

KANCHENJUNGA CIRCUIT, NEPAL



At Pangpema with views of Nepal and Tent Peaks



HIGHLIGHTS

- Gary Pfisterer will lead our Kanchenjunga Circuit trek in October 2011, he is a very experienced mountaineer and trek leader. He knows Kanchenjunga very well after having led three expeditions to climb this mountain from both the North and South sides. His wife Ginette Harrison was the first person to successfully climb to the summit of Kanchenjunga and survive the descent.
- Our itinerary visits the North and South Base Camps of Kanchenjunga as well as crossing a high pass called Mirgin La. This trek has been described by some as the finest trail in Nepal.
- The mountain views are truly sensational, you will see Wedge Peak (6,750m), Mera (6,344m), Nepal Peak (6,910m), the Twins (7,351m), Jannu (7,710m), Koptang (6,147m), Rathong (6,679m) and the Kabrus (all over 7,000m) and of course the five peaks of Kanchenjunga all over 8,000m.
- It would appeal to anyone who is looking for a challenging trek in a remote region of Nepal visited by fewer other trekkers. This is a culturally interesting journey with two days exploring Kathmandu and then while on trek you will see Rais, Limbus, Sherpas and Tibetans.
- Roland, owner and founder of The Mountain Company, has been on this trip and modified the itinerary based on this experience. He will be able to answer any questions you might have.

REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR KANCHENJUNGA CIRCUIT

- Our itinerary has been carefully designed to ensure sufficient acclimatisation as well as including a number of spare days to maximise the chance of crossing the passes and completing the Circuit.



- Mountain Hardwear Trango 3.1 tents are used for all of our camping treks in Nepal. These are three person domed tents with plenty of space for two people sharing plus gear.
- We bring a satellite phone for logistical, safety and personal use.
- We provide each porter with windproof jacket & trousers, walking boots and shelter as per IPPG Guidelines.
- There will be a range of tasty meals for breakfast, lunch and supper. We also bring along a supply of chocolate bars, Pringles, biscuit and nuts.
- We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.
- Pre trip support will be given by Roland via email, phone or face to face meetings. In the past members have arranged to meet up prior to the trek.



KANCHENJUNGA CIRCUIT

Total number of days	27 days
Grade & days trekking	Strenuous, 21 trekking days
Accommodation	5 nights hotel, 21 nights camping
2011 price from Kathmandu	£2,095 (US\$3,495)
Minimum group size	5
Dates	October 9 th to November 4 th 2011



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Internal flight to/from Kathmandu and Suketar.
- 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 tents while on trek using our three person Mountain Hardwear Trango 3.1s.
- All trekking arrangements including permits and fees, tents, western and Sherpa TMC guides, porters and cook.
- Complimentary Kanchenjunga trekking map.
- Financial protection insurance with International Passenger Protection.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	£100
Single tent supplement	£120

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.
- 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 a long and challenging walk around Mt. Kanchenjunga visiting both North and South Base Camp.

This has been described by many people as the finest trekking route in Nepal. It is a long trek going deep into the remote mountain ranges on Nepal's border with Sikkim and Tibet. The trail explores the area around Kanchenjunga the third highest mountain in the world. You will see a wide range of scenery from lush, tropical jungle through to rhododendron, chestnut and oak forests and then at higher altitudes into the alpine zone. You will see a range of Nepalese culture and life-style from Rai and Limbus to Tibetan Buddhist villages.

The route starts by approaching the north side of Kanchenjunga where you see views of Tent peak, Nepal peak, Cross peak and then at Base Camp Kanchenjunga itself becomes visible. From Pangpema the trek returns to Ghunsa and then crosses the Mirgin La pass over to the south side of Kanchenjunga. Once over this pass we visit the yak pastures of Ramche and Oktang where there are impressive views of the south west face of Kanchenjunga.

Gary Pfisterer will lead our Kanchenjunga Circuit trek in October 2011, he is a very experienced mountaineer and trek leader. He is knows Kanchenjunga very well after having led three expeditions to climb this mountain from both the North and South sides. His wife Ginette Harrison was the first person to successfully climb to the summit of Kanchenjunga and survive the descent.



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 by Gary in the afternoon.

Day 2. Sightseeing in Kathmandu (1,300m).

Today we explore Kathmandu with a good 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 Biratnagar.

Day 4. Fly to Suketar (airfield above Taplejung), trek to Mitlung (921m).

It is possible to fly direct to Taplejung but we allow two days in case we have to fly via Biratnagar or for poor weather which might delay the flight.

On arrival at Suketar we meet the trekking crew, who started driving from Kathmandu a few days ago, and start the trek along the Surke Danda ridge to reach the village of Mitlung.



Day 5. Trek to Chirwa (1,270m).

Today is quite challenging as we follow rough paths high above the river. The trail passes the settlements of Sinwa, Tawa and Porke and as the valley narrows passes over old landslide debris and boulder-strewn river deposits.

