

MAKALU BASE CAMP TO EVEREST



Mount Makalu as seen from near Base Camp



HIGHLIGHTS

- This is a truly adventurous expedition passing through a remote and wild region of the Himalayas from Makalu Base Camp over three high passes (Sherpani, West Col & Amphulaptsa) into the Everest region near Everest. This trek is known as one of the most difficult in the Himalaya.
- The trail takes you from the steamy lowlands of Tumlingtar near the Arun River through one of the least frequented trekking regions of Nepal via Shipton La (4,216m) to Makalu Base Camp.
- This trek follows the crux section of The Great Himalaya Trail (“GHT”) for further information please see our Blog entry <http://themountaincompany.blogspot.com/2010/02/great-himalaya-trail.html>
- There are superb views of the fifth highest mountain in the world Mount Makalu at 8,462m often known as the Great Black as well as other Himalayan giants such as Baruntse (7,129m) and Chamlang (7,319m).
- If you think that our Makalu to Everest trek is going to be too challenging for you then take a look at our Makalu Base Camp itinerary (returning to Tumlingtar). We plan to run these two treks at the same time with both groups arriving to Kathmandu on April 23rd 2011. For more information on our Makalu Base Camp please take a look at: <http://www.themountaincompany.co.uk/nepal/walking-and-trekking/makalu-base-camp/>
- We would be happy to arrange an extension if you would like to visit Everest Base Camp, this would take an extra three to four days.



REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR MAKALU BC TO EVEREST.

- Our Makalu to Everest expedition in April 2011 will be led by Roland Hunter, in Spring 2009 he climbed to the summit of Mount Makalu (without supplemental oxygen or Sherpa support) and as a result knows this area well.
- Our itinerary has been designed to include sufficient time for acclimatisation to the altitude in order to maximise your chances of completing the traverse into the Everest.
- 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 also have a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.
- We provide each porter with windproof jacket & trousers, walking boots, crampons 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. For breakfast every morning we provide fresh coffee from our Bialetti Moka coffee machine.
- Pre trip support will be given by Roland via email, phone or face to face meetings, please get in touch if you have any questions or require further information on this trek.



MAKALU BASE CAMP TO EVEREST

Total number of days	29 days
Grade & days trekking	Strenuous (Mountaineering), 24 trekking days
Accommodation	3 nights hotel, 25 nights camping
2011 price ex Kathmandu	£2,695 (US\$4,295)
Minimum group size	6
Dates	April 23 rd to May 21 st 2011 April 21 st to May 19 th 2012



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Internal flight to/from Kathmandu and Tumlingtar.
- All transfers including airport collections.
- One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- Twin share room at Hotel Tibet in Kathmandu.
- Breakfast only 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 leaders, porters and cook.
- Complimentary Makalu 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	£100 (US\$150)
Single tent supplement	£150 (US\$250)

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 £550).
- Travel & trekking insurance.
- Nepal visa for 90 days (US\$100).
- 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 a challenging expedition from Makalu Base Camp to Everest region via three high passes: Sherpani Pass, West Col and Amphu Laptsa. The trail takes you from Tumlingtar in the steamy lowlands near the Arun River over the Shipton La and into the remote and beautiful Barun river valley before arriving to Makalu Base Camp. From here we cross Sherpani Pass over to Baruntse Base Camp, then cross West Col to Panch Pokhari followed by the Amphu Laptsa into the Everest.

This is a truly adventurous expedition passing through a remote and wild region of the Himalayas with superb views of Makalu, Everest, Lhotse, Chamlang and Kanchenjunga.

Our itinerary has been designed to include sufficient time for acclimatisation to the altitude in order to maximise your chances of completing the traverse into the Everest. There are logistical challenges in organising an expedition to such a remote area of the Himalaya and this is only possible by bringing a strong and experienced Sherpa team.

Previous mountaineering experience is required to safely complete this journey, you will climb on fixed rope over the passes and group rope travel on the glaciers. If



you think that our Makalu to Everest trek will be too challenging then take a look at our Makalu Base Camp itinerary (returning to Tumlingtar). We plan to run these two treks at the same time with both groups arriving to Kathmandu on April 23rd 2011. For more information on our Makalu Base Camp please take a look at: <http://www.themountaincompany.co.uk/nepal/walking-and-trekking/makalu-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 Hotel Tibet.

Day 2. Fly to Tumlingtar and drive to Chichila (1,840m).

After the 45 minute flight to Tumlingtar, we take jeeps along a rough road to the busy market town of Khandbari where we have lunch. From Khandbari we continue driving along the increasingly rough road passing terraced fields and then further up through forest to the village of Chichila located at the top of a ridge. Overnight camping.

Day 3. Trek to Num (1,500m)- 5 to 6 hours walking.

Leaving Chichila we walk through a forest of rhododendron and bamboo followed by an oak further along the ridge. For the rest of the day we follow the ridge where on a clear day there are fine views of Makalu and Chamlang. After lunch we reach the small Sherpa village of Mure and then descend to the village of Num. Num is set on a promontory above the Arun river with good views over the valley towards Sedua village. Overnight camping.



