

EVEREST BASE CAMP, NEPAL



Stupa at Tengboche monastery with Mount Everest and Mount Ama Dablam



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HIGHLIGHTS

-) This trip is a good introduction to trekking in Nepal along with a Sherpa guide while staying at the comfortable teahouse lodges of the Everest region. With our itinerary you get the opportunity to walk to both Ama Dablam Base Camp and Everest Base Camp.
-) There are spectacular views of Everest, the highest mountain in the world, plus a range of other peaks including Lhotse, Nuptse, Ama Dablam, Kang Tega, Thamserku, Pumori, Mount Makalu, Taboche and Cholatse.
-) Our itinerary is a variation to the standard Everest Base Camp trek, we have included several sections off the main trail exploring quieter areas in the Khumbu. You have the chance to walk towards Ama Dablam Base Camp and on way back to Lukla we walk on a different trail passing through the less visited Phortse village.
-) There are two days to explore Kathmandu including a day's sightseeing tour to Patan Durbar Square, Pashupatinath and Boudhanath.
-) If you are interested in upgrading to better quality lodges then please take a look at our Luxury Everest Base Camp trek.

REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR EVEREST BASE CAMP

-) We have been operating treks in Nepal and to the Everest region for many years and our itineraries have been carefully planned to provide extra rest and acclimatisation days to ensure you remain fit and healthy and also as a reserve against bad weather.
-) The acclimatisation schedule for our 14 day trek to Everest Base Camp has worked well for our groups in the past with an excellent success rate of our trekkers reaching Everest Base Camp and to the summit of Kala Patar.

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-) The Mountain Company regularly inspects and selects the best lodges in each location. For Everest Base Camp you will stay at Mountain Resort in Phakding, Zamling Guest House in Namche Bazaar, Riverdell in Deboche, Highland Sherpa in Pangboche, Hotel Brightstar in Dingboche, Oxygen Resort in Lobuche, Yeti Resort at Gorakshep, Himalayan Hotel in Pheriche, Phortse Guesthouse, Monjo Guesthouse and Numbur Lodge in Lukla.
-) The Mountain Company will receive bespoke weather forecasts for the Everest region from EverestWeather.com throughout the duration of this trek.
-) We send a Thuraya satellite phone on all of our treks in Nepal. It is essential for your guide to have reliable communications with us for logistics, planning and group safety.
-) Roland Hunter, owner and founder of The Mountain Company, has modified this itinerary based on his first-hand experience of Everest region.

TESTIMONIALS

“I had the most fantastic trek to Everest Base Camp. I enjoyed the whole experience so so much. I have nothing but praise for Buddhi and the other guides and porters. They were all fantastic. In fact the whole trip was well so organised, so please pass on thanks and praise to everyone! I fell in love with Nepal, and I'm already thinking of returning.” **Jenny Fifield (UK)**

“Just a note to say how much I enjoyed my trip to Everest Base Camp. The guides and porters were excellent and the itinerary was well thought out and gave everybody time to acclimatise. I will be in touch for next years trek I have got the bug now!” **Peter Tincombe (UK)**

“Thanks for a great trip to Nepal and an awe inspiring trek to Everest Base Camp. The trip was that much more enjoyable, not having to worry about any of the organisation, thanks a million! I am looking forward to joining you again this Autumn in Sikkim” **James Carter (UK)**

“I just wanted to say a huge thank you to you and to everyone who works at The Mountain Company for enabling us to have such an amazing and



unforgettable trek to Everest Base Camp. It was everything I could have asked for and more... the whole operation worked like clockwork from start to finish - it takes the stress out of trekking abroad as you can relax knowing you're in safe and competent hands. I have so many unforgettable memories that will last a lifetime and an amazing set of photos. Thank you so much for making it all possible.” **Joanne Stray (UK)**

“We were, as I'm sure you can appreciate, blown away by the scenery daily and with every new corner we turned, and the slick organization left us to enjoy every minute for which we were all grateful. Niyma really was an amazing guide so huge thanks to him and the team whilst we were out there - not only did he explain every day to us and make sure we were all safe and well, but was also able to offer fascinating insights on local history and Buddhist philosophy at monasteries and museums and along the way. He was also a tremendous amount of fun and kept us all motivated, laughing, and most days even dancing! The team members who greeted us in Kathmandu and the city guide there on our return from the mountain were also great.

It really was the trip of a lifetime for us all Roland and the accommodation and choice of food made it far more comfortable relative to similar trips which some of us had done previously. Huge thanks for your organization from here, and for the amazing Nima, who we would like again on an Annapurna circuit tour in the coming years if possible... thanks again!” **Katie Goulding (UK)**

“I want to thank you for a fantastic trek. It was one of the hardest things that I have ever done, but it was so satisfying to reach Everest Base Camp and to fulfill a life time ambition. I loved being in Nepal and especially the Himalayas; such awesome peaks and such fantastic scenery and amazing experiences.” **Peter Braban (UK)**



EVEREST BASE CAMP

Total number of days	19 days
Grade & days trekking	Demanding, 14 trekking days
Accommodation	4 nights hotel, 14 nights teahouse lodge
2019 price from Kathmandu	£1,850 (US\$2,395 or €2,095)
2020 price from Kathmandu	£1,850 (US\$2,395 or €2,095)
Minimum group size	2
Maximum group size	10
Dates	September 15 th to October 3 rd 2019 October 6 th to 24 th 2019 October 13 th to 31 st 2019 October 27 th to November 14 th 2019 November 6 th to 24 th 2019 November 17 th to December 5 th 2019 December 8 th to 26 th 2019 March 15 th to April 2 nd 2020 March 29 th to April 16 th 2020 (Easter: April 12th) April 12 th to 30 th 2020 (Easter: April 12th)



