

EVEREST BASE CAMP, NEPAL



Stupa at Tengboche monastery with Mount Everest and Mount Ama Dablam



HIGHLIGHTS

- There are spectacular views of Everest, the highest mountain in the world, and a range of other classic peaks including Lhotse, Nuptse, Ama Dablam, Kang Tega, Thamserku and Pumori.
- Our itinerary is a variation to the standard Everest Base Camp trek, we have included several sections off the main trail exploring quieter areas in the Khumbu. On Day 6 we walk towards Thame village; on Day 8 you have the chance to walk towards Ama Dablam Base Camp; Day 10 we walk to Chukhung and also on Day 14 we walk back through the less visited Phortse village.
- We have carefully designed the trekking itinerary to help acclimatisation before reaching to Kala Patar (5,545m) and Everest Base Camp. This acclimatisation schedule has worked well in the past.
- There are two days to explore Kathmandu including a day's sightseeing tour to Swyambhunath, Pashupatinath and Boudhanath.
- The Mountain Company use the best lodges in each location: Mountain Resort in Phakding, Zamling Guest House in Namche Bazaar, Riverdell in Deboche, Snow Lion in Dingboche, Eco Lodge in Lobuche and Himalayan Lodge in Pheriche.
- Roland, owner and founder of The Mountain Company, has led this trip many times and modified the itinerary based on this experience. He will be able to answer any questions you might have.

“Thanks for a great trip to Nepal and an awe inspiring trek to Everest Base Camp. In particular to our very accommodating guide, Roland Hunter, who allowed us to explore some of routes off the beaten trail and thus experience that true wilderness feeling. It was very comforting to be in the hands of such an experienced mountaineer!

The trip was that much more enjoyable, not having to worry about any of the organisation, thanks a million! I am looking forward to joining you again this Autumn in Sikkim” James Carter, Everest Base Camp



EVEREST BASE CAMP

Total number of days	19 days
Grade & days trekking	Moderate, 14 trekking days
Accommodation	4 nights hotel, 14 nights teahouse lodge
2010 price from Kathmandu	£995 (US\$1,595)
Minimum group size	2
Dates	March 7 th to 25 th 2010 April 4 th to 22 nd 2010 October 10 th to 28 th 2010 November 7 th to 25 th 2010 November 28 th to December 16 th 2010 December 19 th to January 6 th 2010/11 March 6 th to 24 th 2011 April 3 rd to 21 st 2011 October 9 th to 27 th 2011 November 6 th to 24 th 2011 November 27 th to December 15 th 2011 & December 18 th to January 5 th 2011/12



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Internal flight to/from Lukla and Kathmandu.
- All transfers including airport collections.
- Twin share room at Hotel Tibet in Kathmandu.
- Breakfast only at Hotel Tibet in Kathmandu, all meals included while on trek.
- Twin share room in teahouse lodges while on trek.
- All trekking arrangements including permits and fees, Sherpa guide and porters.
- Complimentary Everest trekking map.
- Financial protection insurance from International Passenger Protection.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement in Kathmandu £100

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Kathmandu (London from £515).
- Travel & trekking insurance (eg. Snowcard from £64).
- Nepal visa for 30 days at US\$40 (approx £25).
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.



- Tips (guidance on amounts included in Nepal pre departure information).
- Other items not listed in “What is included”.

YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Company are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers. A certificate detailing this cover will be given to each passenger as evidence of cover.



PARTICIPATION STATEMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.



The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

INTRODUCTION

This is one of the classic treks of the world with stunning mountain scenery including Everest and Ama Dablam.

The trek starts with an exciting flight in a Twin Otter plane to the mountain airstrip at Lukla, from here we follow in the footsteps of famous mountaineers for the walk into Everest Base Camp. We are now in Buddhist Sherpa country where you will see colourful prayer flags, mani walls and monasteries along the way.

We have designed our Everest Base Camp trek with plenty of time for the necessary acclimatisation. Our route takes you to the prettiest Sherpa villages in the Khumbu and to Namche Bazaar the colourful and vibrant heart of Sherpa country. You have the opportunity to visit the main monasteries of the Khumbu region at Tengboche and Thame. The high points of our itinerary are the walk up to Kala Patar for the panoramic viewpoint of Everest, Lhotse and Nuptse and also the hike from Gorak Shep along the Khumbu glacier to Everest Base Camp.

DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.

Day 1. Arrive Kathmandu and join the tour at the hotel.

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick up and



transfer. A full expedition briefing will be given in the afternoon. **Overnight at Hotel Tibet.**

Day 2. Sightseeing in Kathmandu.

Today we explore Kathmandu with a local guide, the day is flexible depending on what you would like to see but the most popular places generally are:

- Pashupatinath is a Hindu temple with burning ghats on the banks of the Bagmati river.
- Swayambhunath, also known as the monkey temple, is climbed by a long set of steps and has great views of Kathmandu.
- Boudhanath stupa has many traditional gompas hung with strings of multi coloured prayer flags, it attracts many Sherpas and Tibetans for the circumambulations of the stupa (koras).
- Durbar square, which is one of the old capitals of the Kathmandu valley, has a blend of Hindu and Buddhist temples

Day 3. Fly to Lukla (2,840m), trek to Phakding (2,610m)- 4 to 5 hours walking.

You will be transferred from your hotel to the domestic airport for the early morning flight to the mountain airstrip at Lukla. This is a truly spectacular beginning to the trek as you fly over the rolling foothills of Nepal with the huge Himalayan peaks visible to the north.

On arrival we meet our Sherpa guides and then begin the trek following the Dudh Khosi valley to the village of Phakding. **Overnight at Mountain Resort.**

Day 4. Trek to Namche Bazaar (3,445m)- 5 to 6 hours walking.

Today there is a climb up to the trading town of Namche Bazaar however halfway up the hill we are rewarded with our first views of Everest and Lhotse. Namche is the largest town in the Khumbu and has superb views of Thamserku (6,648m), Kwangde (6,220m) and Khumbila (5,700m). **Overnight at Zamling Guest House.**

Day 5. Day walk to Everest view point.

This is the first of two essential acclimatising days in Namche Bazaar to help your body adapt to the gain in altitude. Today we take a morning walk up above Namche to the Everest view point. On the way back we have lunch next to the interesting



Sherpa Culture & Everest Mountaineering Museum which is well worth a visit. After lunch we return to the lodge and in the afternoon you can relax or explore Namche. **Overnight at Zamling Guest House.**

Day 6. Day walk to Thame village.

Today we follow a trail high above the Bhote Khosi river through rhododendron forests and then open pasture to the village of Thame. This is a pretty village overlooked by a famous monastery with views of Teng Kangpoche (6,500m) and Kwangde (6,500m). To the north of the village lies the important trading pass of the Nangpa La leading to Tibet. In the afternoon we retrace the trail back to Namche Bazaar. **Overnight at Zamling Guest House.**

Day 7. Trek to Deboche (3,770m)- 5 to 6 hours walking.

From Namche Bazaar the trail traverses high above the Dudh Khosi river through rhododendron forest with superb views up the valley to Everest and Ama Dablam. After crossing the river at Phunki Tenga we start the climb through forest to Tengboche. The main monastery of the Khumbu is located here and is well worth visiting. Our lodge at Deboche is 15 minutes walk away from Tengboche.

Overnight at Rivendell Lodge.

Day 8. Trek to Pangboche (3,930m), afternoon walk towards Ama Dablam BC.

After a descent to the Imja Khola, we cross the river and climb gradually to the village of Pangboche. On arriving at the lodge you have an early lunch then start the walk towards Ama Dablam Base Camp. This is an opportunity to get off the main Everest Base Camp trail and explore a quieter area in the Khumbu below one of the most beautiful mountains in the world.

If you prefer to have a shorter walk then you can walk to the viewpoint above Pangboche village and also visit the Gompa (small monastery). **Overnight at the Highland Sherpa Resort.**

Day 9. Trek to Dingboche (4,410m)- 3 to 4 hours walking.

From Pangboche we walk to Dingboche where we spend two nights to help with the acclimatisation process. **Overnight at Snowlion Lodge.**

Day 10. Day walk to Chukhung- 5 to 6 hours walking.

Today we go for walk towards Island Peak and have lunch at one of the teahouse lodges at Chukhung then walk back to Dingboche in the afternoon. This greatly



helps your acclimatisation by following the golden rule of “climbing high and sleeping low”. **Overnight at Snowlion Lodge.**

Day 11. Trek to Lobuche (4,931m)- 5 hours walking.

