

MARKHA VALLEY, LADAKH



Markha Valley, Ladakh



HIGHLIGHTS

- A beautiful trek in Ladakh, also known as Little Tibet, exploring a high and arid landscape with many Buddhist monasteries clinging to high cliffs. We will cross two high passes bedecked by colourful prayer flags.
- Spectacular views of Kang Yatse (6,400m) and Stok Kangri (6,135m), also the Eastern Karakorum and the dry mountains of Zaskar.
- Included in the itinerary is the opportunity to see the sights in Delhi and the monasteries of Leh.
- Roland, owner and founder of The Mountain Company, led this trip in July 2005 and has modified the itinerary based on this experience. He will be happy to answer any questions you might have.

"Overall the trip went really well. The partners in Leh and Delhi that were chosen by The Mountain Company were very reliable and the staff which they hired were very good, in particular our guide, cook and horse man for our trek in Ladakh." **Sylvia Mueller and Robert Anderson (USA)**



MARKA VALLEY, LADAKH

Total number of days	13 days
Grade & days trekking	Moderate, 9 trekking days
Accommodation	4 nights hotel, 8 nights camping
2019 price ex Delhi	£1,175 (US\$1,525 or €1,340) - not including Leh flights
2020 price ex Delhi	£1,175 (US\$1,525 or €1,340) - not including Leh flights
Minimum group size	2
Dates	July 6 th to 18 th 2020 July 20 th to August 1 st 2020 August 10 th to 22 nd 2020 July 5 th to 17 th 2021 July 19 th to 31 st 2021 August 9 th to 21 st 2021



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- All transfers including airport collections.
- Twin share room at Hotel Pangong, Hotel Lotus or Hotel Omasila (or equivalent) in Leh.
- Breakfast only at hotels in Leh, all meals included while on trek.
- Twin share tents while on trek.
- All trekking arrangements including permits and fees, tents, guide, ponies and cook.
- 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).

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	£150 (US\$200 or €170)
Single tent supplement	£115 (US\$155 or €130)

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 Delhi.
- Internal flight to/from Leh and Delhi.
- Travel & trekking insurance.

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- India visa up to 6 month.
- Lunch and evening meals in Leh.
- Delhi hotel and airport transfers.
- Personal clothing & equipment please see the Appendix for suggested kit list.
- Tips.
- 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 Markha Valley 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 is a trek in Ladakh crossing two high passes with spectacular views of Karakoram and Zaskar mountain ranges.

Ladakh, also known as little Tibet, is one of the most remarkable regions of India. Although politically part of India, Ladakh is geographically and culturally an extension of western Tibet. Ladakh is a high and arid landscape with lush irrigated valleys surrounded by snow capped peaks. Leh the capital of Ladakh has long been a remote and fascinating outpost and important cross-roads for pilgrims and traders in the upper Indus Valley.

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After the spectacular flight over the Himalaya to Leh we spend several days for essential acclimatization with sightseeing at Buddhist monasteries. The trek starts at the village of Spituk and after crossing the Ganda La we descend into the Markha Valley. We continue to the beautiful Nimaling plains dominated by the impressive Kang Yatze peak. From here we cross the Kongmaru La with superb views south to Zanskar and north to the Karakoram range. We descend from the pass through a steep canyon with wonderful coloured rock and then drive back to Leh.

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 in Leh (3,505m).

You will be met on arrival at Leh airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer. A full briefing will be given in the afternoon. For the rest of the day it is best to rest and keep hydrated in order to help your body's adjustment to the high altitude.

Overnight at Hotel Pangong, Lotus or Omasila (Meals: none).

Day 2. Sightseeing around Leh.

Leh is the ancient capital of Ladakh and has many hilltop forts and palaces to visit including the Royal Palace which overlooks the town. The town is situated on the old Silk Route and still has a trading tradition- it is well worth wandering around the colourful bazaar. **Overnight at Hotel Pangong, Lotus or Omasila (Meals: B).**

Day 3. Sightseeing around Leh.

The two most well known monasteries are Shey and Thiksey. Shey gompa was constructed by the first king of Ladakh and was the seat of power for the pre-Tibetan kings. Thiksey gompa is a very impressive monastery containing numerous stupas, statues, thankas, wall paintings and a large pillar engraved with the Buddha's teachings. **Overnight at Hotel Pangong, Lotus or Omasila (Meals: B).**



Day 4. Drive to Spituk, and trek to Jingchen (3,380m)- 4 to 5 hours walking.