May 3rd to 21st 2020

September 13th to October 1st 2020

October 4th to 22nd 2020

October 11th to 29th 2020

October 25th to November 12th 2020

November 15th to December 3rd 2020

December 6th to 24th 2020

THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

-) Internal flight to/from Lukla and Kathmandu including baggage allowance of 15kg for your main bag checked into the hold and 5kg for day pack carried with you inside the aircraft.
-) All transfers including airport collections.
-) One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
-) Twin share room at Hotel Tibet or Hotel Ambassador in Kathmandu.
-) Twin share room with common bathroom while on trek.
-) Breakfast only at hotel in Kathmandu, all meals included while on trek. Trek meals include breakfast, lunch, afternoon tea and biscuits plus two course dinner (soup and main meal) plus up to two cups of hot drinks per meal.
-) All trekking arrangements including permits and fees, trekking guide(s) and porter(s). **We provide one trekking guide for group size of two people and two guides for a group size of three people and three guides for group size of six people plus.**

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-) Bespoke weather forecasts for Everest region from EverestWeather.com throughout the duration of this trek.
-) Thuraya satellite phone to ensure our guides have reliable communications with us for logistics, planning and group safety.
-) Everest trekking map given to you on arrival to Kathmandu.
-) Rubberised luggage tags posted to you before departure.
-) Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
-) 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 Pre Trip Information" notes.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement in Kathmandu £190 (US\$240 or €210)

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 due to odd numbers on the trip.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

-) International flight to/from Kathmandu.
-) Travel & trekking insurance.
-) Nepal visa for 30 days.
-) 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 Pre Trip Information” notes).
-) If you have to wait in Kathmandu at the beginning of the trip due to delays in flying into Lukla STOL mountain airstrip the cost for your overnight accommodation in Kathmandu is not included so you will have to pay extra for this.
-) If there are cancellations with the airplanes flying into Lukla it may be possible to fly in a helicopter. There would be an extra cost for this service between US\$200 to US\$500 per person depending on which helicopter company is used and the demand at the time.
-) Other items not listed in “What is included”.

PARTICIPANT SELECTION

The Mountain Company carefully selects and screens potential participants applying to join our groups to ensure the trip is an appropriate objective for you. We have a number of pre-trip questions asking information about your outdoor experience, training, experience, medical conditions and fitness. To access the pre-trip questions please send in your application by clicking on the **“Apply now” button** on the trek webpage. After review of your replies we might contact you by telephone or email for further information to aid our selection process.

Please ensure you have done your own research about Everest Base Camp trek by reading our pre trip documents (Trip Dossier, Trip Grading and Trip Reports published on TMC blog) to ensure you have a realistic idea of what to expect. Every trip organised by The Mountain Company has been graded based on four factors: daily walking times, altitude, terrain and remoteness.



INTRODUCTION

This traditional Everest Base Camp trek is probably the most famous trek in the world because of its beauty, splendour and history. It is an ideal choice for those who are new to the delights of trekking. With our itinerary you get the opportunity to trek to both Ama Dablam Base Camp and Everest Base Camp.

We have been operating treks in Nepal and to the Everest region for many years and our itineraries have been carefully planned to provide extra rest and acclimatisation days to ensure you remain fit and healthy and as a reserve against bad weather.

The Everest region is the most famous area in Nepal and perhaps the entire Himalaya as it is the centre for the many mountaineering expeditions. Here Himalayan giants from Everest to Ama Dablam tower above the Khumbu Valley, making this valley one of the world's most magical and inspiring places to visit and trek.

Sagarmatha (Everest) National Park covers the area known as the Khumbu and is situated in the north-eastern region of Nepal. It is spectacular mountainous country and most of the park is steep and rugged with paths that traverse and wind round the hillsides, the terrain broken by deep gorges and glacial valleys, while the major valleys have some relatively level areas which are used for growing crops and grazing.

The inhabitants of the Khumbu are Sherpas, originally Tibetan migrants, arriving some four to five hundred years ago. Very little had influenced the region until 1950 when the first mountaineering expeditions arrived to conquer the world's highest mountain, in 1953 Everest was first climbed by Edmund Hillary & Sherpa Tenzing Norgay. Nowadays trekkers as well as expedition climbers delight at the wonderful scenery, their personal pilgrimage and challenge and the ever-friendly Sherpa villages.

Your holiday begins with a guided sightseeing tour exploring Kathmandu, the vibrant capital of Nepal. On the third day of the trip you fly high into the Himalaya to the mountain airstrip at Lukla on a breathtakingly exciting flight on a Twin Otter plane and begin your trek in the heart of Sherpa Country, the Khumbu.

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We will follow in the footsteps of famous mountaineers and trek the good trail from lodge to lodge through beautiful Nepalese villages with spectacular views of Mount Everest and many other peaks of the Khumbu and also have time to visit the main Sherpa villages and monasteries. You will have the opportunity to trek to Base Camp of Ama Dablam which is off the beaten track and well worth the walk for its rewarding views. You will find yourself immersed in the wonders of this beautiful country, with its idyllic blue roofed houses, colourful prayer flags, fragrant rhododendrons, friendly Sherpa life and breath-taking scenery.

