

MAKALU BASE CAMP, NEPAL



Mount Makalu as seen from near Base Camp



HIGHLIGHTS

- This is an adventurous trek in a remote region of Nepal, the trail takes you from the steamy lowlands of Tumlingtar near the Arun River via Shipton La (4,216m) to Makalu Base Camp.
- 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).
- We are planning on organising two treks to Makalu in Spring 2012, one will visit Makalu Base Camp and then return to Tumlingtar. The second group will cross the challenging high passes to the Everest region (Sherpani, West Col & Amphulaptsa). Please take a look at the link below for more information on our Makalu Base Camp to Everest trek at:

<http://www.themountaincompany.co.uk/nepal/mountaineering/makalu-base-camp-to-everest/>

REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR MAKALU BASE CAMP

- Our itinerary allows for time to explore around Makalu Base Camp whereas most other itineraries do not even camp at Base Camp instead go for a day walk from Sherson below.
- The Mountain Company organised a successful Makalu to Everest expedition in April/ May 2011 led by Roland Hunter (also in Spring 2009 he climbed to the summit of Mount Makalu without supplemental oxygen or Sherpa support) and as a result of these trips we know the Makalu area well. Please click on links below to read Trip Reports from Spring 2011:

<http://themountaincompany.blogspot.com/2011/05/part-one-trip-report-for-great-himalaya.html>



- Our itinerary has been carefully designed to ensure sufficient acclimatisation as well as including spare days to maximise your chance of reaching Makalu Base Camp.
- 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 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.



TESTIMONIALS

“I thought your Makalu to Everest was a magnificent trip, superbly organized, and that Roland you did a first class job as leader. I was so full of admiration at your setting off to fix ropes and inspect routes as soon as we had tottered into camp and were ready to relax! The careful attention to acclimatization was admirable, and was vindicated (getting everyone over those high passes was a considerable achievement - I've been on several trips where people have been turned back at significantly lower altitudes). Your thinking about the best timing for the trip seems to have been justified as well. The crew were, I think, the best I have ever trekked with.” Martin Plackett, Makalu to Everest in Spring 2011

“Brilliant trip, I have a definite longing to come back to Nepal again it has certainly wet my appetite to do more. The views were stupendous on the big days crossing the passes as well as stunning scenery around Makalu and also in the Solo Khumbu, this will live with me forever. Personally, I think the Makalu to Everest expedition was a lot harder than Mera Peak expedition I did with you in 2007 because this one was longer, with more days at altitude and more technical. I agree that the porters/sherpas were exceptional, none of us could have made it without them.” Paul Carroll, Makalu to Everest in Spring 2011

“I just wanted to thank you again for the support, and your advice, knowledge & enthusiasm. In terms of the feedback on the trip I cannot fault it I can only say how fortunate Roy & everyone were to find you when they did the Mera Peak Trip. I would not hesitate to recommend you & your company to anyone.” Mike Lister, Makalu to Everest in Spring 2011



MAKALU BASE CAMP

Total number of days	22 days
Grade & days trekking	Strenuous, 16 trekking days
Accommodation	3 nights hotel, 18 nights camping
2012 price ex Kathmandu	£1,995 (US\$3,195)
Minimum group size	6
Dates	April 22 nd to May 13 th 2012 April 21 st to May 12 th 2013

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.
- Makalu trekking map given to you on arrival to Kathmandu.



- Rubberised luggage tags posted to you before departure.
- 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	£140 (US\$230)
Single tent supplement	£125 (US\$200)

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 (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 a challenging trek to the Base Camp of Mount Makalu the world's fifth highest mountain.

Our itinerary has been planned to allow for sufficient acclimatisation to the altitude and to maximise our time around Makalu Base Camp. The trail takes you from the humid lowlands near Tumlingtar on the Arun River through one of the least frequented areas of Nepal to Makalu Base Camp. The trek passes a large diversity of ecosystems and cultures, on lower sections of the trek there are Rai villages and at higher altitudes Sherpa villages.

We cross Shipton La at 4,216m into the remote and beautiful Barun river valley before arriving at Makalu Base Camp. Along the trail there are superb views of the south face of Makalu as well Chamlang and Kanchenjunga. Makalu Barun National Park was established in 1992 as Nepal's eighth national park covering 2,330 sq km. This area is a remote wilderness containing some of the last remaining areas of pristine forests and alpine meadows in Nepal. The area receives few foreign trekkers due to its relative inaccessibility.

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.

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. Overnight Hotel Tibet.

Day 2. Briefing and preparations in Kathmandu

A full expedition briefing will be given in the morning then in the afternoon you can purchase last minute items in Kathmandu, pack your bags etc. Overnight Hotel Tibet.



Day 3. Fly to Tumlingtar and drive to Chichila (1,840m)- 2 to 3 hours driving.

The flight to Tumlingtar takes about 45 minutes, on arrival we will have lunch at a local lodge then we take jeeps along a rough road to the busy market town of Khandbari then 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 4. Trek to Num (1,500m)- 5 hours walking.

If the weather is clear in the morning there is a superb view of the Himalayas including Makalu from Chichila. After breakfast we start walking through a forest of rhododendron and bamboo followed by oak further along the ridge. For the rest of the day we follow the ridge where on a clear day there are further 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 5. 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 6. 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 7. Trek to Khongma (3,560m)- 6 to 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 8. Rest & acclimatisation day at Khongma (3,560m).

