

# LUXURY EVEREST BASE CAMP



Everest Lodge at Tashinga



# HIGHLIGHTS

- Our Luxury Everest Base Camp trek uses the chain of Everest Summit Lodges (“ESLs”) at Monjo, Tashinga, Pangboche and Lukla. These lodges provide accommodation at a standard far better than anything else available in the area. They are ecologically sympathetic and carefully located for their scenic views.
- Where there are no ESLs, we use the best lodges available with good dining facilities and separate bedrooms: Zamling Guest House in Namche Bazaar, Snow Lion or Peaceful in Dingboche and Eco Lodge in Lobuche.
- 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 5 we walk towards Thame village; on Day 8 you have the chance to walk towards Ama Dablam Base Camp and Day 10 we walk to Chukhung.
- We have carefully designed this trekking itinerary to help acclimatisation before reaching to Kala Patar (5,545m) and Everest Base Camp. This acclimatisation schedule has worked well for our groups in the past.
- 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. Not only do you get superb mountain views but also have the chance to visit Sherpa villages and Buddhist monasteries along the way.
- There are two days to explore Kathmandu including a day’s sightseeing tour to Swyambhunath, Pashupatinath and Boudhanath.
- 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.



# LUXURY EVEREST BASE CAMP

Total number of days	19 days
Grade & days trekking	Moderate, 14 trekking days
Accommodation	4 nights hotel, 14 nights lodge
2011 price ex Kathmandu	£1,695 (US\$2,695)
Minimum group size	2
Dates	December 19 <sup>th</sup> to January 6 <sup>th</sup> 2010/11 March 6 <sup>th</sup> to 24 <sup>th</sup> 2011 April 3 <sup>rd</sup> to 21 <sup>st</sup> 2011 October 9 <sup>th</sup> to 27 <sup>th</sup> 2011 November 6 <sup>th</sup> to 24 <sup>th</sup> 2011 November 27 <sup>th</sup> to December 15 <sup>th</sup> 2011 December 18 <sup>th</sup> to January 5 <sup>th</sup> 2011/12 March 4 <sup>th</sup> to 22 <sup>nd</sup> 2012 April 1 <sup>st</sup> to 19 <sup>th</sup> 2012 October 7 <sup>th</sup> to 25 <sup>th</sup> 2012 November 4 <sup>th</sup> to 22 <sup>nd</sup> 2012



**“Your organisation was superb & the trek itself exceeded our expectations by miles!” John Potter (UK)**

**“Everything with the organisation was first class; you really run a well oiled machine!” Gordon and Lynda Blair (UK)**

## **THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP**

- Internal flight to/from Lukla and Kathmandu.
- All transfers including airport collections.
- One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- Twin share room at Hotel Shangri La (four star) in Kathmandu.
- Breakfast only at hotels, all meals included while on trek.
- Twin share room at Everest Summit Lodges at Monjo, Tashinga, Pangboche and Lukla and at Zamling Guest House in Namche Bazaar, Snow Lion in Dingboche and Eco Lodge in Lobuche
- All trekking arrangements including permits and fees, Sherpa guide and porters.
- Complimentary Everest trekking map.
- Financial protection insurance with International Passenger Protection.
- Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive “Nepal Trek Information” notes.

## **THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:**

Single room supplement                      £450 (US\$750)



## THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Kathmandu (London from £550).
- Travel & trekking insurance (eg. Snowcard).
- 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 our “Nepal Trek Information” notes).
- 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 Trekking Company Ltd (“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.



For further information about our financial protection insurance with International Passenger Protection please see Appendix 2.

## 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 while staying in high quality lodges of the Khumbu region.

Everest Summit Lodges (“ESLs”) are at a standard far better than anything else available in the area. These lodges provide the highest level of service with landscaped gardens, comfortable lounges and bedrooms as well as hot showers and western toilets. Where there are no ESLs, we use the best lodges available with good dining facilities and separate bedrooms: Zamling Guest House in Namche Bazaar, Snow Lion or Peaceful in Dingboche and Eco Lodge in Lobuche.