Finally after ten days of walking we arrive at Everest Base Camp and complete our impressive journey with an ascent of the magnificent peak of Kala Patar at 5,554m. Your dreams will be fulfilled as you are rewarded with an awesome 360 degree panorama of spectacular peaks. This really is a remarkable trek which will be remembered, along with the people you meet, long after you return home.

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 (1,400m).

Flying into Kathmandu along the northern border of Nepal on a clear day is in itself an unforgettable experience, with the entire Nepalese Himalaya sprawling out below you. After customs, you will pass out of the restricted area and into the passenger pick-up area outside the building. You will see a Mountain Company signboard and our representative will be waiting to welcome you to Nepal.

After transferring to your hotel, you will be given a chance to catch your breath and then be given a full briefing. The rest of the day will be yours to explore and to shop for any items that you require. Today you will hear the Nepalese word for hello 'Namaste', you will probably never forget that word after this trek. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: none).**



Day 2. Sightseeing in Kathmandu.

This is a one day guided sightseeing tour of the Kathmandu Valley visiting three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square then drive to the Buddhist stupa at Boudhanath followed by the last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu as well as to pack your bags for the trek starting tomorrow morning. You can leave a bag at the hotel with items not needed on trek.

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

Day 3. Fly to Lukla (2,840m), trek to Phakding (2,610m)- 4 to 5 hours walking.

Our morning flight by Twin Otter aircraft takes us to Lukla, the most renowned mountain airstrip in the world. Originally conceived by Sir Edmund Hillary's Himalayan Trust, Lukla is now one of the busiest runways in Nepal. On the flight we watch the rugged foothills give way to the snowline of the Himalaya; many of the world's highest mountains, including Cho Oyu (8,153m), Lhotse (8,516m), Gauri Shankar (7,145m), Menlungtse (7,181m) and of course Mount Everest may sometimes be seen from the window of the plane.

After an exciting landing at Lukla and a warm welcome you will meet your porters that will carry your luggage every day until you return to Lukla. Make sure you make time to get to know them and to acknowledge them even if it is through smiles and hand signs. After a cup of tea in Lukla giving the porters a chance to load up we then depart on the typically stony path that descends from the forested terraces of which takes us right into the Dudh Kosi (river of milk) valley. Along the way the trail



offers tantalising views and you will pass large stones carved and painted with prayers, carved mani stones and prayer wheels which are typical of Sherpa Buddhist country. Buddhists hold these sacred and you must as a sign of respect, pass these in a clockwise direction.

After passing through the small hamlets of Chaurikharka and Ghat we arrive at the small hamlet of Phadking which is situated right next to the Dudh Kosi river. The trail from Lukla to Phadking is moderately easy walking and follows undulating terrain. Memories of the first day will include the sounds of porters, a cacophony of different languages, and strange sounding birds, the sights of porters with loads resting on sticks outside tea houses, tired trekkers on their way back to Lukla, prayer flags, the gaudy colours of the tea houses and of course the dramatic scenery. **Overnight at Mountain Resort in Phadking (Meals: B,L,D).**

Important note: there is a significant safety risk to consider when flying on airlines in Nepal, if you would like to avoid STOL flight from Kathmandu to Lukla there is an option to extend your trek by driving to Jiri in one day and then walking to Lukla in six days. However there are also safety considerations with this option as driving in Nepal is risky too. For further information about the flight safety risk in Nepal please read our “Threat and Risk Assessment” plus “Lukla STOL flight” sections of this Trip Dossier.

Day 4. Trek to Namche Bazaar (3,445m)- 7 hours walking.

Today we trek into the Sherpa capital and heart of the Khumbu .You will now be becoming familiar with the local protocol for passing chortens, mani stones, yaks and spinning prayer wheels and enjoying the hustle and bustle of trekking and everyday life that exists in the Khumbu.

Walking up the hill to Namche will be one of the harder days of the trek but we take it slowly (or the Nepalese word for slow is “bistari”). Walking slowly at altitude is the key to acclimatise so this will become the norm for the trek.

From Phadking its about 2 or 3 hours walk to Monjo, the trail follows the Dudh Kosi valley north, staying on its west bank and soon there is a good view of Thamserku (6,608m). After a walk uphill and over a ridge there is a traverse high above the river to Benkar, and a little further on you cross over a suspension bridge to the



east bank of the Dudh Kosi to reach the small hamlet of Monjo at the entrance to the Sagarmatha (Everest) National Park.

As you enter into Everest National Park area entry formalities have to be completed. We then follow the right bank of the river to where it starts to climb to the Hilary Bridge which is a tremendously impressive suspension bridge spanning a deep chasm. To reach Namche from here there is a long ascent which zig zags up through the forest, but with a slow plod and several stops to catch our breath, we make our way steadily upward. Half way up there is a view point and cloud permitting should give us our first view of Everest appearing majestically behind the great ridge of Nuptse-Lhotse.

We then pass through another entry point and as we traverse the hill we get our first views of the capital of the Khumbu- Namche Bazaar which is built on the steep sides of a sloping mountain bowl. It really is an impressive sight of colourful houses and lodges and prayer flags. Namche is a prosperous, busy and vibrant Sherpa village as most treks pass through here. **Overnight at Zamling Guest House in Namche Bazaar (Meals: B,L,D).**

Day 5. Acclimatising walks around Namche Bazaar.