After breakfast, we drive to Spituk and start trekking. On leaving Spituk we enter a flat plain at the foot of the Stok mountains, for the rest of the day the trail follows the Indus river, often with rafts floating past, before leaving the Indus to head into the mountains along the pretty Jingchen gorge. **Overnight camping (Meals: B,L,D).**

Day 5. Trek to Yurutse (4,120m)- 3 to 4 hours walking.

The route follows the Jingchen Nala upstream in an increasingly narrow valley- look out for the blue sheep high above on the steep sides of the valley. Before entering Rumbak the valley widens and the snow-topped Stok mountains come into sight. The trail continues upstream, crosses the bridge and then takes the right fork to Yurutse. **Overnight camping (Meals: B,L,D).**

Day 6. Trek to Shingo (4,150m) over the Ganda la (4,850m)- 4 ½ to 5 hours walking.

On leaving Yurutse the trail passes a beautiful purple band of rock and continues to Ganda la base camp where you take the path west towards the Ganda la. Once at the pass there is a great view of Stok Kangri and the Zanskar range to the west, and from there descend to Shingo. **Overnight camping (Meals: B,L,D).**

Day 7. Trek to Skiu (3,400m)- 3 to 4 hours walking.

Today we pass through a spectacular gorge with beautifully coloured and eroded rocks following the Shingri Nala river to Skiu- above Skiu is an attractive gompa and the remains of a royal residence. **Overnight camping (Meals: B,L,D).**

Day 8. Trek to Markha (3,700m)- 6 ½ to 8 hours walking.

The trail passes through Chalak and Tunespa and on approaching Markha you get the first glimpses of Kang Yatse (6,400m). **Overnight camping (Meals: B,L,D).**

Day 9. Trek to Tchatchutse (4,150m)- 4 ½ to 5 hours walking.

The route goes up the main valley on the right bank, passes the monastery of Humlung and continues to Hankar. The valley narrows and the trail crosses to the left bank to reach the pastures of Tchatchutse. **Overnight camping (Meals: B,L,D).**



Day 10. Trek to Nimaling (4,720m)- 3 to 3 ½ hours walking.

The trail passes a small lake and then across pastures to Nimaling which is one of the most beautiful high valleys in Ladakh with grassy plains surrounded by high peaks and passes. To the south the view is dominated by Kang Yatze and to the north the Kong Maru La- the high pass we must cross in order to return back to Leh. **Overnight camping (Meals: B,L,D).**

Day 11. Trek to Shang (3,660m) over the Kong Maru la (5,100m)- 5 to 7 hours walking.

Today is a long day as the trail climbs to the Kong Maru La- at the top of the pass there are colourful prayer flags framing the 360-degree Himalayan panorama. To the north we look out towards Tibet, the Eastern Karakorams and China and to the south lies Kang Yatze whilst in the west there are the dry mountains of Zaskar.

The descent from the pass is fairly steep but soon eases before entering a narrow gorge with colourful rock formations. We descend into the Indus Valley and to the village of Shang. **Overnight camping (Meals: B,L,D).**

Day 12. Trek to Hemis (3,600m)- 3 to 4 hours walking.

We walk along the riverbed on the left bank passing a series of chortens and follow a gently rising trail through rugged scenery to Hemis. After visiting Hemis monastery we drive back to Leh. **Overnight at Hotel Pangong, Lotus or Omasila (Meals: B).**

Day 13. Fly to Delhi.

Transfer to Leh airport for your flight to Delhi.



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 Markha Valley 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 Markha Valley we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Markha Valley 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.
- 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

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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

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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](#).

