

**Day 01: Depart home country**

**Day 02: Transit**

**Day 03: Arrive in Kathmandu**

**Day 04: Gear check and short Kathmandu tour**

**Day 05: Fly to Samagaon (11,500 ft.)**

**Day 06: Rest Day. Acclimatization hikes and explore around**

**Day 07: Acclimatization hike to Samado. Descend back to Samagaon**

**Day 08: Hike to Manaslu base camp (15,750 ft.)**

**Day 09: Rest day at base camp**

**Day 10-11: Skill review and puja ceremony**

**Day 12: Climb to camp I and back to base camp**

**Day 13-14: Rest day**

**Day 15: Move to camp I**

**Day 16: Rest at camp I**

**Day 17: Move to camp II**

**Day 18: Descend to base camp**

**Day 19-20: Rest Day**

**Day 21: Move to camp I**

**Day 22: Move to camp II**

**Day 23: Move to camp III**

**Day 24: Summit**

**Day 25: Descend to base camp**

**Day 26-28: Weather day**

**Day 29: Trek to Samagon**

**Day 30: Trek to Namrung (8,727 ft.)**

**Day 31: Trek to Jagat (7,047 ft.)**

**Day 32: Trek to Machi Khola (3,000 ft.)**

**Day 33: Trek to Arugat (13,420 ft.)**

**Day 34: Drive to Kathmandu**

**Day 35: Rest Day at Kathmandu**

**Day 36: Fly to home country**

**Day 37: Arrive home**

### CLIMBING EQUIPMENT:

- |   |  |
|---|--|
| <input type="checkbox"/> Ice Axe                  | <input type="checkbox"/> 2 locking carabiner     |
| <input type="checkbox"/> Accessory Cord(6mm 30ft) | <input type="checkbox"/> Alpine climbing harness |
| <input type="checkbox"/> Crampons                 | <input type="checkbox"/> Trekking poles          |
| <input type="checkbox"/> Ascender                 | <input type="checkbox"/> 4 non-locking large     |
| <input type="checkbox"/> Belay Device             | carabiners                                       |

### TECHNICAL CLOTHING:

- |  |  |
|--|--|
| <input type="checkbox"/> 2-3 Base layer tops   | <input type="checkbox"/> Hardshell jacket          |
| <input type="checkbox"/> 2-3 Base layer bottom | <input type="checkbox"/> Insulated hooded jacket   |
| <input type="checkbox"/> Long sleeve sun shirt | <input type="checkbox"/> Insulated down parka      |
| <input type="checkbox"/> 2-3 Synthetic T-shirt | <input type="checkbox"/> Expedition down parka     |
| <input type="checkbox"/> Trekking pants        | <input type="checkbox"/> Expedition down pants     |
| <input type="checkbox"/> Soft shell pants      | <input type="checkbox"/> Down suit (substitute for |
| <input type="checkbox"/> Hard shell pants      | down parka and pants)                              |
| <input type="checkbox"/> Soft-shell jacket     | <input type="checkbox"/> Insulated synthetic pants |
| <input type="checkbox"/> Mid-layer top         | <input type="checkbox"/> 3-5 Underwear             |

### FOOTWEAR:

- |   |  |
|---|--|
| <input type="checkbox"/> Camp boots             | <input type="checkbox"/> Light hiking boots or |
| <input type="checkbox"/> Liner socks            | trekking shoes                                 |
| <input type="checkbox"/> Insulated camp booties | <input type="checkbox"/> 4-5 Wool or synthetic |
| <input type="checkbox"/> High altitude boot     | socks  |

### HEAD-WEAR:

- |   |  |
|---|--|
| <input type="checkbox"/> Climbing helmet          | <input type="checkbox"/> Glacier glasses |
| <input type="checkbox"/> Buff                     | <input type="checkbox"/> Ski goggles     |
| <input type="checkbox"/> Sun hat                  | <input type="checkbox"/> Headlamp        |
| <input type="checkbox"/> 2 Balaclava system       | <input type="checkbox"/> Batteries       |
| <input type="checkbox"/> Wool / Synthetic ski hat |  |

#### HAND-WEAR:

- |   |   |
|---|---|
| <input type="checkbox"/> Lightweight liner gloves | <input type="checkbox"/> Insulated shell gloves |
| <input type="checkbox"/> Soft-shell gloves        | <input type="checkbox"/> Expedition mittens     |

#### PERSONAL EQUIPMENT:

- |  |  |
|--|--|
| <input type="checkbox"/> -40 degrees fahrenheit<br>down sleeping bag | <input type="checkbox"/> Pee funnel for women            |
| <input type="checkbox"/> -20 degrees fahrenheit<br>down sleeping bag | <input type="checkbox"/> 3 Trash Compact                 |
| <input type="checkbox"/> Small pack                                  | <input type="checkbox"/> 3 Large duffel bags             |
| <input type="checkbox"/> 55 liter climbing pack                      | <input type="checkbox"/> Toiletry bag                    |
| <input type="checkbox"/> Inflatable sleeping pad                     | <input type="checkbox"/> Steripen                        |
| <input type="checkbox"/> Foam pad                                    | <input type="checkbox"/> Sunscreen                       |
| <input type="checkbox"/> Thermos                                     | <input type="checkbox"/> Lip-screen                      |
| <input type="checkbox"/> Bowl  | <input type="checkbox"/> Running shoes                   |
| <input type="checkbox"/> 2 Water bottle parkas                       | <input type="checkbox"/> Small personal first aid<br>kit |
| <input type="checkbox"/> 2 Water bottle                              | <input type="checkbox"/> Hand sanitizers                 |
| <input type="checkbox"/> Mug   | <input type="checkbox"/> Face masks                      |
| <input type="checkbox"/> Spork                                       | <input type="checkbox"/> Hand warmer                     |
| <input type="checkbox"/> Pee bottle                                  | <input type="checkbox"/> Toe warmer                      |
| <input type="checkbox"/> Knife                                       | <input type="checkbox"/> Small duffel                    |

#### TRAVELING:

- |  |   |
|--|---|
| <input type="checkbox"/> COVID-19 vaccination card | <input type="checkbox"/> Travel Clothes |
| <input type="checkbox"/> Negative PCR test results |   |