We have a few options for this day and both are helpful to aid your acclimatisation to the high altitude by following the golden rule of “climbing high and sleeping low”.

The first option is the longer walk up to Thame village at 3,800m and back to Namche taking between 7 to 8 hours. If you prefer to have a shorter walk taking around 4 hours you can visit the Everest View hotel also at 3,800m near Khumjung village located above Namche. We have enough guides so, if required, we can organise both of these walks for different members of the group.

The walk up to Thame valley is beautiful and is less visited by trekkers than the main trail to Everest Base Camp. We leave Namche on the high trail which contours out the village high above the Bhote Khosi river through rhododendron forests and then open pastures and pass through the small hamlets of Phurte, Mende & Samde all of which are beautiful with their traditional Sherpa houses and green, terraced fields and pastures.

The trail is an old Tibetan trade route and you may pass Tibetans who come over the Nangpa La to trade in Namche. This well-formed, wide path makes for a mostly



easy walk all the way to the village of Thame. You are more than likely to see Griffin vultures today. Before you reach the village of Thame the path descends to a bridge over a narrow fissure with water roaring below where there are large wall paintings of Guru Padmasambhava.

The path then climbs steeply to the picturesque village of Thame with a backdrop of snow covered peaks. Sherpa Tenzing Norgays house is situated near the top of the village where he lived with his first wife. Apa Sherpa who has climbed to the summit of Mount Everest twenty one times also lives in Thame village. If we have time after lunch we will then walk to the monastery (3,940m) situated above the village. The monastery is over 600 years old and is one of the four oldest in Sherpa country. The trail climbs steeply from Thame to join the ridge on which there are many hand carved mani stones. The views from this ridge are spectacular and well worth taking an opportunity to sit peacefully for a while to reflect on your trip. After visiting the temple we will make our return trip the same way back to Namche which is mostly downhill. **Overnight at Zamling Guest House in Namche Bazaar (Meals: B,L,D).**

Day 6. Trek to Deboche (3,770m)- 7 hours walking.

This morning after a short, steep climb we leave Namche on the classic approach route to Everest which contours the hillside high above the Imja Khosi. Today's walk continues to contour the hillside with short steep sections as it crosses over ridges.

There are spectacular views of Everest, Lhotse and Nuptse and also the beautifully shaped Ama Dablam (6,812m). Ama Dablam means 'Mothers necklace', the long ridges on each side like the arms of a mother protecting her child, and the hanging glacier thought of as the dablam, the traditional double-pendant containing pictures of gods worn by Sherpa women. There is no doubt that the majestic Ama Dablam is one of the most beautiful mountains in the world.

Passing by several villages and tea houses we will cross a tributary of the Dudh Kosi river on a suspension bridge at a place called Phunki Tenga before beginning a climb with a steep ascent for about two hours all the way up to the monastery.



This part of the trek is forested by rhododendron and pine so it is well shaded and should be quite cool.

The setting of Tengboche monastery is nothing short of magical and is a spectacular building and incredible to think that the temple was burnt down only a few years ago and re-built largely through the efforts of the Sir Edmund Hillary Trust. At 3pm every day the monks have their prayers and it is a special experience to watch this ceremony. Once leaving Tengboche the path descends through trees to Deboche and to our lodge taking about 20 minutes. **Overnight at Rivendell Lodge in Deboche (Meals: B,L,D).**

Day 7. Trek to Pangboche (3,930m), afternoon explore the village- 2 to 3 hours trekking.

After a descent to the Imja Khola, we cross a bridge over a picturesque gorge and then the path gradually climbs, with stunning views of Ama Dablam ahead. There are numerous fantastic photo opportunities in both directions, and frequent chortens and mani walls to pass as height is gained to reach the village of Pangboche. The walk to Pangboche takes about 2 to 3 hours.

On arriving at the lodge you will have lunch and in afternoon there are several options to explore the village. Pangboche is a photogenic village with stone walled fields and in upper village there is the oldest monastery in Khumbu set among very old juniper trees. If the weather is fine then it is worth walking up to the viewpoint above the village for the mountain view. **Overnight at Highland Sherpa Resort in Pangboche (Meals: B,L,D).**

Day 8. Day walk to Ama Dablam Base Camp (4,576m)- 4 to 5 hours walking.

After breakfast we start the walk towards Ama Dablam Base Camp. This is an opportunity to get off the main Everest Base Camp trail and explore a quieter area in the Khumbu below one of the most beautiful mountains in the world. By walking up to Ama Dablam Base Camp this will help your acclimatisation by following the golden rule of “climbing high and sleeping low”.

For the walk to Ama Dablam Base Camp you start by crossing the Imja Drangka river on a suspension bridge, followed by a gradual ascent until Lhabarma where



you are suddenly standing right in front of the mountain ridge. You can walk to its foothill and absorb the enormity of the mountain.

Ama Dablam Base Camp sits at 4,576m on an open yak pasture beneath the west face, with the summit some 2,300m almost straight up above. The climbing route follows the southwest ridge – the right hand skyline as you look at it – moving onto the face above the hanging glacier three-quarters of the way up. Base Camp affords particularly fine views of Kangtega (6,783m), Thamserku (6,618m) and Taboche (6,542m).