Day 4. Trek to Sedua (1,540m)- 5 to 6 hours walking.

From Num we descend steeply through terraced fields and jungle to the Arun river at an altitude of 650m. We cross the suspension bridge over the fast flowing Arun river and then have a steep climb up to the village of Sedua. The entry checkpoint for Makalu-Barun National Park is in this village. Overnight camping.

Day 5. Trek to Tashigaon (2,070m)- 4 to 5 hours walking.

We continue climbing out of the valley through rhododendron and bamboo then start traversing through terraced rice fields to Manigaon village. From here the trail contours through forest and farmland to reach the school at the entrance to Tashigaon village. Our camp is in the higher part of the village next to several teahouse lodges. Tashigaon is the last village until we get to Chhukung in the Everest as there are no permanent settlements in Barun valley. Overnight camping.

Day 6. Trek to Khongma (3,560m)- 7 hours walking.

From Tashigaon there is a steady climb through forest, and after a while, it starts to open out with more rhododendrons until we reach a few huts at Chipla. We camp further along the ridge to Khongma where there is a teahouse lodge with tent terraces. Overnight camping.

Day 7. Rest & acclimatisation day.

After a rapid ascent of 1,400m yesterday it is essential to take a rest day to help your acclimatisation before crossing Shipton La (4,216m) tomorrow. The campsites above Tashigaon are designated by National Parks so it is not possible to split Day 6 into two shorter days. Overnight camping.

Day 8. Trek to Debotay (3,650m) via Shipton La (4,216m)- 6 to 7 hours walking.

From Khongma the trail climbs steeply along switchbacks with superb views of Makalu and Chamlang and also over to Kanchenjunga in the east. We continue walking along a stone staircase through rhododendrons before reaching Tutu La (4,050m) followed by a descent to Kala Pokhari lake. We make a climb to Shipton La (4,216m) and descend to another lake before climbing again to Keke La (4,150m). After this final pass we walk down through a beautiful valley Debotay where there is a basic lodge cleared among the rhododendron forest. Overnight camping.



Day 9. Trek to Yangle Kharka (3,600m)- 4 to 5 hours walking.

After leaving Debotay the trail traverses along the steep sides of the Barun Valley and crosses a number of landslide areas. On either side of the river there are huge rock walls towering overhead and views of Peak 6 and 7 down the valley. Further along the valley widens and near Yangle Kharka there is a large flat grassy area with a basic teahouse where we camp for the night. Overnight camping.

Day 10. Trek to Langmale Kharka (4,200m)- 4 to 5 hours walking.

Today we pass a number of yak pastures (kharkas) and herder huts with a number of different names and varying altitudes depending on which map or guidebook you read. As we are now approaching high altitude we limit our rate of ascent to ensure your body has necessary time to acclimatise. We camp at the grazing area called Langmale Kharka where there is a new lodge and terraces cleared for camping. Overnight camping.

Day 11. Trek to Mera (4,500m)- 2 to 3 hours walking.

Today we have a shorter day to help our acclimatisation before walking up to Makalu Base Camp tomorrow. There are superb views of the Himalayan mountains throughout the day so take your time and enjoy the walk you will see Peak 3, 4, and 5 as well as Chamlang. Overnight camping.

Day 12. Trek to Makalu Base Camp (5,000m).

On approaching Sherson the south east ridge of Mount Makalu comes into view and as one approaches Base Camp the stunning view of its south face is revealed. We set up camp at Makalu Base Camp where we intend to stay for two nights. Overnight camping.

Day 13. Acclimatisation day.

After breakfast we will organise an optional walk up the ridge overlooking Base Camp where it is possible to see Everest and Lhotse and of course Makalu. For the rest of the day you can relax in camp and maybe at this stage in the trek it is time to do some laundry. Overnight camping.

Day 14. Trek to Hilary Base Camp (5,400m).

Mountaineers climbing the normal route on Makalu along the north-west ridge spend most of their time at Advanced Base Camp (“ABC”) and only pass through Base Camp for a few nights at the start and end of their expedition. Very few



trekker groups venture above Makalu Base Camp however we have included time in our itinerary to explore this area. Not only is this a spectacular walking but also essential acclimatisation before crossing the Sherpani Pass. Overnight camping.

Day 15. Acclimatisation day.

Today you will have the chance to walk towards ABC following an indistinct moraine trail marked by cairns, from here you will see Makalu's impressive West and North West ridges. Overnight camping.

Day 16. Trek to High Camp before Sherpani Pass (5,700m).

From Hilary Base Camp we approach a valley above Barun glacier where we put in our High Camp located before Sherpani Pass. This is a tough day walking on loose moraine following another indistinct trail. Overnight camping.

Day 17. Acclimatisation day.