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. We will organise an optional morning walk along Khongma Danda (ridge) towards Shipton La, this is useful to help the acclimatisation process by “climbing high and sleeping low”. There is a superb view from Khongma looking eastwards towards Kanchenjunga. Overnight camping.

Day 9. Trek to Debotay (3,800m) via Shipton La (4,125m)- 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 Shipton La (4,216m) followed by a descent to Kalo Pokhari lake. We make a climb 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 10. Trek to Yangle Kharka (3,700m)- 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 11. Trek to Langmale Kharka (4,450m)- 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 12. Acclimatisation day at Langmale Kharka (4,450m).

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 13. Trek to Makalu Base Camp (4,900m)- 4 to 5 hours walking.

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 14. Day walk near Makalu Base Camp (4,900m).

We will arrange an optional walk on the slopes on east side of Makalu Base Camp, this is well worth doing not only to help your acclimatisation but also for the good views of Everest, Lhotse and of course Makalu. The walk will take about 5 hours return and reaches an altitude of 5,300m.

Day 15. Trek to Yangle Kharka (3,700m).

Day 16. Trek to Debotay (3,800m).

Day 17. Trek to Tashigaon.

Day 18. Trek to Num.

Day 19. Trek to Chichila, drive to Tumlingtar.

Day 20. Fly to Kathmandu. Overnight Hotel Tibet.

Day 21. Sightseeing in Kathmandu.

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 22. 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.

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.



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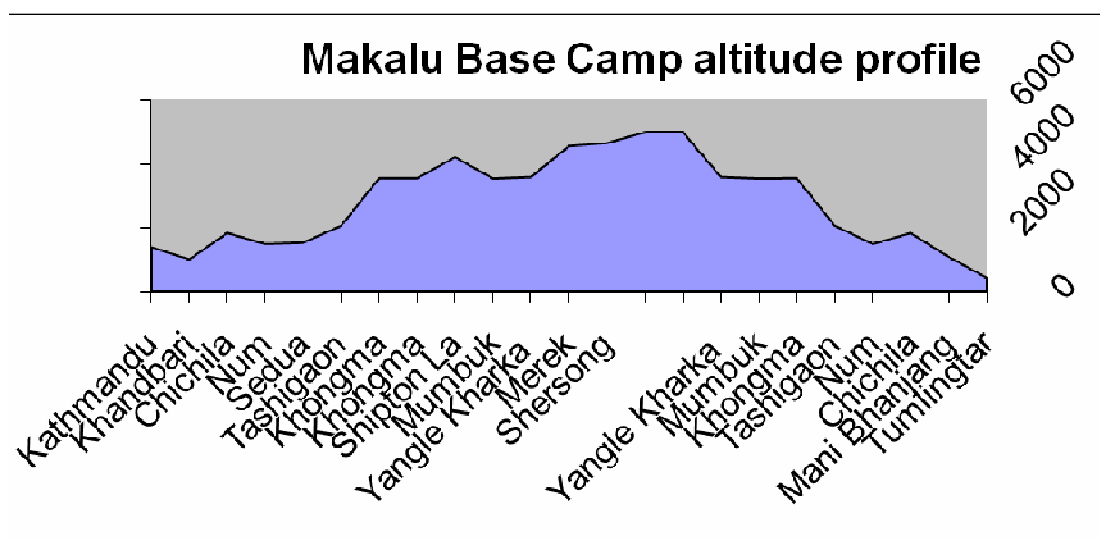
Postal address: Flat 3, 190 Cedars Rd, Clapham, London SW40PP, UK



PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

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



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

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



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

Base Camp MD website:

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

High Altitude medicine website:

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

Medex Travel at High Altitude:

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

BMC website:

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

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

For our Makalu trek we use several hotels in Kathmandu depending on availability. They are as follows:

Hotel Tibet is located in Lazimpat next to the Radisson. For more information on Hotel Tibet please take a look at their website <http://www.hotel-tibet.com/> .

Hotel Manaslu is located in Lazimpat close to Hotel Tibet and the Radisson. For more information on Hotel Manaslu please take a look at their website <http://www.hotelmanaslu.com/>

Hotel Vajra is located on the road to Swayambunath Temple (commonly know as Monkey Temple). For more information on Hotel Vajra please take a look at their website <http://www.hotelvajra.com/>

Hotel Ambassador is located in Lazimpat near the diplomatic enclave. For more information on Hotel Ambassador please take a look at their website <http://www.acehotelsnepal.com/ambassador/>



There are store rooms at all of these hotels where you can leave luggage not required while on trek. There is also a security safe at these hotels for storage of valuables.

TUMLINGTAR AND LUKLA FLIGHT

Please note that flights to and from Nepal's Short Take-Off & Landing ("STOL") mountain airstrips such as Tumlingtar are dependent on the weather. Delays often happen if there is poor visibility or high winds.

If you have to wait in Kathmandu at the beginning of the trip due to delays in flying into a STOL mountain airstrip the cost for your overnight accommodation in Kathmandu is not included so you will have to pay extra for this.

In all of our itineraries visiting areas with STOL mountain airstrips region we include one extra day in Kathmandu at the end of the trip in case of delays flying back. If you are delayed longer than this our office in Kathmandu 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 of your additional costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

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.

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 -15°C.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Makalu 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.



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





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 advices

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.



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/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 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 (Black Diamond with “Flick Lock” are best).
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer (optional).

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**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.