Your trek may coincide with the main climbing season and it is more than likely that you may find climbing groups at Ama Dablam Base Camp either acclimatising or fixing the route. With a pair of binoculars it may well be possible to see climbers descending the 50/60 degree ice-slopes from the summit. After enjoying some time at Ama Dablam Base Camp you return by the same trail back to Pangboche.

Overnight at Highland Sherpa Resort in Pangboche (Meals: B,L,D).

Day 9. Trek to Dingboche (4,410m)- 4 to 5 hours walking.

You leave Pangboche on a path which ascends above the village with the sparse landscape now reflecting the height as we enter into the alpine zone above the tree line. You then pass some yak herders cottages and walled fields at Orsho before crossing a stream and making a final steep ascent to Dingboche. The village of Dingboche is set in a stunning position, surrounded by high peaks. **Overnight at Hotel Brightstar in Dingboche (Meals: B,L,D).**

Day 10. Acclimatisng walk up Nangkartshang Peak (5,080m)- 3 to 4 hours walking.

This morning we go for walk up Nangkartshang Peak located above Dingboche at an altitude of 5,080m. From the summit there is a superb panorama with fantastic views of Ama Dablam, Taboche, Cholatse and Mount Makalu to the East. By walking up Nangkartshang Peak this will help your acclimatisation by following the golden rule of “climbing high and sleeping low”. **Overnight at Hotel Brightstar in Dingboche (Meals: B,L,D).**



Day 11. Trek to Lobuche (4,931m)- 5 to 6 hours walking.

From Dingboche we climb the ridge and cross the flat plain above the Pheriche valley. The trail leads to the bridge crossing a small stream immediately before the small hamlet of Dughla. From Dughla the trail climbs steeply onto the terminal moraine of the Khumbu glacier for a short section to Chukpo Lari, a beautiful, yet poignant place where there is a line of memorials in tribute to the climbers who have died on Everest. The panorama of all the peaks from this point is beautiful.

From the memorial the route descends a little and follows the western side of the valley to Lobuche. Lobuche is a cluster of lodges, teahouses and shops and can be very busy. Taboche and Nuptse Peaks are particularly spectacular from Lobuche, towering almost two kilometres directly above you. **Overnight at Oxygen Resort in Lobuche (Meals: B,L,D).**

Day 12. Trek to Everest Base Camp (5,300m) and back to Gorakshep (5,160m)- 7 to 9 hours walking.

Today is a challenging day but will no doubt be very rewarding and the highlight of the trek as you walk to Everest Base Camp. After an early start we follow the undulating trail along the western side of the broad Khumbu valley and glacier. The views today are magnificent as you are totally surrounded by towering snowy peaks. The conical peak of Pumori soon comes into view, it is on a lower ridge of this mountain that we will be going tomorrow morning for the Everest view point of Kala Patar. After approximately 2 to 3 hours the trail descends onto sandy basin to reach Gorakshep.

After a light lunch we will set off to walk to Everest Base Camp which is approximately 5 to 6 hour return trek back to Gorakshep where we sleep tonight. After crossing the sandy flat at Gorak Shep the trail climbs onto the lateral moraine of the Khumbu glacier and ascends the side of the glacier for two hours before finally descending onto rocky glacial moraine. The trail then winds up and down and through ice seracs to Everest Base Camp where there are fantastic close up views of the Khumbu ice fall. In spring season this Base Camp will be packed with many nationalities attempting to climb Everest. After a short stop we will retrace our trail back to Gorakshep. **Overnight at Yeti Resort in Gorakshep (Meals: B,L,D).**



Day 13. Ascend Kala Patar (5,545m) and return to Pheriche- 8 hours walking.

In the morning after an early breakfast we climb up to the summit of Kala Patar at an altitude of 5,545m. It is definitely worth the 2 to 3 hour walk for its great views of Everest and Khumbu Ice Fall (you cannot see Mount Everest from Base Camp) plus the other Himalayan giants of Pumori, Changtse, Nuptse and Lhotse. For many people this will be the highlight of your trip and your highest point that you will trek to. We will spend time on the summit to allow you to sit and reflect surrounded by the majestic beauty of the mountains and ice flutes.

After walking up Kala Patar we return to the teahouse at Gorakshep for lunch before making our return journey past Lobuche and descend to Dughla. Instead of taking the trail back to Dingboche you descend to the flat, broad valley bottom. From there it is a n hours walk along the valley to the village of Pheriche which is made up of lots of lodges, tea houses and shops. The village also has a Himalayan Rescue Association (“HRA”) clinic which is well worth a visit to look round. Tonight you will stay in the popular Himalayan Hotel used by many climbers during Everest season. **Overnight at Himalayan Hotel in Pheriche (Meals: B,L,D).**

Day 14. Trek to Phortse village (3,800m)- 7 hours walking.

Shortly after leaving Pheriche we cross a bridge and then rejoin the trail that we took to Dingboche on Day 9. As you descend down through the alpine pastures you will now start to feel the warmth and rich air of walking at lower altitudes. Just before entering Pangboche village we take a different trail that contours the hillside high above the river, offering great views across to Tengboche monastery beneath the towering face of Kangtega and behind us the magnificent Ama Dablam. We then finally reach the lesser visited village of Phortse at the mouth of the Gokyo valley. **Overnight at Phortse Guesthouse (Meals: B,L,D).**

Day 15. Trek to Monjo (2,610m)- 7 hours walking.

From the ridge-top perch of Phortse we make the long, steep descent through birch and rhododendron forest to the Dudhi Khosi in the lower part of Gokyo Valley. After crossing the river there is a steady walk on a switch backing trail for 400m with plenty of superb places to stop and look back across to Phortse and beyond.

