

# MANASLU CIRCUIT, NEPAL



Group at Larkya La pass on the Manaslu Circuit



## HIGHLIGHTS

- This is a geographically spectacular and culturally fascinating trek passing from the Gurung villages of the lower hills to the Tibetans of the upper Buri Gandaki.
- The mountain views are sensational including Himalchuli (7,893m), Shringi Himal (7,187m), Ngadichuli (7,871m) and of course Manaslu (8,163m)-
- Larkya La at 5,213m is an impressive Himalayan pass to cross, it is a long day however would be a good objective for most hill walkers.
- Manaslu Circuit would appeal to anyone looking for a challenging trek in a remote region of Nepal visited by relatively few other trekkers.
- Roland, owner and founder of The Mountain Company, led the Manaslu Circuit in April 2008 and has modified the itinerary based on this experience. He will be able to answer any questions you might have.

## REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR MANASLU CIRCUIT

- Our itinerary has been carefully designed to ensure sufficient acclimatisation as well as including a number of spare days to maximise the chance of crossing the passes.
- Mountain Hardwear Trango 3.1 tents are used for all of our camping treks in Nepal. These are three person domed tents with plenty of space for two people sharing plus gear.
- We bring a satellite phone for logistical, safety and personal use.
- We provide each porter with windproof jacket & trousers, walking boots and shelter as per IPPG Guidelines.
- There will be a range of tasty meals for breakfast, lunch and supper. We also bring along a supply of chocolate bars, Pringles, biscuit and nuts.



- We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.
- Pre trip support will be given by Roland via email, phone or face to face meetings. In the past members have arranged to meet up prior to the trek.

**"From the minute I had arrived in Kathmandu I felt that Roland and The Mountain Company had all bases covered. The trip was an amazing experience made all the better by the choice of leaders whose knowledge and enthusiasm for the country was infectious.**

**I wouldn't hesitate to recommend Roland and the Mountain Company to anyone wanting to trek in Nepal for the first time, or the second- I'm planning a return trip this year!" Guy Massey (UK)**



# MANASLU CIRCUIT

Total number of days	21 days
Grade & days trekking	Strenuous, 17 trekking days
Accommodation	4 nights hotel, 16 nights camping
2010 price from Kathmandu	£1,295 (US\$2,195)
Minimum group size	6
Dates	October 11 <sup>th</sup> to 31 <sup>st</sup> 2009 April 4 <sup>th</sup> to 24 <sup>th</sup> 2010 October 10 <sup>th</sup> to 30 <sup>th</sup> 2010 April 3 <sup>rd</sup> to 23 <sup>rd</sup> 2011 October 9 <sup>th</sup> to 29 <sup>th</sup> 2011



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

- All internal transport and transfers including airport collections.
- Twin share room at Hotel Tibet in Kathmandu.
- Breakfast only at Hotel Tibet in Kathmandu, all meals included while on trek.
- Twin share tents while on trek using our three person Mountain Hardwear Trango 3.1s.
- All trekking arrangements including permits and fees, tents, TMC guides, porters and cook.
- Complimentary Manaslu trekking map.
- Financial protection insurance with International Passenger Protection.

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

Single room supplement	£80
Single tent supplement	£125

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

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

- International flight to/from Kathmandu (London from £515).
- Travel & trekking insurance (Snowcard from £68).
- Nepal visa for 30 days at US\$40 (approx £25).
- Lunch and evening meals in Kathmandu.



- Personal clothing & equipment please see the Appendix for suggested kit list.
- Tips (guidance on amounts included in Nepal pre departure information).
- Other items not listed in “What is included”.

## YOUR COMPLETE FINANCIAL PROTECTION

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

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



## PARTICIPATION STATEMENT

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

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



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

## **INTRODUCTION**

Manaslu Circuit is a challenging trek around Manaslu the world's eighth highest mountain and crossing Larkya La pass.