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 briefing will be given in the afternoon. **Overnight Shangri La hotel.**

### **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 Monjo (2,850m)- 6 to 7 hours walking.**

After the exciting landing at Lukla, you will start the trek along the beautiful Dudh Kosi river valley passing carved mani stones and prayer wheels typical of Sherpa Buddhist country. From Phakding the trail follows the Dudh Kosi valley north, staying on its west bank and soon there is a good view of Thamserku (6,608m). After a walk uphill and over a ridge there is a traverse high above the river to Benkar, and a little further on you cross over a suspension bridge to the east bank of the Dudh Kosi.



There are excellent new metal suspension bridges over the rivers which we cross several times. We reach Monjo at the entrance to the Sagarmatha (Everest) National Park, our first evening is at the Everest Summit Lodge in Monjo village. This lodge is beautifully designed with a natural wood dining area and bedrooms with private bathrooms. It is a great place to relax and take in these beautiful surroundings. **Overnight at the Everest Summit Lodge at Monjo.**

#### **Day 4. Trek to Namche Bazaar (3,445m)- 4 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).

Zamling is the best lodge in Namche and run by a hospitable Sherpa family, this lodge has a large dining room downstairs and bedrooms with private bathrooms. The owner, Tsedam Sherpa, has a superb collection of Everest mountaineering artefacts and memorabilia in the dining room. **Overnight at the Zamling Guest House lodge.**

#### **Day 5. Day walk to Thame village (3,800m).**

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 6. Trek to Tashinga (3,450m)- 4 hours walking.**

This morning we leave Namche on the trail contouring the hillside high above the Imja Khosi. There are spectacular views of Everest, Lhotse and Nuptse and also the beautifully shaped Ama Dablam known as one of the most beautiful mountains in the world.

The lodge is just located outside the village of Tashinga with views down the valley to Ama Dablam and Everest. **Overnight at the Everest Summit Lodge at Tashinga.**



### **Day 7. Trek to Pangboche (3,875m)- 6 hours walking.**

Today we set out for Pangboche village and pass the important Tengboche monastery along the way. The Tengboche monastery is the most important gumpa in the Sherpa region, and home to the abbot and about eighty monks and novices following Nyingmapa Buddhism, the predominant Sherpa sect. There is a good view of Everest from here. After a visit to the monastery we will carry on walking to the village of Pangboche. **Overnight at the Everest Summit Lodge at Pangboche.**

### **Day 8. Day walk towards Ama Dablam BC.**

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 Gumpa (small monastery). **Overnight at the Everest Summit Lodge at Pangboche.**

### **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 or Peaceful 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 or Peaceful 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 Lobuche (4,931m).**

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 Lobuche in the afternoon. **Overnight at Eco Lodge.**

## **Day 14. Trek back to Pangboche (3,875m)- 6 hours walking.**

From Lobuche we descend past the Sherpa memorials to Dughla and then follow the lower trail to Pheriche. 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. Pangboche village. **Overnight at the Everest Summit Lodge at Pangboche.**

## **Day 15. Trek back to Namche Bazaar (3,445m)- 6 to 7 hours walking.**

After a climb through the rhododendron forest to Tengboche we descend to the river at Phunki Tenga. After crossing the bridge there is a steady ascent then the trail contours to Namche Bazaar. **Overnight at Zamling Guest House.**

## **Day 16. Trek back to Lukla- 5 hours walking.**

From Namche we descend to the bridge and then onto Monjo where we continue 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 the Everest Summit Lodge at Lukla.**

**Day 17. Fly to Kathmandu. Overnight at Hotel Shangri La.**

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 Shangri La.**

**Day 18. At leisure in Kathmandu. Overnight at Hotel Shangri La.**

**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](http://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](http://www.climatecare.org)), Tourism Concern ([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)), Friends of Conservation ([www.foc-uk.com](http://www.foc-uk.com)) and Kathmandu Environmental Education Project ([www.keepnepal.org](http://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](http://www.fco.gov.uk/travel).