You then reach the Mong La pass at 3,963m which is a nice place to sit in one of the tea houses to look back and around and reflect. From here we descend to



Tashinga where we join the main Base Camp trail again and retrace our steps back to the hustle and bustle of Namche Bazaar which we reach after 4 to 5 hours walking. After lunch we then descend crossing the Sir Edmund Hillary Bridge and continue down to Monjo village. **Overnight at Monjo Guesthouse (Meals: B,L,D).**

Day 16. Return to Lukla (2,840m)- 5 to 6 hours walking.

From Monjo we carry on the descent of the Dudh Khosi valley through the villages of Phakding, Ghat and Cheplung. At Chaurikharka we start ascending the final hill of the trek to reach Lukla. On getting to the Numbur Lodge you can relax and enjoy your last evening with the Sherpa guides and wonderful porters. **Overnight at Numbur Lodge (Meals: B,L,D).**

Day 17. Fly to Kathmandu.

If the weather is fine in Lukla then we will get a morning flight back to Kathmandu which takes 40 minutes and then we will be met at the airport and transferred to our hotel in Kathmandu where you can then spend the rest of the day doing what you please. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

Day 18. At leisure in Kathmandu.

Today is a free day to rest and relax in Kathmandu after the trek, go shopping or to do more sightseeing around the city by yourselves. However the main reason for having this extra day is as a buffer in case of any delays or cancellations flying back from Lukla in order to minimise the risk of missing your flight back home. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

Day 19. Fly back home.

Transfer to Kathmandu airport for the flight back home. End of trip.

YOUR COMPLETE FINANCIAL PROTECTION

The Mountain Trekking Company Ltd (trading as The Mountain Company) is a fully licensed and bonded tour operator. For flight inclusive packages sold to UK residents these will be covered by our Air Travel Organisers Licence (our ATOL number is 10921). For packages that do not include flights and for packages sold to customers outside of the UK your financial protection is covered by our



membership of Association of Bonded Travel Organisers' Trust ("ABTOT"). Our ABTOT membership number is 5365.



Our membership of these organisations means that you can book with us in complete confidence that all monies paid to us for trips are protected.

THREAT AND RISK ASSESSMENT

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. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our Everest Base Camp trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Everest Base Camp we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Everest Base Camp is available on request. For your information we have listed below a summary of the significant risks and hazards identified by us:



-) Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
-) Altitude illness including but not limited to AMS, HACE and HAPE.
-) Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke).
-) Lightning strike.
-) Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
-) Earthquake.
-) Risk of fire in the hotel or lodge.
-) Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
-) Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
-) Road traffic or flight accident [*see paragraph "Lukla flight" for further information about STOL flights*].
-) Contaminated food and/ or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation 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.



THE ASSOCIATION OF INDEPENDENT TOUR OPERATORS (“AITO”)

The Mountain Company is a member of the Association of Independent Tour Operators (AITO) and we have agreed to abide by the terms of the AITO Quality Charter.

AITO is the Association for independent and specialist holiday companies. Our member companies, usually owner-managed, strive to create overseas holidays with high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating. For more information please take a look at <http://www.aito.com/>



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 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.

In 2017 the Association of Independent Tour Operators (AITO) launched Project PROTECT in recognition of the important role that destinations play in the future of the travel industry. The aim of this project is to encourage sustainable tourism and to nurture the destinations for tomorrow’s travellers. The PROTECT acronym



stands for People / Resources / Outreach / Tourism / Environment / Conservation / Tomorrow.

This project is led by Professor Xavier Font of the University of Surrey and each AITO member has to publish an annual pledge and report back at the end of the year on how they got along. To see The Mountain Company's Project PROTECT pledges for 2018 and 2017, please take a look at our [Sustainable Tourism page on AITO website](#).