This trek would appeal to anyone who is looking for a challenging trek in a remote region of the Nepal Himalaya. The trail passes through a geographically spectacular and culturally fascinating area with scenery similar to the classic Annapurna Circuit although the trails are not as popular with trekking groups.

The trek starts at the town of Arughat passing through bamboo forests and Gurung villages in the narrow Buri Gandaki gorge. After Lho village we enter the Nupri region inhabited by Tibetan immigrants where you will see colourful prayer flags, mani walls and monasteries along the way.

After Samdo village we start the approach towards the Larkya La pass, crossing this high Himalayan pass is a challenging day although would be a good objective for a fit hill walker with no previous mountaineering experience. The view from the Larkya La is superb where we will see Himal Chuli, Manaslu, Cheo Himal and Himlung Himal mountains.



## 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.

### **Day 2. Drive to Arughat (530m)- 7 hours driving.**

### **Day 3. Trek to Liding (860m)- 5 to 6 hours walking.**

Our route heads northwards following the Buri Gandaki river passing through terraced fields and scattered farmhouses. After climbing briefly to Keurenipani, we descend once again to the river and pass Soti Khola. Our camp is few villages further along at Liding after passing through a forest with several troops of monkeys.

### **Day 4. Trek to Korlabesi (970m)- 6 hours walking.**

Today, the valley narrows and in places the path is cut into the densely forested valley side. We pass a number of small villages until the valley widens and the trail descends to the sandy riverbed. The trail climbs to Machha Khola and then on to our camp at Khorlabesi.

### **Day 5. Trek to Salleri (1,360m)- 6 hours walking.**

At Tatopani there are hot springs where the porters will no doubt take the opportunity to have a quick wash. After Tatopani the trail crosses to the left bank of the Buri Gandaki over a suspension bridge. After a section through forest we reach the village of Doban. At this point the Buri Gandaki descends an impressive series of rapids and further up the valley the river opens up and meanders across a broad gravel bed. The camp for tonight is in the village of Salleri an hour or so beyond Jagat.



### **Day 6. Trek to Deng (1,860m)- 7 hours walking.**

After village of Sirdibas we cross the Buri Gandaki on a large suspension bridge and climb steeply to Philim. The trail traverses the hillside and passes Ekle Bhatti (“lonely teahouse”) before crossing back over the river below the confluence of Buri Gandaki and Siyar Khola. From here we enter a dramatic section of the gorge high above the river. Look out for orchids on the walls of the gorge above the trail. The trail makes its way up the west side of the valley and offers a pleasant walk through bamboo forests to the village of Deng.

### **Day 7. Trek to Ghap (2,380m)- 4 hours walking.**

Today is a shorter walk as we enter the area influenced by Buddhism. After a few more ups and downs through forests, the trail turns a corner and arrives at Ghap through an intricate kani with well preserved paintings and elegant mani wall.

### **Day 8. Trek to Lho (3,180m)- 5 hours walking.**

The valley becomes steeper and there is a long climb through bamboo and rhododendron to the village of Namrung. The trail now enters the Nupri region. The people here are descendants of Tibetan migrants who arrived over 500 years ago. Typical Tibetan features include the entrance gates to the villages, mani walls and Buddhist gompas.

Beyond here the valley opens out and soon passes through the Tibetan village of Sho. Above this village we get views of Manaslu and Naika Peak and from the next village of Lho we see Ganesh I down the valley.

### **Day 9. Trek to Samagaon (3,450m).**

From Lho, we follow the right bank of the river with views of Peak 29 ahead. A couple of hours climbing through the forest brings us to the village of Shyala, offering superb views of Phungi, Manaslu and Himal Chuli. Crossing a wide pasture with many marmots we enter the village of Samagaon. Our camp is at the top end of the village below the impressive Sama Gompa with impressive views of Manaslu.

### **Day 10. Acclimatisation day at Samagaon (3,450m).**

We spend two nights at Samagaon to help acclimatisation. There is a worthwhile day walk to the Pung Gyen monastery which has superb views of Manaslu and Peak 29.



