

UPPER DOLPO TO JOMSOM, NEPAL



Chorten in Upper (Inner) Dolpo



HIGHLIGHTS

- This trek follows a challenging 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>
- The Upper Dolpo to Jomsom trek is an epic trek travelling past the stunning Phoksundo Lake, Shey Gompa and Tibetan villages of Upper Dolpo. In our itinerary we travel eastwards from Upper Dolpo to Jomsom through a remote area crossing a number of high passes.
- A special entry permit with surcharge is required to enter Upper Dolpo resulting in very few other trekkers. This region is one of the few places left where one can see undisturbed Tibetan culture.
- Roland Hunter, owner and founder of The Mountain Company will lead this trek in April/ May 2010.

REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR UPPER DOLPO.

- 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.
- 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.



UPPER DOLPO TO JOMSOM

Total number of days	28 days
Grade & days trekking	Strenuous, 22 trekking days
Accommodation	5 nights hotel, 22 nights camping
2010 price ex Kathmandu	£2,595 (US\$3,995)
Minimum group size	5
Dates	April 25 th to May 22 nd 2010



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Internal flight to Nepalganj & Juphal and at the end of the trek from Jomsom to Pokhara & Kathmandu.
- All transfers including airport collections.
- Twin share room at Hotel Tibet in Kathmandu.
- Breakfast only at Hotel Tibet in Kathmandu, all meals included while on trek.
- Twin share tents while on trek using our three person Mountain Hardwear Trango 3.1s.
- All trekking arrangements including permits and fees, tents, TMC guide, porters and cook.
- Complimentary Upper Dolpo trekking map.
- Financial protection insurance with International Passenger Protection.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	US\$100
Single tent supplement	US\$120

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

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Kathmandu (London from £515).
- Travel & trekking insurance.



- Nepal visa for 30 days at US\$40 (approx £25).
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips (guidance on amounts included in Nepal pre departure information).
- Other items not listed in “What is included”.

YOUR COMPLETE FINANCIAL PROTECTION

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

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



PARTICIPATION STATEMENT

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

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary



beyond our control. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.

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

INTRODUCTION

This is an epic journey through Upper Dolpo crossing many high passes in a rarely visited area near the Tibet border.

This is an epic journey traveling through a Buddhist region where you will see colourful prayer flags, mani walls and monasteries along the way. Most other trekking companies run the easier Dolpo Circuit whereas we plan to walk out on the remote and challenging trail to Jomsom. Upper Dolpo was first written about by David Snelgrove in his book titled "Himalayan Pilgrimage" and more recently by Peter Matthiessen in "The Snow Leopard".

We start the trek at the airstrip of Juphal and after a few days walking up the steep Suli Gaad valley arrive to the lush fields of Ringmo. Next to this village is the turquoise blue lake of Phoksundo. After a rest day to explore around the lake we carry on the journey crossing Kang La to Shey Gompa. Two further passes, Saldang La and Jeng La, are crossed to bring us to Tokyugaon near to Dho Tarap. From Tokyugaon we start our challenging seven day trek eastwards to Jomsom crossing the Chhoi La, Chharka La and Sangda La.



DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.

Day 1. Arrive Kathmandu and join the tour at the hotel.

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer. A full expedition briefing will be given by Gary in the afternoon.

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

Today we explore Kathmandu with a good local guide, the day is flexible depending on what you would like to see but the most popular places generally are:

- Pashupatinath is a Hindu temple with burning ghats on the banks of the Bagmati river.
- Swayambhunath, also known as the monkey temple, is climbed by a long set of steps and has great views of Kathmandu.
- Boudhanath stupa has many traditional gompas hung with strings of multi coloured prayer flags, it attracts many Sherpas and Tibetans for the circumambulations of the stupa (koras).
- Durbar square, which is one of the old capitals of the Kathmandu valley, has a blend of Hindu and Buddhist temples.

Day 3. Fly to Nepalganj.

The morning is free as we take the flight to Nepalganj in the afternoon. Overnight Hotel Batika or Sneeha.

Day 4. Fly to Juphal, trek to Dunai (2,100m)- 2 to 3 hours walking.

After an early start we take the flight to Juphal, this takes about 45 minutes and from the plane there are superb mountain views of Annapurna and Dhaulagiri.



At Juphal we meet our trek crew, after an early lunch we start walking. The trail descends to the Bheri River through terraced fields and then follows the gorge to Dunai. Overnight camping.

Day 5. Trek to Ankhe (2,660m)- 6 to 7 hours walking.

Coming out of Dunai we cross the suspension bridge to the other wide of river until the confluence with the Suli Gaad that comes from Phoksundo Lake. The trail follows a steep valley with the raging river below with hillside covered with lush vegetation. Further up we reach the entrance to the Phoksundo National Park at the village of Hanke. Overnight camping.