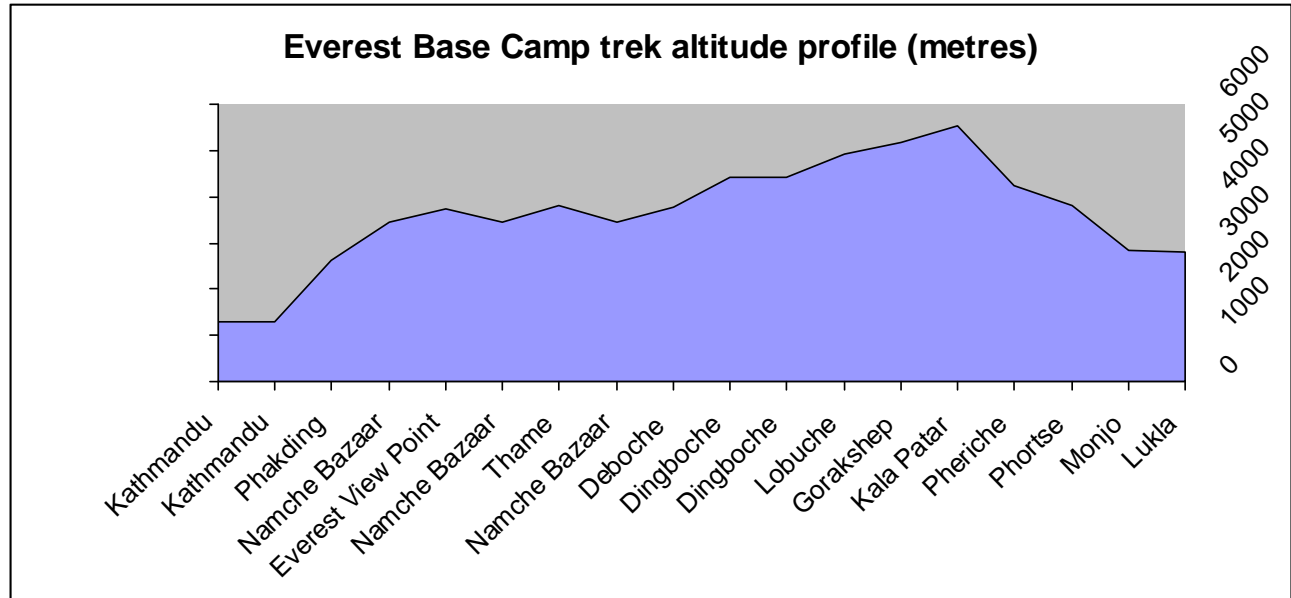


We work closely with the International Porter Protection Group and abide by their five guidelines for porter protection, their website is at www.ippg.net. We also have partnered with Kathmandu Environmental Education Project in Nepal, their website is at www.keepnepal.org

PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Everest 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!
-) Drinks 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.

Please remember even the fittest and healthiest person can develop one of the altitude illnesses: AMS (acute mountain sickness), HACE (high altitude cerebral edema) and/ or HAPE (high altitude pulmonary edema). The symptoms of these illnesses are listed below, if any of these occur when you are on trek please immediately tell your guide.

Symptoms of AMS:

-) Tiredness
-) Dizziness



) Nausea or if severe, vomiting

) Poor sleep

Symptoms of HACE:

) Usually preceded by AMS

) Like “Severe AMS” also with severe headache unresponsive to painkillers; confusion and physical clumsiness (ataxia).

Symptoms of HAPE:

) Fluid in the lungs: cough, tiredness, breathlessness out of proportion to exercise especially at rest and worse when lying flat.

) Often symptoms start later (at night or after 24 to 48 hours at new altitude).

) Often occurs without AMS (often no headache)

) But you can have AMS and HACE too.

If you have symptoms of altitude illness (AMS, HACE or HAPE) you must not ascend in altitude. If you have HACE or HAPE you must descend to nearest health post (if available) or seek medical help.

If you have only mild symptoms of AMS you should rest, drink fluids, try to eat, keep warm. If symptoms go away then you can go up. If symptoms get worse you have to descend in altitude escorted by one of our guides (someone with altitude illness must never descend alone).

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

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>



ACCOMMODATION IN KATHMANDU

For our Everest Base Camp treks we use several hotels in Kathmandu depending on availability. They are as follows:

Hotel Tibet is located in Lazimpat next to the Radisson. Hotel Tibet is our usual hotel for our standard trips in Nepal as our clients enjoy staying at this property due to its good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor and the roof terrace with the Yeti Bar overlooking the city. For more information on Hotel Tibet please take a look at their website <http://www.hotel-tibet.com.np/>

Hotel Ambassador is located in Lazimpat not far from Hotel Tibet and Manaslu. This hotel was rebuilt and opened in Spring 2017 with well-appointed rooms including both King size and twin beds, complimentary wifi, tea & coffee, iron & board, combined bath & shower. The rooms are a good size at 30m² and are well decorated with original art. The rooms have air conditioning and are sound proofed for quiet nights rest. For more information on Hotel Ambassador please take a look at their website: <http://www.ambassadornepal.com/>

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.

FOOD

In Kathmandu there is a wide range of excellent restaurants, please read our Nepal Pre Trip information document for our recommendations. Breakfast is provided each morning by the hotel.

While on the trek, the lodges provide good quality food in sufficient quantities. Trek meals include breakfast, lunch, afternoon tea and biscuits plus two course dinner (soup and main meal) plus up to two cups of hot drinks per meal.



LUKLA FLIGHT

Please note that flights to and from Nepal's Short Take-Off & Landing ("STOL") mountain airstrips such as Lukla 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. If there are cancellations with the airplanes flying into Lukla it may be possible to fly in a helicopter. There would be an extra cost for this service between US\$400 to US\$600 per person depending on which helicopter company is used and the demand at the time.

In all of our itineraries visiting areas with STOL mountain airstrips such as Everest 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.

British Foreign & Commonwealth Office ("FCO") travel advice to Nepal states that "STOL airstrips in Nepal are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots and well-maintained aircraft." For their latest advice please take a look at their Safety & Security section under Air Travel, link at: <https://www.gov.uk/foreign-travel-advice/nepal/safety-and-security>

There have been a number of recent air accidents in Nepal and in December 2013 The European Union banned all airlines based in Nepal from flying in the 28-nation bloc under the latest changes to a list of unsafe carriers. For more information on Nepal's air safety profile take a look at Aviation Safety Network, link at: <http://aviation-safety.net/database/country/country.php?id=9N>



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 20°C. At higher altitudes temperatures range from about 15°C to -15°C.

CLOTHING AND EQUIPMENT

A list of clothing and equipment for the Everest Base Camp trek has been included in Appendix below. It is worth pointing out that you will need a sleeping bag for this trip although you can arrange to rent one in Kathmandu.