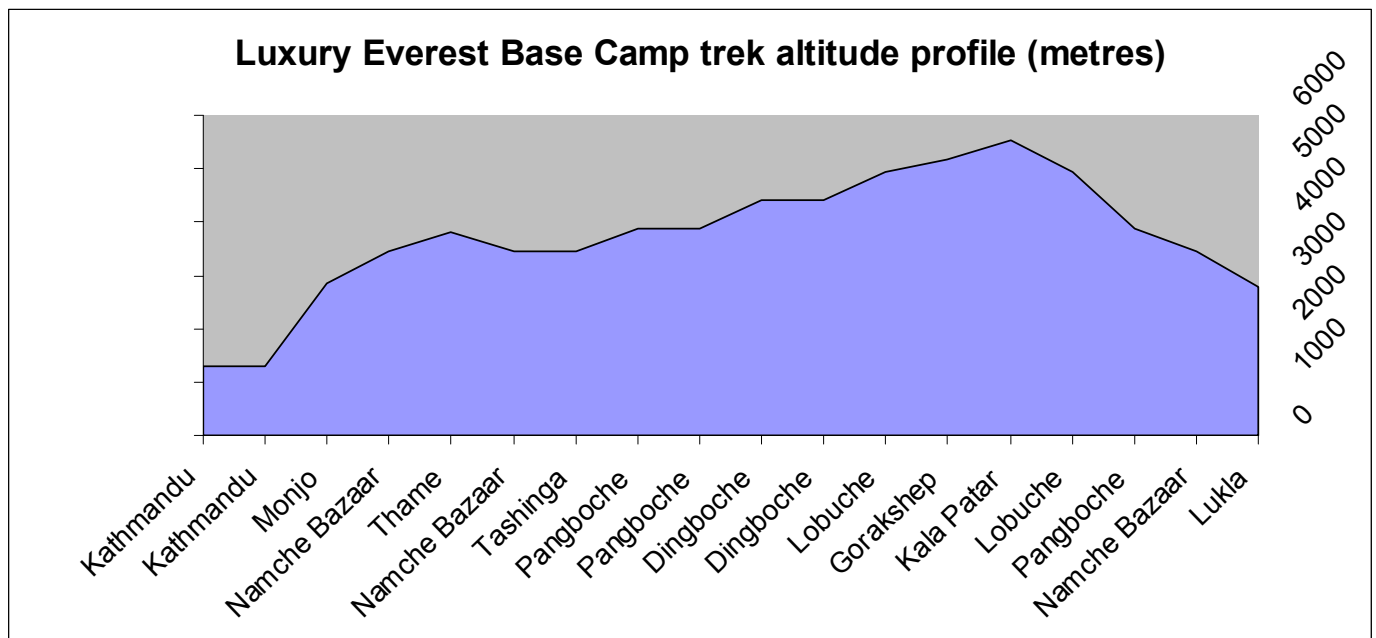




# PRACTICAL INFORMATION

## ALTITUDE AND ACCLIMATISATION

Our Everest Luxury Lodges 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 Shangri La (four 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.

## 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.

In the lodges for breakfast you are likely to get porridge or cereal, toast or chapattis, omelettes and a range of hot drinks. On arrival 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 Luxury Everest Base Camp trek has been included in 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 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 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.



## 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](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 gumpa 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 1

## 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 or trail shoes. 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

### Handwear:

- Fleece gloves.

### Headwear:

- Wool or fleece hat.



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

### **Personal Equipment:**

- Sleeping bag.
- 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).



# APPENDIX 2

## INTERNATIONAL PASSENGER PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("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.

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

**Consumer aware:** Your booking is insured by IPP Ltd and its panel of insurers. This insurance is only valid for passengers who book and pay directly with/to The Mountain Company. If you have booked and/ or paid direct to a Travel Agent for a holiday with The Mountain Company please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to [www.ipplondon.co.uk](http://www.ipplondon.co.uk)

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

**Claim procedures:** download claim form from [www.ipplondon.co.uk](http://www.ipplondon.co.uk), any occurrence which may give rise to a claim should be advised within 14 days to: International Passenger Protection Limited, Claims Office, IPP House, 22-26 Station Road, West Wickham, Kent BR4 0PR, United Kingdom. Telephone: +44 (0) 208 7763752. Fax: +44 (0) 208 7763751.

In order to deal promptly with any claims hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements. Claims forms must be submitted to IPP within six months of date of insolvency they cannot consider or pay claims received after this date.