Day 6. Trek to Renje (3,110m)- 7 hours walking.

Today the trail switches over to both sides of the valley with crossings on good bridges, sometimes we walk near the river and at other times we are high up in the gorge. By the afternoon the valley widens out and soon we reach a bridge that leads to Renje village. Overnight camping.

Day 7. Trek to Phoksundo Lake (3,600m)- 6 to 7 hours walking.

The valley narrows beyond Renje and from Sumdo the trail goes steeply uphill to a ridge where you see the beautiful, turquoise blue Phoksundo Lake for the first time. From the ridge we descend through forest before walking uphill again to Ringmo village, we set up camp near the lake. Overnight camping.

Day 8. Rest & acclimatisation day.

Today you can either explore the nearby Tibetan Buddhist monastery or go for a walk near the lake. Overnight camping.

Day 9. Trek to Phoksundo Khola (3,510m)- 5 to 6 hours walking.

The trail follows the western side of Phoksundo Lake and is rather precarious with several sections supported by wooden stakes and rocks. This path along with views of the stunningly blue lake were featured in the excellent "Himalaya" film by Eric Valli.

It is not possible to proceed north of Phoksumdo Lake without the special Inner Dolpo permit. Once we have walked around the lake the trail descends into a wide valley and we set up camp near the Phoksundo river. Overnight camping.



Day 10. Trek to Phoksundo Bhanjang or “Snowfields Camp” (4,400m)- 7 to 8 hours walking.

From Camp we head northwards in a narrow valley crossing several streams so it is a good idea to bring sandals in case you have to wade through some of them. We are following the same route as taken by Peter Mathiesson in his Snow Leopard book and tonight we camp at the place he called “Snowfields Camp” located below the pass heading to Inner Dolpo. Overnight camping.

Day 11. Cross Kang La at 5,150m, trek to Shey Gompa (4,125m)- 6 to 7 hours walking.

The trail up to the Kang La pass is quite steep on a slope of loose slate scree. There is a steep descent to the valley floor and they follow the banks of a river to Shey Gompa, the entrance has a red chorten and mani stones. The famous Buddhist monastery is located beneath Crystal Peak, as Shey means crystal in the local dialect. Overnight camping.

Day 12. Rest day at Shey Gompa.

A chance today to explore the area or relax in camp. Overnight camping.

Day 13. Cross Saldang La 4,785m, trek to Namduna Gaon (4,400m)- 7 hours walking.

Coming out of Shey we start to head east up a narrow valley followed by a steep climb to Saldang La. There are views from the pass north into Tibet and east towards Mustang. Turning northwards we make the long descent from the pass to the small settlement at Namgung. Overnight camping.

Day 14. Trek to Saldang (3,900m)- 3 hours walking.

Today is a shorter day starting with a traverse high above Namgung Khola before descending to Saldang village. This settlement is the largest in Inner Dolpo and is situated on the salt trading route from Tibet to southern lowlands. Overnight camping.

Day 15. Rest day

A chance today to explore the area or relax in camp. Overnight camping.



Day 16. Trek to Sibiu (3,940m)- 6 hours walking.

On leaving Saldang we head south following the Namgung Khola passing through terraced fields, chortens and mani walls. Namdo is the next village and we carry on to Sibiu village where we camp for the night. Overnight camping.

Day 17. Trek to foot of Jeng La (4,370m)- 4 to 5 hours walking.

We follow the river in the main valley before turning off into a side valley where the trail steepens. We camp at near a yak grazing area known as Langmo Che. Overnight camping.

Day 18. Cross Jeng La at 4,845m, trek to Tokyu Gaon (4,240m)- 6 to 7 hours walking.

It takes around 2 hours to reach the Jeng La pass at 4,845m where there are superb views of Dhaulagiri. Going down from the pass we enter the Tarap Valley and follow this to the village of Tokyu Gaon. Overnight camping.

Day 19. Trek to foot of Chharka La- 6 to 7 hours walking.

This is the beginning of the adventurous trek eastwards towards Jomsom with most other groups at this point heading south back to the airstrip Juphal. This section passes through a remote wilderness that very few people have the privilege of visiting.

As we walk from Tokyu Gaon to Dho Tarap we will see typical village, as we approach the Chharka La pass the valley narrows where we camp for the night. Overnight camping.

Day 20. Trek to Keheng Khola Camp- 6 to 7 hours walking.

Today we start walking along the Tarpi Khola and then start the approach to the Chharka La. The descent from the pass is on a gravel path and soon the valley widens down to the Keheng Khola where we camp for the night. Overnight camping.

Day 21. Trek to Norbulung (4,575m)- 6 to 7 hours walking.