There is a descent to a wooden bridge crossing the Thiwa Khola , then some more ups and downs before arriving at Chirwa. The village of Chirwa has a bazaar, a few bhattis and a couple of shops- it is set among huge boulders and most of the houses are made from bamboo.

Day 6. Trek to Sekathum (1,660m).

The trail follows the Tamur river and climbs a spur before descending to the Simbua Khola- this river comes from the Yalung Glacier on the south of Kanchenjunga. After another ridge it joins the steep and narrow Ghunsa Khola Valley and on to Sekathum. This is a Tibetan village, and it is from here you get the first views of the high Himalaya- Jannu is visible on a clear day up the Ghunsa valley.

Day 7. Trek to Amjilossa (2,510m).

Today we follow another steep and narrow trail up the north bank of the Ghunsa Khola to the Tibetan village of Amjilossa.

Day 8. Trek to Gybala (2,730m).

From Gybala there is a short ascent through lush bamboo, oak and rhododendron forests and at one point in the trail the south western flank of Kanchenjunga becomes visible. The trail makes several short climbs and descents before passing a large waterfall and a final steep climb to Gyabla.

Day 9. Trek to Ghunsa (3,595m).

From Gyabla, the trail continues to Kyapra and then makes an easy climb up the right bank of the river. The trail crosses a broad meadow past a village and climbs a gentle hill before descending to cross the river into Ghunsa.

Ghunsa is a picturesque Tibetan village with wooden houses with colourful prayer flags. There are several lodges and shops in the village and a small Kanchenjunga Conservation Area office along with a couple of gompas.



Day 10. Trek to Khambachen (4,100m).

From Ghunsa the trail makes a gradual ascent through beautiful pine and rhododendron forests along the south bank of the Ghunsa Khola passing several mani walls and chortens along the way.

There are a couple of climbs up scree slopes and moraine before dropping to Khambachen. Khambachen is a Tibetan settlement with about a dozen houses nestled in a grassy plain with mountains all around and a very impressive view of the huge north face of Jannu.

Day 11. Acclimatisation and rest day at Khambachen.

It is time for a day to rest after a week of walking! You can explore the area around Khambachen and climb a ridge behind the village for better views of the mountains- or if you are feeling energetic you could visit Jannu's Base Camp.

Day 12. Trek to Lhonak (4,785m).

The trail climbs through open rocky fields to Ramtang (4,370m) and then crosses moraines north west of the Kanchenjunga Glacier to Lhonak.

The campsite at Lhonak is near some large stone huts and has incredible views- Wedge Peak (6,750m), Mera (6,344m), Nepal Peak (6,910m), Twins (7,351m) among others.

Day 13. Day trek to Pangpema (5,143m), return to Lhonak.

You cannot see the main peak of Kanchenjunga from Lhonak- for this view you have to walk to the Kanchenjunga north side Base Camp at Pangpema. The trip to Pangpema has views of Tent Peak, Nepal Peak, Cross Peak, the Twins and of course finally Kanchenjunga.

Day 14. Return to Ghunsa (3,595m).

Day 15. Trek to high camp (approx. 4,100m) for the Mirgin La pass.

A high camp is established before crossing the pass tomorrow.

Day 16. Cross the Mirgin La (4,663m) and to Tseram (3,870m).

The route actually crosses five passes, first Tamo La (3,900m), an unnamed pass (4,115m), Mirgin La (4,663m), Sinion La (4,660m) and finally another unnamed



pass (4,724m). From the last pass there is a 1,000m descent to Tseram which is a small settlement above the Simbua Khola.

Day 17. Trek to Ramche (4,580m).

Today we walk up to Ramche, where the scenery is magnificent, and pass the snout of the Yalung glacier into an ablation valley. All the peaks to the east straddle the India-Nepal border- Kaktang (6,147m), Rathong (6,679m) and some of the Kabrus which are all over 7,000m.

There is a lake and a meadow along with two stone houses at Ramche and often blue sheep can often be seen on the grassy slopes above.

Day 18. Day trek to Oktang (4,730m), return to Ramche (4,580m).

Today, we get to see the south face of Kanchenjunga as we follow the ablation valley to Oktang- the whole cirque is above 7,500m and the three main summits all over 8,400m can be seen. The climbing route to the summit of Kanchenjunga, first climbed by Joe Brown and George Band in 1953, can also be seen from Oktang.

Day 19. Trek to Lamite Bhanjyang (3,310m).

The trail descends through rhododendron forest to Torontan then climbs through mossy forest to the pass at Lamite Bhanjyang. On a clear day there are spectacular views of Kanchenjunga and Jannu from here.

Day 20. Trek to Yamphudin (2,080m).

The trail drops steeply to the Imja Khola then crosses the Dubi Pass and descend into Yamphudin. The village has a mixed community of Sherpas, Rais, Limbus and Gurungs and there is also another Kanchenjunga Conservation Area office here.

Day 21. Rest day at Yamphudin.

