

UPPER MUSTANG, NEPAL



Buddhist chorten on the Upper Mustang trek



REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR UPPER MUSTANG.

- 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.
- The Mountain Company's group in 2008 were granted an audience with the King of Mustang at his palace in Lo Manthang.
- Our itinerary has thirteen trekking days which gives you plenty of time to explore the Upper Mustang region.



UPPER MUSTANG

Total number of days	19 days
Grade & days trekking	Moderate, 13 trekking days
Accommodation	5 nights hotel, 13 nights camping
2011 price from Kathmandu	£1,795 (US\$2,875)
2012 price from Kathmandu	£1,825 (US\$2,995)
Minimum group size	4
Dates	September 12 th to 30 th 2011 September 10 th to 28 th 2012



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Internal flight to/from Jomsom and Kathmandu.
- 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, Sherpa guide, ponies and cook.
- Upper Mustang 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 from £64).
- 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

A trek to the remote semi-independent Kingdom of Upper Mustang located north of Annapurna on the Tibet border.

Upper Mustang is located north of Annapurna and at an average altitude of 4,000m is geologically and culturally part of the Tibetan plateau. The valleys are arid and dry with colourful rock formations containing many cave dwellings high up in the cliffs. The first trekking parties were allowed into Upper Mustang in 1992 and there are still very few people (about 700 trekkers each year) visiting Upper Mustang as a result it is one of the few places left where one can see undisturbed Tibetan culture.

Mustang is a remote semi-independent Tibetan Kingdom with a walled capital called Lo Manthang. Upper Mustang was once part of Tibet and was used by the salt caravans crossing the Himalaya into Nepal. It became an independent kingdom in 1380 and the current royal family can trace their lineage back to this time. In 1960's Mustang was a strong hold for Tibetan Khampa guerrillas fighting the

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occupying Chinese forces. CIA supported these fighters and secretly trained some of them in the US.

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. Overnight hotel.

Day 2. Sightseeing in Kathmandu (1,400m).

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 Pokhara.

Request seats on the right side of the aircraft for views of the Himalayas as we fly westwards to Pokhara. After arrival at Pokhara the rest of the day is free for sightseeing. Overnight hotel.



Day 4. Morning flight to Jomsom (2,713m), trek to Kagbeni (2,810m)- 4 hours walking.

An early wake-up call is generally required for the short but spectacular mountain flight into Jomsom. On arrival at Jomsom, we meet our support crew and load our pack animals ready for our trek to Kagbeni.

Our trail follows the right bank of the Kali Kandaki river and crosses several side tributaries, mostly crossed by simple bridges. We pass through the small settlement of Eklo Bhatti (2,740m) where we might stop for lunch before continuing on to Kagbeni and our campsite.

Kagbeni has a small Gompa which can be visited and from the roof, there are good views northwards into the Kingdom of Mustang. Overnight camping.

Day 5. Trek to Chussang (2,920m)- 6 hours walking.

A short climb takes us out of Kagbeni, crossing two side tributaries, the Simkoghiu Khola and Dhingklo Khola, before arriving in Tangbe (3,060m) for lunch before continuing on to Chhusang and our campsite. Overnight camping.

Day 6. Trek to Samar (3,660m)- 6 hours walking.

From Chhusang we cross Narsing Khola by a simple bridge before passing through Chhomnang and continuing northwards. The Kali Gandaki river is crossed by a modern steel bridge before the trail climbs up to Chele where it is possible to buy drinks.

Beyond Chele, the trail steepens as we climb steep steps and paths carved out of the rock face for 600m up to Samar (3,660m) for lunch and to rest during the afternoon. On the trail up to Samar, two passes are crossed, the Taklam La (3,624m) and the Dajori La (3,736m). Overnight camping.

Day 7. Trek to Ghiling (3,500m)- 6 hours walking.

North of Samar, there are several side tributary valley crossings which involve steep trails so this will be a tougher day on the trail. We cross the Bhana La (3,838m), Yamday La (3,860m) and the Syangboche La (3,800m) before descending finally to our campsite at Geling.

Geling is an active farming settlement which is overlooked by a large gompa. Overnight camping.



Day 8. Trek to Tsarang (3,650m) via Ghami (3,520m)- 6 hours walking.

Climbing away from Geling we reach the Nya La (4,010m) where there are good views of the Annapurna range to the south and Mustang to the north. We then descend to Ghemi (3,520m) for lunch at the lodge owned by the granddaughter of the King of Mustang. There are good views from the roof over this interesting settlement and the surrounding landscape.

After lunch we cross a large suspension bridge and then pass the longest mani wall in Nepal before climbing over the Tsarang La (3,870m). Tsarang is entered by a spectacular chorten gateway and it is then only a short walk to our campsite close to the 400 year old gompa and palace.