Today our Sherpas will go ahead to fix rope on Sherpani Pass in advance of the group's crossing tomorrow. Having another day and night at this altitude will help everyone's acclimatisation before crossing the pass tomorrow. Overnight camping.

Day 18. Cross Sherpani Pass at 6,135m.

After an early start we start the climb to Sherpani Pass, this is a very demanding day using fixed rope for ascent and descent as well as sections of rope travel on the glacier. Over the next few days we will travel through a very remote glacial area, the exact daily schedule will be decided by your leader and Sherpas depending on conditions and weather as well as how the group and crew are faring with the expedition. Overnight camping.

Day 19. Cross West Col at 6,143m.

Day 20. Trek to Panch Pokhari (5,400m).

Day 21. Trek to High Camp before Amphu Laptsa.

Day 22. Cross Amphu Laptsa at 5,850m.

Day 23. Trek to Chukkung (4,730m).



Day 24. Trek to Deboche (3,770m).

After several challenging days crossing the remote passes from Makalu we are now in Everest with well constructed trails and many other trekkers staying in the impressive network of teahouse lodges.

Day 25. Trek to Namche Bazaar (3,440m).

From Deboche we walk up to Tengboche monastery then make a descent to Phunki Tenga by the river, this is followed by a steep section uphill then a long traverse to Namche Bazaar.

Day 26. Trek to Lukla (2,840m).

From Namche we walk down the hill and to Monjo village, then 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 teahouse lodge.

Day 27. 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 28. 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 29. Fly back home.

Transfer from hotel to Kathmandu airport for your flight back home.



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; please refer to Appendix III in this Trip Dossier.

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.

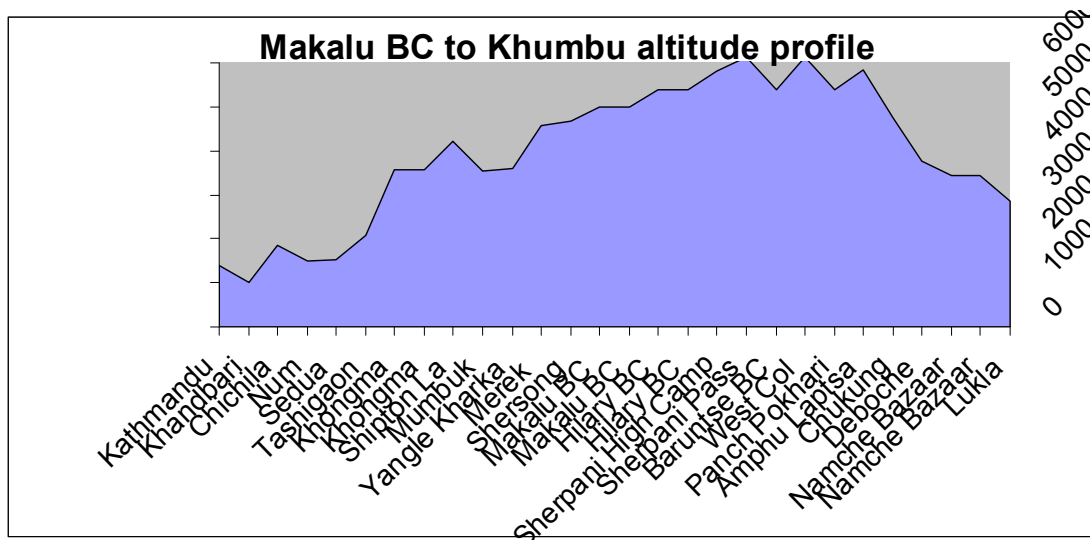




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Makalu Base Camp to Everest 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 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.

After Makalu Base Camp we plan to go lightweight in terms of group trekking equipment, we will not have a mess tent with table instead deliver meals to personal tents. The reason for doing this is due to the challenging nature of crossing the high passes especially for the porters, by going lightweight their loads will be more manageable and far safer for them.

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 Makalu Base Camp to Everest 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.

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 18kgs.** 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



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

Makalu In Simple Harmony by Hermann and Dietlinde Warth

The Highest Peak yet conquered by an entire team by J Franco

No Place for Men by Peter Mulgrew

Nothing ventured nothing gained by Edmund Hilary

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

Makalu Base Camp High Route by Nepa Maps Scale: 1:80,000 This map will be included in your welcome pack when you arrive in Nepal.

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

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

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



APPENDIX 1

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Plastic mountaineering boots.
- 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.

Climbing equipment:

- Climbing harness with 1m sling, 4 screw gate carabiners, belay plate and 3m of 5mm static cord for prussiks.
- Jumar ascender (eg. Petzl handle ascender) with sling.
- Crampons (10 or 12 point general mountaineering type are the best).
- Mountaineering ice axe.
- Helmet.

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 base layer 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.
- Sleeping mat (eg. Thermarest). On trek we provide everyone with one foam mat however we recommend two layers for maximum insulation and comfort.
- 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

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, 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.