From Dingboche the trail continues up the valley towards the moraine of the Khumbu glacier and then across to Dughla. At Dughla the trail goes directly up the terminal moraine of the Khumbu Glacier before turning left just past the climber and Sherpa memorial.

From the memorial the route descends a little and follows the western side of the valley to Lobuche. Tawache and Nuptse are particularly spectacular from Lobuche, towering almost two kilometres directly above you. **Overnight at Eco Lodge**

Day 12. Trek to Everest Base Camp and back to Gorakshep (5,160m)- 7 to 9 hours walking.

After an early start we follow the trail along the western side of the broad Khumbu valley. The conical peak of Pumori soon comes into view, it is on a lower ridge of this mountain that we will be going tomorrow for the Everest view point of Kala Patar.

The trail makes a short descent to the sandy area at Gorakshep. It should take between 2 to 3 hours walking to get to Gorakshep from Lobuche. After a light lunch those in the group we would like to walk to Everest Base Camp will head off for the 5 to 6 hour return trek. The trail is mainly on rocky moraine before crossing over on to the glacier. There is a dramatic view of the infamous Khumbu icefall from the Base Camp. **Overnight at Buddha or Snowland Lodge depending on availability.**

Day 13. Ascend Kala Patar (5,545m) and return to Pheriche.

In the morning we climb up to the summit of Kala Patar, it is definitely worth it for the great views of Everest (you can not see Everest from Base Camp) plus the other Himalayan giants of Pumori, Changtse, Nuptse and Lhotse.

After walking up Kala Patar we return to the teahouse at Gorakshep for lunch. We then start our descent and return to the thicker air of Pheriche in the afternoon.

Overnight at Himalayan Lodge.



Day 14. Trek to Phortse village- 6 hours walking.

Shortly after leaving Pheriche we cross a bridge over the Khumbu River and then rejoin the trail that we took to Dingboche on Day 8. Just before entering Pangboche village we take a different trail that contours high up the hillside and finally reaches the village of Phortse. From here there are superb views of Tengboche monastery with Mount Kangtega behind. **Overnight teahouse lodge.**

Day 15. Trek to Monjo- 6 to 7 hours walking.

On leaving Phortse we descend steeply through birch and rhododendron forest to the Dudhi Khosi. After crossing the river there is a steady walk up to the Mong La pass at 3,963m. From here we descend to Tashinga where we join the main Base Camp trail again. We retrace our steps back to Namche Bazaar and then down to Monjo village. **Overnight Monjo Guest House.**

Day 16. Return to Lukla- 5 hours walking.

From Monjo we carry on the descent of the Dudh Khosi valley through the villages of Phakding, Ghat and Cheplung. At Chaurikharka we start ascending the final hill of the trek to reach Lukla. On getting to the Sunrise Lodge you can relax and enjoy your last evening with the Sherpa guides and wonderful porters. **Overnight at Sunrise Lodge.**

Day 17. Fly to Kathmandu.

If the weather is fine in Lukla then we will get an early morning flight back to Kathmandu. The rest of the day you are free to relax in Kathmandu or to go shopping, normally groups will meet up in the evening for a farewell meal. **Overnight at Hotel Tibet.**

Day 18. At leisure in Kathmandu. Overnight at Hotel Tibet.

Day 19. Fly back home.

Transfer to Kathmandu airport for the flight back home. End of trip.



ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

We work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.