### **Day 11. Trek to Samdo (3,860m)- 3 hours walking.**

Follow the Buri Gandaki northwards to a bridge over a side stream where the trail forks: the left leading towards the Manaslu Base Camp, the other passing several mani walls heads for the Larkya La.

The valley widens along an easy trail past juniper and birch forest to the stone huts at Kermo Kharka, then drops off a shelf to cross a wooden bridge and climbing between a fork in the river to a promontory. From this vantage point, one can see the white stone kani marking the entrance to Samdo.

### **Day 12. Rest and acclimatisation day at Samdo (3,860m).**

We spend two nights at Samdo to help acclimatisation. There is a good day walk towards Gya La which is the trading pass with Tibet.

### **Day 13. Trek to Larkya Phedi (4,460m)- 3 to 4 hours walking.**

Today we start the ascent to the pass by descending through fields to an old mani wall and stone arch before dropping to the river and crossing on a wooden bridge. This place shows up on maps as the mythical Larka Bazaar, which used to be a flourishing market, but there is nothing remaining there now.

Another mani wall marks the beginning of ascent to the pass where the trail starts climbing through tundra and juniper; the huge Larkya Glacier coming from Manaslu can be seen from here. Stay on the ridge to the right to find a trail that crosses over the top of two ravines. The trail grows steeper, climbing up the side of a gorge to a viewpoint at the edge of a huge gorge at 4000m. Nearing the Larkya Glacier, we reach Larkya Phedi, where there is a small lodge, built to serve travellers crossing the Larkya La which lies now just ahead.

### **Day 14. Cross the Larkya La (5,135m), trek to Bimtang (3,590m)- 7 to 8 hours walking.**

After an early start, we soon reach the ablation valley on the left side of the Larkya Glacier with impressive views of Cho Danda and Larkya Peak. We continue walking along glacial moraine and start making the gradual ascent to the summit of the Larkya pass. From the top, there is a panorama view of Himlung Himal, Cheo Himal, Kang Guru and Annapurna 2.



On the descent the trail follows the top of the moraine to the west and makes a set of steep, rough switchbacks as it crosses the moraine then descends more gently on snow to a grassy moraine. Depending on the conditions if icy then crampons and iceaxe are advisable for the descent.

The trail now becomes easier to follow and reaches a small meadow and spring at 4,080m. The valley becomes wider as the trails heads down to a large meadow, past a mani wall and a small rest house that marks Bimthang at 3,590m on a broad and level ablation valley.

#### **Day 15. Trek to Tilje (2,300m)- 6 hours walking.**

After crossing the pastures of Bimthang the trail drops to a glacial stream at the headwaters of the Dudh Khola, crosses a wooden bridge and descends into pine and rhododendron forest. Not far from here you reach Karche's fenced fields, then cross a landslide before making a steep climb to a ridge decorated with prayer flags before making a descent to the river bank at Gho. The trail continues through fields and intermittent stands of rhododendron and oak to arrive at Tilje, a large Gurung village.

#### **Day 16. Trek to Chamje (1,430m).**

Exit the village through a stone arch, cross the Dudh Khola and follow along its embankment descending through scrub forest. The walls of the Marsyangdi Valley loom larger and finally the houses of Dharapani appear in the distance. Pass through Thonje via a wooden bridge and through a chorten-shaped arch, and Dharapani lies across a long suspension bridge over the Marsyangdi. The trail now follows the Annapurna Circuit route in reverse as you pass through the steepest part of the Marsyangdi gorge.

#### **Day 17. Trek to Nyagdi (920m).**

#### **Day 18. Trek to Bhulbule or Khudi.**

#### **Day 19. Trek to the roadhead at Besi Sahar, drive to Kathmandu.**

#### **Day 20. 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:

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

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

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



- 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 21. 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).