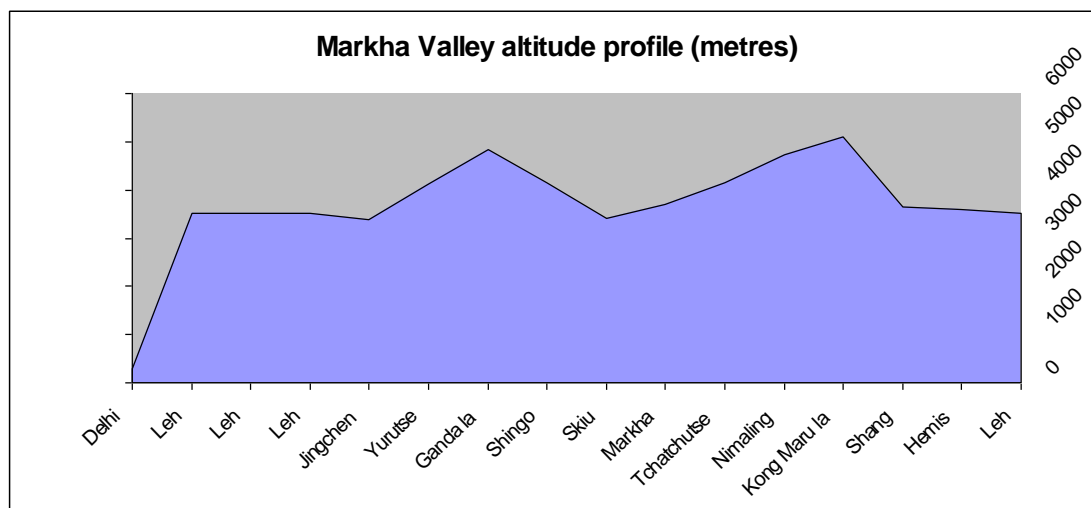


We work closely with the International Porter Protection Group and abide by their five guidelines for porter protection, their website is at www.ippg.net. We also have partnered with Kathmandu Environmental Education Project in Nepal, their website is at www.keepnepal.org

PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Markha Valley 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.

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

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- 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 LEH

For our standard treks in Ladakh we use several hotels in Leh depending on availability. They are as follows:

Pangong Hotel (Category A rated) is located in a grove of poplar trees only 5 minute walk from the centre of Leh. The hotel has a beautiful garden with views of Stok Kangri. There are 18 well-furnished spacious double rooms with attached bathrooms and running hot & cold shower facility with Cable TV. For more information take a look at their website <http://www.pangongladakh.com>

Hotel Omasila is a short walk from the centre of Leh and is located in lush gardens with views of the mountains. This property has been built in traditional style and the rooms incorporate traditional Ladakhi wood work and wall frescoes. There are 38 rooms with attached bathroom and TV. For more information take a look at their website at <http://hotelomasila.com/>

We will book hotels of a similar quality if we are unable to get reservations at the ones mentioned above.

There is a store room at these hotels where you can leave luggage with items not required while on trek. There is also a safe at these hotels for valuables.

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 pony men 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

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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 **Leh** there is also a wide range of good restaurants, our favourites include Dreamland, La Terrasses and the Tibetan kitchen.

While on the trek you will get breakfast with porridge and cereal, toast or chapattis, omelettes and a range of hot drinks. Normally a hot lunch is prepared by the trek crew or on the longer days a pack lunch is provided after breakfast. On arrival at the 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 Ladakh is mid June to mid September, in Leh the typical summer maximum temperature is 30°C and minimum 12°C. At higher altitudes on the trek temperatures range from about 20°C to -5°C. Delhi is typically hot and humid at this time of year, temperatures in July and August range from 34°C to 24°C with high humidity.

CLOTHING AND EQUIPMENT

A list of clothing and equipment for Markha Valley trek has been included in Appendix below. 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 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. Typically the backpack would be 30 to 40 litres in size.

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.

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 India. 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**".



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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 India for the first time we have provided some cultural information to help ensure your behaviour is acceptable to your hosts in India:

- Both men and women should dress conservatively wearing full length trousers and a shirt.
- 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 should not go nude. Women should try and be as modest as possible in these situations.
- Indians consider the left hand to be unclean, therefore do not eat food with your left hand and make sure you give or receive food only with your right hand
- Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything and on entering a temple you should remove your shoes.
- 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

Ladakh: Crossroads of High Asia by Janet Rizvi

Heartlands: Travels in the Tibetan World by Michael Buckley

A Journey in Ladakh by Andrew Harvey

Ladakh by Prabuddha Das Gupta

Tibetan Foothold Dervla Murphy

Quest for Kim: In Search of Kipling's Great Game by Peter Hopkirk

City of Djinn: A Year in Delhi by William Dalrymple

The Ascent of Rum Doodle by WE Bowman

MAPS

Ladakh - Zaskar Centre by Editions Olizane Scale: 1:150,000

Leh, Zaskar and Nubra Valley by West Col Productions Scale: 1:200,000



APPENDIX

CLOTHING AND EQUIPMENT LIST FOR MARKHA VALLEY

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 Markha Valley trek. Your gear will be checked by the group leader in Leh prior to departure for the 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 this trek you may experience quite hot conditions with temperatures around 25 to 30°C. You will experience the coldest temperatures in Nimaling at an altitude of 4,720m where overnight lows might be down to around -10°C.

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). 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 baselayer 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.
- Warms mittens and/or gloves.

Headwear:

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf.
- 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 in Nimaling likely to be around -10 Celsius.
- 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 to 40 litres 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.



- 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.
- 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.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer (optional). We suggest you keep this in your day pack for use after a toilet break during the trek or before eating any snacks.

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.
- 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.
- Analgesic (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (optional), helps with acclimatisation.