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 and Expedition Kit Hire rent out high quality items at competitive prices which would save you the expense of buying. The links to their websites are at <http://www.trekhireuk.com/> and <http://www.expeditionkithire.co.uk>

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. Please read our Nepal Pre Trip information document for more details about getting your Nepal visa.

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 including high altitude medicine, antibiotics and other medicines. Please get in contact with us if you would like to see the list of medicines contained in our medical kits.

INTERNATIONAL FLIGHTS

The Mountain Company does not book international flights for our holidays. Instead all package prices are Land Only with services starting from arrival to the destination country.

If you would like help arranging flights then we suggest you contact our partner travel agent, StudentUniverse (ATOL registered) a specialist division of the Flight Centre Travel Group ---> [Get an online quote](#)

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.



Please carefully check your insurers' Terms and Conditions in particular you should make sure the following is covered: 1) Activity (i.e touring, trekking or mountaineering) 2) Maximum altitude reached on trek 3) Helicopter evacuation in an emergency.

It is important for you to understand that ultimately the burden of any expense incurred in evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay any costs incurred in respect of any evacuation or for medical treatment. You should be fully aware of the implications involved in arranging your own travel insurance and understand the limitations and exclusions of your policy.

You should be aware that under certain circumstances, The Mountain Company leader (or our local agent, if no western leader) might instigate rescue proceedings via helicopter (or any other means necessary) in situations of medical emergency without first contacting your insurance company for their approval.

The Mountain Company has arranged travel and trekking insurance for European Union residents with the specialist insurance broker **Campbell Irvine**. Their insurance policy will cover you for most of the trips in our portfolio. However if your trek is classified or graded by The Mountain Company as "**Strenuous**" or "**Challenging**" then you must make sure you select this option when obtaining an online quote for your insurance. Campbell Irvine will not provide insurance cover for any trips classified as "**Mountaineering**".

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

To apply for an online quote through [Campbell Irvine's Direct Travel Insurance](#) website. Should you have any questions regarding the terms and conditions of cover please contact Campbell Irvine on 0207 938 1734 or email info@campbellirvine.com

We have [listed on TMC website a comprehensive list of specialist adventure travel insurers](#) that our trekkers from UK, EU and Internationally based have used in the



past. Please carefully check their Terms & Conditions prior to purchase. These companies are not necessarily recommended by us so it is your responsibility to ensure you have appropriate coverage.

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

Everest- 50 years on top of the world by George Band

Above the clouds by Anatoli Boukreev

Eric Shipton- Everest and beyond by Peter Steele

Touching my father's soul by Jamling Tenzing Norgay

Into Thin Air by John Krakauer

The Ascent of Rum Doodle by WE Bowman

MAPS

Nepal Trekking Map Himalayan Maphouse Scale: 1:900,000 **This map will be included in your welcome pack when you arrive in Nepal.**

Mount Everest Schweizerische Stiftung fur Alpine Forschung (Swiss Foundation For Alpine Research) 1:50,000

Mount Everest National Geographic Society 1:50,000



APPENDIX

CLOTHING AND EQUIPMENT LIST FOR EVEREST BASE CAMP

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Everest Base Camp trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. During the first couple of days on Everest Base Camp trek you are likely to experience quite warm conditions and you will experience the coldest temperatures at Gorakshep at an altitude of 5,200m where overnight lows can get down to around -15°C.

Footwear:

-) Walking boots. A pair of water repellent boots with ankle support.
-) Walking socks.
-) Trainers or trail shoes. Can be used in lodge in the evenings.
-) Gaiters. A pair of knee high gaiters used to keep boots dry if walking through deep snow or on wet ground.

Clothing:

-) Waterproof jacket and trousers (goretex or similar). For use if it rains or snows during the trek.
-) Trekking trousers. Minimum two pairs of trousers.
-) Long sleeve shirts (not cotton). Minimum two shirts.
-) Micro fleece.
-) Mid to heavyweight fleece.
-) Sleeveless/ gilet or body warmer type fleece. This will help keep your core warm while not bulking when layering up. Gilet fleece can be used in combination with



base layers, other fleeces and down jacket to provide maximum warmth and insulation.

-) Thermals or base layer for top & bottom (merino wool or synthetic).
-) Fleece pants. To be worn around camp or added as an additional layer when the temperatures start to drop higher up.
-) 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. (eg. Buff Headwear check out <http://www.buffwear.com>)
-) Headtorch. Bring extra batteries.
-) Sunglasses. The lenses need to be Category 4 rated and should have side protection or wraparound design to prevent light getting through to your eyes that could cause sun blindness.

Personal Equipment:

-) Sleeping bag. Maximum overnight lows at Gorakshep will be around -15 Celsius. Note: it is possible to rent a bag in Kathmandu from Shonas Rental.
-) Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty and helps by adding extra insulation to keep you warm at night.
-) Daypack. Recommended size is 30 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing such as down jacket etc. It is also a good idea to bring a rain cover to keep the contents dry.



-) Trekking poles (Black Diamond with “Flick Lock” are best). Having two poles is mandatory as required for your safety on steep and loose sections of the trail and for walking through deep snow higher up.
-) Stuff sacks for keeping your gear dry and organised. Or even better are fold-drybags such as from Exped.
-) 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.
-) 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.
-) 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).
-) Antibiotics. Although we carry antibiotics for the team, it is advisable to bring some of your own. We recommend that you visit your doctor and request one set of antibiotics to treat stomach infection and one for upper respiratory tract infection.