer, please bring it.
Book or e-reader	Bring something fun to read
Camera	We would love to see your photos post-trip!
Casual clothes	Shirt/pants/skirt for dinner or hanging out around the tea house
Pack cover	Heavy weight and attachable to your pack
Games	Cards or some other lightweight game to play with others
Travel adapter	If you need to plug things in