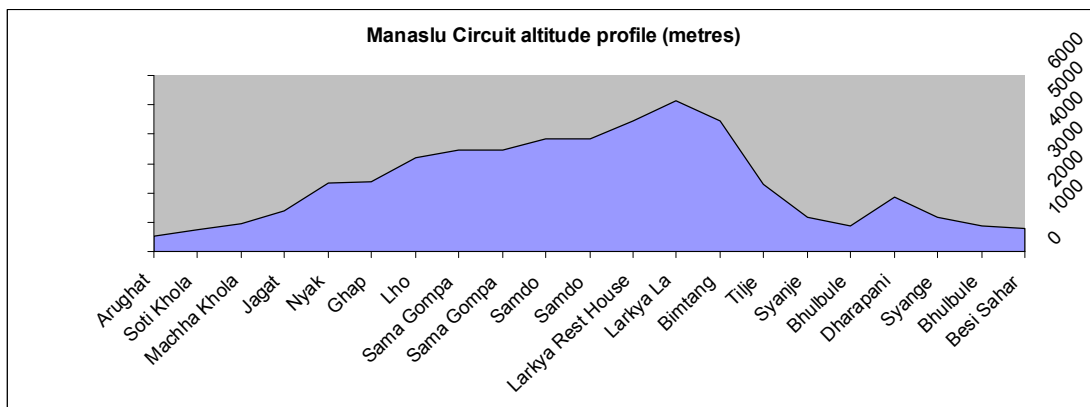




# PRACTICAL INFORMATION

## ALTITUDE AND ACCLIMATISATION

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



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

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



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

**Base Camp MD website:**

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

**High Altitude medicine website:**

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

**Medex Travel at High Altitude:**

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

**BMC website:**

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

## COMMUNICATIONS

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

## ACCOMMODATION IN KATHMANDU

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

## A TYPICAL DAY ON TREK

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

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the



local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

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

## **FOOD**

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

While on the trek, the cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapattis, omelettes and a range of hot drinks. For our camping treks in Nepal we provide fresh coffee from our Bialetti Moka coffee machine. On arrival to camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

## **CLIMATE**

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

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



## CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Manaslu Circuit 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](http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC)

**The Snowcard activity level for Manaslu Circuit trek is 3 and prices start from £68.**



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

## **CULTURAL CONSIDERATIONS**

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

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



example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.

- You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.
- When visiting a monastery or gompa it is customary to give a donation for its upkeep.

## SUGGESTED READING

Please take a look at The Mountain Company's bookstore for a wide selection of books and maps to Nepal, the link is at: <http://astore.amazon.co.uk/themountainco-21>

Manaslu: A Trekker's Guide by Kev Reynolds

Annapurna south face by Chris Bonnington

Himalayan Pilgrimage by David Snellgrove

Annapurna by Maurice Herzog

True Summit: What Really Happened on the Legendary Ascent on Annapurna by David Roberts

The Ascent of Rum Doodle by WE Bowman

A Nepalese Journey: The Essence of the Annapurna Circuit (Mountain Photography) by Andrew Stevenson

### **Altitude and acclimatisation information and advice**

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

The High Altitude Medicine Handbook by Pollard and Murdugh

Medicine for mountaineering by James Wilkerson, MD



## MAPS

Manaslu High Route by Himalayan Maphouse Scale: 1:110,000 **This map will be included in your welcome pack when you arrive in Nepal.**

National Geographic Annapurna Trekking 1:135,000

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



# APPENDIX

## SUGGESTED CLOTHING AND EQUIPMENT LIST

### Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- Gaiters. A pair used to keep boots dry if walking through deep snow or on wet ground.
- Wool and liner socks.
- Trainers/sneakers or sandals. Can be used in camp/lodge in the evenings.
- Instep crampons or universal crampons (this is for descent of the Larkya La if conditions are icy).

### 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.



- Warms mittens and/or gloves.

**Headwear:**

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

**Personal Equipment:**

- Sleeping bag.
- Sleeping mat (eg. Thermarest).
- Backpack large enough to carry water bottles, camera, lunch and extra clothing.
- Stuff sacks for keeping your gear dry and organised.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).



- Hand sanitizer (optional).

### **Travelling:**

- Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

### **Personal first aid kit:**

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

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