The trail continues heading eastwards and after a short time we cross the Bhabung Khola on a small bridge then head north along the Chharka Tulsu Khola. After an hour or so we will get to the small hamlet of Chharka and we continue onto the Thansan Khola where we cross on a small bridge to our campsite at Norbulung. Overnight camping.



Day 22. Trek to Sangda Phedi (5,100m)- 6 to 7 hours walking.

After Norbulung Camp we pass through high yak pastures of Molum Sumdo and then continue to a crest just over 5,000m. We continue on past several river junctions and then start the approach up to the Sangda La. We descend on a gravel trail to Sangda Phedi. Overnight camping.

Day 23. Trek to Sangda (3,700m)- 6 to 7 hours walking.

Today we cross another pass with a descent of loose shale before arriving at the settlement of Sangda at the intersection of Bheri Khola and Kyalunpa Khola. It is a further couple of hours to the village of Sangda. Overnight camping.

Day 24. Trek to Dhagarjun (3,280m)- 6 to 7 hours walking.

From Sangda we start climbing crossing a number of ridges until the final pass at around 4,200m where we have views of Thorong La, Nilgiri, Dhaulagiri and also the villages of Kali Gandaki below. Overnight camping.

Day 25. Trek to Jomsom- 6 to 7 hours walking.

We climb up one further pass before heading to Jomsom located on the ever popular Annapurna Circuit. Overnight teahouse lodge..

Day 26. Fly to Pokhara & Kathmandu.

Overnight Hotel Tibet.

Day 27. Spare day in Kathmandu.

Overnight Hotel Tibet.

Day 28. Fly 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.

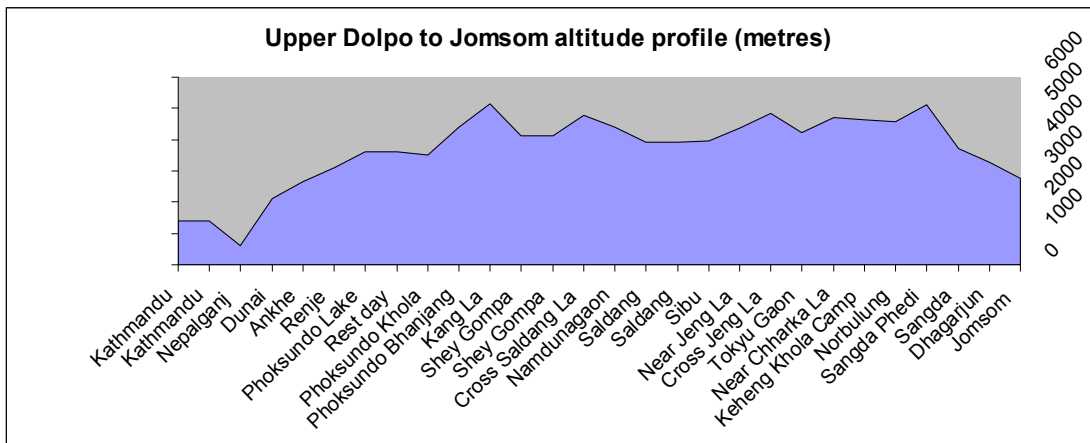




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

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



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

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



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

Base Camp MD website:

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

High Altitude medicine website:

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

Medex Travel at High Altitude:

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

BMC website:

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

COMMUNICATIONS

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

ACCOMMODATION IN KATHMANDU

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

A TYPICAL DAY ON TREK

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

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



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

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

FOOD

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

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

CLIMATE

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

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



CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Upper Dolpo trek has been included in the Appendix below. This is a comprehensive list and experienced trekkers will often take only a selection of these items based on what has worked in the past. It is worth pointing out that you will need a sleeping bag for this trip.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire is a company that rents out high quality items at competitive prices which would save you the expense of buying. The link to their website is <http://www.trekhireuk.com/>

Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a pony. **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>

The Snow Leopard by Peter Matthiessen

Stones of Silence by George Schaller

Himalayan Pilgrimage by David Snellgrove

Himalaya DVD by Eric Valli

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

Upper and Lower Dolpa 1:125,000 by Nepa Maps **This map will be included in your welcome pack when you arrive in Nepal.**



APPENDIX

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- Gaiters. A pair used to keep boots dry if walking through deep snow or on wet ground.
- Wool and liner socks.
- Trainers/sneakers or sandals. Can be used in camp/lodge in the evenings.

Clothing:

- Waterproof jacket and trousers (goretex or similar).
- Trekking trousers.
- Long sleeve shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or baselayer for top & bottom (merino wool or synthetic).
- Fleece pants.
- Medium weight down jacket (eg. The North Face Nuptse jacket 700 fill)

Handwear:

- Fleece gloves.
- Warms mittens and/or gloves.

Headwear:

- Wool or fleece hat.



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

Personal Equipment:

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

Travelling:

- Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.



- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

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

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