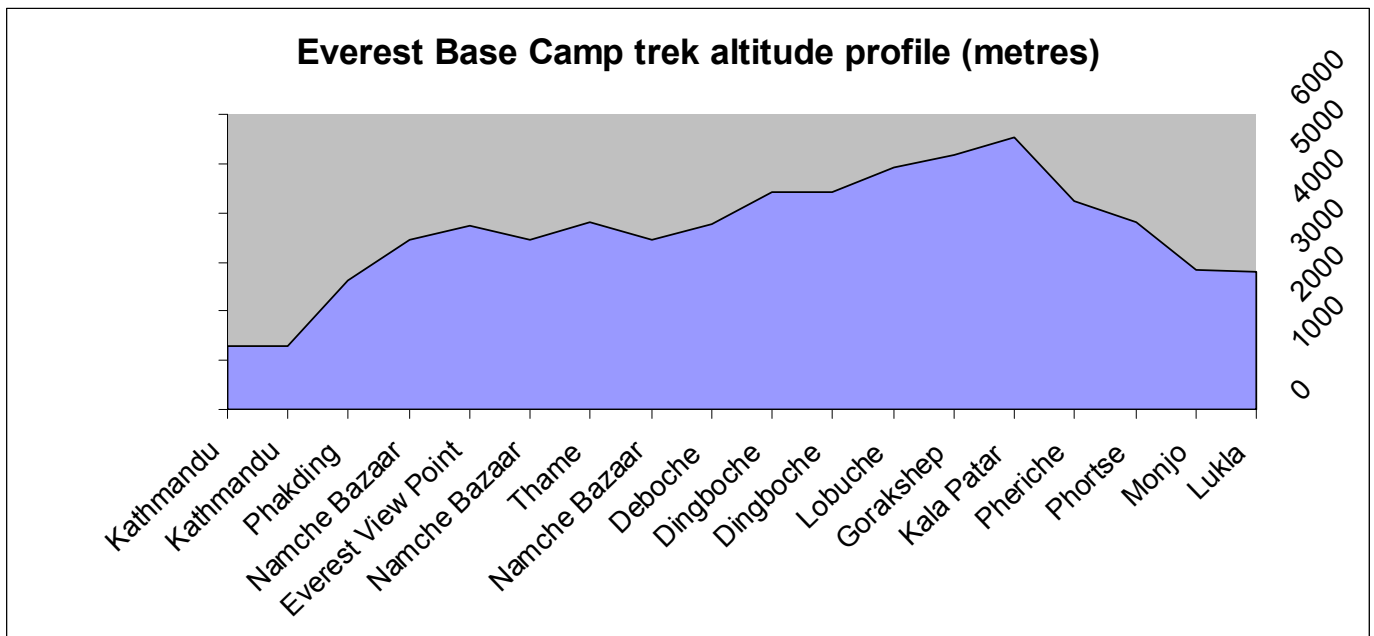




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Everest Base Camp itinerary has been designed for gradual acclimatisation to take place, take a look at the altitude profile for the itinerary below:



There are ways of helping the acclimatisation process, as described below:

- Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
- Drink lots of water: it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
- Consider taking diamox (acetazolamide): before using this drug we recommend consulting a doctor and thoroughly researching the pros and cons.



For further information we suggest you take a look at the following websites:

Base Camp MD website:

<http://www.BaseCampmd.com/expguide/highalt.shtml>

High Altitude medicine website:

<http://www.high-altitude-medicine.com>

Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

ACCOMMODATION IN KATHMANDU

In Kathmandu we use Hotel Tibet (three star). The hotel is located close to the British Embassy near to the centre of Kathmandu. It is also within walking distance to the tourist hub of Thamel.

LUKLA FLIGHT

Please note that the flights to and from Lukla are dependent on the weather and delays can happen. If you have to wait in Kathmandu at the beginning of the trip your overnight accommodation is included and you will not have to pay extra for this.

In our itinerary one extra day in Kathmandu is included at the end of the trip in case of delays flying from Lukla. If you are delayed longer than this we can help reschedule your international flights however there is likely to be a fee charged by the airline for this. You will also have to pay for all additional costs incurred in Kathmandu such as accommodation and meals.



FOOD

In Kathmandu there is a wide range of excellent restaurants, some of the more popular ones are: K Too Steak House, Everest Steak House, Rumdoodles, Fire and Ice, La Dolce Vita, Mike's Breakfast and New Orleans. Breakfast is provided each morning by the hotel.

While on the trek, the lodges provide good quality food in sufficient quantities. For breakfast you are likely to get porridge, cereal, toast or chapattis, omelette and a range of hot drinks. On arrival at the lodge in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

CLIMATE

The traditional trekking season in Nepal is late September to May, with October and November generally recognised as having the best weather. Spring is also a popular time of year with warmer weather and the advantage of seeing spring flowers and rhododendrons in bloom.