Tsarang is one of the most interesting settlements in Nepal and is rich in cultural heritage because of its many religious sites and traditional way of life. Overnight camping.

Day 9. Trek to Lo Manthang (3,770m)- 5 hours walking.

A tough crossing of the Charang Khola by rubble strewn paths is the toughest part of the morning and soon after we reach the impressive Sungda Chorten where we will rest. A small lodge beyond the chorten sells drinks and other items.

After crossing a plain our last climb up to the Lo La (3,950m) sees us overlooking our destination of Lo Manthang. After lunch in Lo Manthang we have the rest of the day free to explore this fascinating medieval walled city. Overnight camping.

Day 10. Explore Lo Manthang (3,770m).

We have all day to continue our exploration of Lo Manthang and it is possible to visit outlying sites of interest. When Alan led The Mountain Company's group in 2008, they were granted an audience with the King of Mustang at his palace in Lo Manthang. Overnight camping.

Day 11. Trek to Dhakmar (3,820m)- 6 hours walking.

We leave Lo Manthang by a different trail and cross an unnamed pass at 4,200m where there are often yaks grazing before descending to Ghar Gompa for lunch.

After lunch we climb to the Mui La (4,170m) where there are stunning views over Mustang before we descend to our campsite at Dhakmar, a busy farming settlement. Overnight camping.



Day 12. Trek to Syangboche (3,800m)- 5 hours walking.

A long valley descent takes us back to Ghemi where we will rest for a short time and have a drink before climbing up to the Ghemi La and Nya La (4,090m) which we crossed some days before. Lunch will be at a pleasant lodge at Jhaite (3,820m) before continuing on to our campsite at Syangboche. Overnight camping.

Day 13. Trek to Chele (3,050m)- 6 hours walking.

The trail to Samar, our lunch stop, crosses three passes and two gorges so it is quite a tough morning but the views are stunning and eagles are seen from the high passes.

Beyond Samar, we descend to Chele and our overnight camp. During the descent we pass what is probably the longest suspension bridge in Nepal which cross the gorge we are descending alongside. Overnight camping.

Day 14. Trek to Tetang.

Rather than retrace the trail to Kagbeni we take an alternative route through Chhusang and up to Tetang camp. Overnight camping.

Day 15. Trek to Muktinath.

We follow this trail to Muktinath where there is one of the holiest Hindu shrines with many pilgrims. Overnight camping.

Day 16. Trek to Jomsom.

Today we walk down to Jomsom where we have a farewell party with our support crew. Overnight lodge.

Day 17. Fly to Pokhara and on to Kathmandu.

After arriving in Kathmandu the rest of the day is at leisure. Overnight hotel.

Day 18. Free day in Kathmandu.

This is a free day for sightseeing and shopping. Overnight hotel.

Day 19. Depart Kathmandu International Airport for homeward flights.



ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

We work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound; please refer to Appendix III in this Trip Dossier.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.

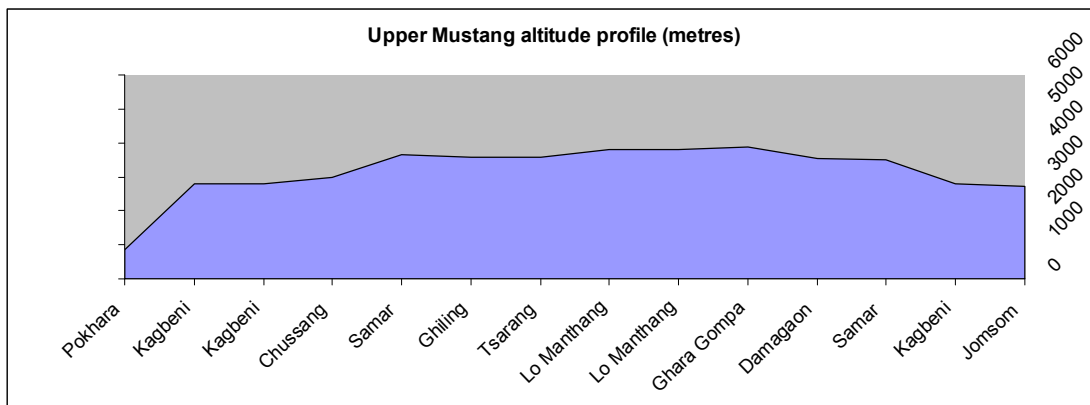




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Upper Mustang 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 Upper Mustang 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.



JOMSOM FLIGHT

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

In all of our itineraries visiting areas with STOL mountain airstrips 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 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 Mustang 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

Snowcard activity level for Upper Mustang trek is 3 and prices start from £64.

snowcard





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>

East of Lo Manthang: In the land of Mustang by Peter Matthiessen and Thomas Laird.

Mustang, a Lost Tibetan Kingdom by Michel Peissel.

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 Mustang The Last Forbidden Kingdom 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 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.
- 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.