Day 22. Trek to Ponphe (1,900m).

Descend to the Kabeli Khola, cross on its log bridge and then descend to Mamankhe. From here the trail enters a side canyon and crosses a stream on a long suspension bridge before climbing steeply to Ponphe village.



Day 23. Trek to Khunjari (1,928m).

The trail climbs to the two tea shops on the ridge above then begins a traverse through a series of valleys past several villages. The trail continues through Bhanjyang and traverses a ridge to descend to the Limbu village of Khunjari.

Day 24. Trek to the airfield at Suketar (2,300m).

The trail descends to the Pha Khola and climbs steeply through Pokhara and Shimu villages to Thenbewa. It then continues through forest to Lali Kharka and on to a ridge from where it descends gradually to the airfield at Suketar- we have now completed an amazing journey around the Nepalese side of Kanchenjunga! We camp here in preparation for the flight in tomorrow morning.

Day 25. Flight to Biratnagar and Kathmandu.

Day 26. At leisure in Kathmandu.

Day 27. 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.

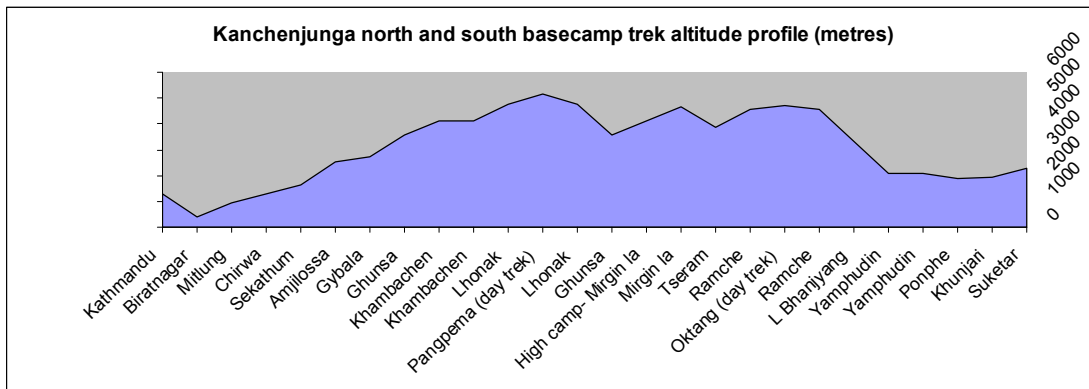




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Kanchenjunga Circuit 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>

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £3 per minute and £2 to send and receive SMS text.

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 within walking distance of the Royal Palace and the tourist hub of Thamel.

A TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers. Before heading over to the mess tent for breakfast it is best to pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning.

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After supper the western leader will discuss the plan for the next day with the group. People might stay in



the mess tent chatting about the day's events for a while before retiring to their tent for the night.

FOOD

In Kathmandu there is a wide range of excellent restaurants to try out, 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 cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapattis, omelettes and a range of hot drinks. For our camping treks in Nepal we provide fresh coffee from our Bialetti Moka coffee machine. On arrival to camp 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 Kanchenjunga Circuit trek has been included in the Appendix 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.



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 or equivalent convertible currency

30 days USD\$40 or equivalent convertible currency

90 days USD\$100 or equivalent convertible currency

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.

Telephone and fax: 0207 4980953 / International callers: +44 207498 0953

Skype ID: Rolandh1 / Email: info@themountaincompany.co.uk

Postal address: Flat 3, 190 Cedars Rd, Clapham, London SW40PP, UK



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





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 bookstore for a wide selection of books and maps to Nepal, the link is at: <http://astore.amazon.co.uk/themountainco-21>

Kanchenjunga the Untrodden Peak by Charles Evans.

The Hard Years by Joe Brown

The Kanchenjunga Adventure by Frank Smythe

Round Kanchenjunga by Douglas Freshfield

Living on the Edge: The Winter Ascent of Kanchenjunga by Cherie Bremer-Kamp

Kanchenjunga; First Ascent from the North-East Spur by Col Narinder Kumar

Kangchenjunga Himal and Kumbhakana by Jan Kielkowski

The Ascent of Rum Doodle by WE Bowman

Nepali Phrasebook by Lonely Planet

Altitude and acclimatisation information and advice

Going higher Oxygen, man and mountains by Charles Houston, MD

The High Altitude Medicine Handbook by Pollard and Murdoch

Medicine for mountaineering by James Wilkerson, MD

MAPS

Kanchenjunga by Himalayan Maphouse Trekking Maps of Nepal scale: 1:100,000

This map will be included in your welcome pack when you arrive in Nepal.

Nepal Trekking Map Himalayan Maphouse Scale: 1:900,000



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 or on wet ground.
- Wool and liner socks.
- Trainers/sneakers or sandals. Can be used in camp/lodge in the 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. The North Face Nuptse jacket 700 fill)

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.
- Sleeping mat (eg. Thermarest).
- Backpack 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.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles.
- 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).