This trek will have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 25°C. At higher altitudes temperatures range from about 15°C to -20°C.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Everest Base Camp trek has been included in Appendix II below. This is a comprehensive list and experienced trekkers will often take only a selection of these items based on what has worked in the past. It is worth pointing out that you will need a sleeping bag for this trip although you can arrange to rent one in Kathmandu.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire is a company that rents out high quality items at competitive prices which would save you the expense of buying. The link to their website is <http://www.trekhireuk.com/>



Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. **The maximum weight allowance is 15kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

All foreigners require a visa for entry into Nepal. It is your responsibility to obtain the entry visa. You can get from a Nepalese embassy overseas or on arrival in Nepal. Most people will obtain their visa on arrival to Kathmandu airport.

You will need one passport photo and the following fees dependent:

15 days: USD\$25

30 days: USD\$40

90 days: USD\$100

You can also pay for your Nepalese visa in Pounds Sterling or Euros however are likely to receive your change in US Dollars.

For the latest information, please see the Nepal Department of Immigration website at <http://www.immi.gov.np>

VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal. A dental check-up is a good idea as there will be no dental facilities while on the trek.



We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.

FLIGHTS

We recommend Max Travel (ATOL bonded license# 4705) for booking international flights and other travel arrangements. Please take a look at their website at <http://www.maxtravel.co.uk/> or give them a call on 020 7095 0920.

There are a number of good online agents that we also recommend, they are:

Kayak: *an excellent flight cost comparison website* <http://www.kayak.co.uk/>

Traveljungle: *another good flight cost comparison website*
<http://www.traveljungle.co.uk/>

Cheap Tickets: this site quotes airfares in USD\$ & often is very competitive when translated back to GBP£ <http://www.cheaptickets.com/>

Southall Travel: very competitive prices for India, Pakistan and Nepal both online and telephone support <http://www.southalltravel.co.uk/>

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

To get an online quote for your personal travel and trekking insurance (UK residents only), take a look at Snowcard's website at http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC

The Snowcard activity level for Everest Base Camp trek is 3 and prices start from £64.



Please note that The Mountain Company do not act as an agent of Snowcard Insurance and any policy bought via this web link is effected directly with Snowcard Insurance Services Limited.



CULTURAL CONSIDERATIONS

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

- The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
- There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but they should not go nude. Women should try and be as modest as possible in these situations.
- Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
- Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.
- You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.
- When visiting a monastery or gompa it is customary to give a donation for its upkeep.



SUGGESTED READING

Please take a look at The Mountain Company's online bookstore for a wide selection of books and maps to Nepal, the link is at:

<http://astore.amazon.co.uk/themountainco-21>

Everest- 50 years on top of the world by George Band

Above the clouds by Anatoli Boukreev

Eric Shipton- Everest and beyond by Peter Steele

Touching my father's soul by Jamling Tenzing Norgay

Into Thin Air by John Krakauer

The Ascent of Rum Doodle by WE Bowman

MAPS

Nepal Trekking Map Himalayan Maphouse Scale: 1:900,000 **This map will be included in your welcome pack when you arrive in Nepal.**

Everest Base Camp trekking National Geographic 1:135,000

Mount Everest Schweizerische Stiftung fur Alpine Forschung (Swiss Foundation For Alpine Research) 1:50,000

Mount Everest National Geographic Society 1:50,000



APPENDIX

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- Gaiters. A pair used to keep boots dry if walking through deep snow.
- Walking socks.
- Trainers or trail shoes. Can be used in and around lodge in the afternoons/evenings.

Clothing:

- Waterproof jacket and trousers (goretex or similar).
- Trekking trousers.
- Long sleeve shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or baselayer for top & bottom (merino wool or synthetic).
- Fleece pants.
- Medium weight down jacket (eg Nuptse jacket by The North Face).

Handwear:

- Fleece gloves.
- Warm mittens and/or gloves.

**Headwear:**

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf.
- Headtorch. Bring extra batteries.
- Sunglasses.

Personal Equipment:

- Sleeping bag (Note: it is possible to rent this in Kathmandu for about £1 per day).
- Day pack large enough to carry water bottles, camera, lunch and extra clothing.
- Stuff sacks for keeping your gear dry and organised.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles (optional).
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer (optional).

Travelling:

- Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.



- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Malaria prophylactic tablets.
- Blister treatment (Compeed patches are the best).
- Rehydration powder eg Dioralyte.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).