

STOK KANGRI EXPEDITION



Summit of Stok Kangri

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HIGHLIGHTS

-) This expedition would be a suitable objective for a hill walkers looking to climb their first peak in the Himalayas.
-) To help acclimatise before the climb we go on a beautiful trek exploring the high and arid landscape which crosses several high passes.
-) Included in the itinerary is the opportunity to see the monasteries of Leh and the highest motorable road in the world at the Khardung La. There is an option to extend your itinerary to visit Taj Mahal in Agra at the end of the trip.
-) Stok Kangri would be an ideal opportunity to raise funds for the Charity of your choice. Please get in touch with us to discuss ideas for raising sponsorship.
-) Roland, owner and founder of The Mountain Company, has led this trip several previous times and has modified the itinerary based on this experience. He will be able to answer any questions you might have.

"I'd like to take the opportunity to thank all at the Mountain Company and particularly Roland Hunter for making my trip to Ladakh so enjoyable. Thanks to Roland's organisational skills and local knowledge the trek went like clockwork and we achieved our aim of summiting Stok Kangri in perfect weather.

Roland even managed to locate a bar with a television on one of our trekking rest days so that we wouldn't miss England playing in the world cup finals! I look forward to trekking with you again in the future." **Sam Halligan**



STOK KANGRI EXPEDITION

| | |
|-----------------------|--|
| Total number of days | 16 days |
| Grade & days trekking | Strenuous, 11 trekking days |
| Accommodation | 4 nights hotel, 11 nights camping |
| 2018 price ex Leh | £1,695 (US\$2,295 or €1,950) |
| 2019 price ex Leh | £1,695 (US\$2,295 or €1,950) |
| Minimum group size | 6 |
| Maximum group size | 12 |
| Dates | July 21 st to August 5 th 2018 July 20 th to August 4 th 2019 |



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 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, Western and Sherpa guides, ponies and cook.
-) 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 "Ladakh Pre Trip Information" notes.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

| | |
|------------------------|------------------------|
| Single room supplement | £POA |
| Single tent supplement | £190 (US\$250 or €215) |

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.
-) 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 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 is a trek in Ladakh followed by an expedition to climb a 6,000m peak including time to explore Buddhist monasteries in and around Leh.

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.

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 Chilling in the Zaskar valley and from here it is a six day trek to Stok Kangri Base Camp. On the climb we use a High Camp at 5,300m that improves our chances of summit success. After an early start on summit day we cross the glacier to reach a ridge that we follow to the summit. There are superb views south to Zaskar and north to the Karakoram range.

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.

You will have the opportunity to visit the two well-known monasteries of 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 3. Day excursion to Khardung La (5,605m).

Today we drive up the "highest motorable road in the world" from Leh to the top of the Khardung La at 5,605m. This takes about 2 hours and is an ideal way to help the acclimatisation process by spending time above 5,000m.

On our return to Leh later in the afternoon we take th short walk up to the Shanti Stupa above the town, there are superb views of the Indus Valley and snow-capped peaks including Stok Kangri. **Overnight at Hotel Pangong, Lotus or Omasila (Meals: B).**

Day 4. Drive to Chilling (3,200m) - 3 hour driving.

There is an option today to raft along the Indus River from Leh to the confluence of the Indus and Zaskar rivers. The rafting trip takes 3 hours on Grade 2 rapids and costs an additional US\$60 to be booked and paid locally.

If you decide not to go rafting then you will drive to Chilling and have the chance to explore this village in the afternoon. **Overnight camping (Meals: B,L,D).**

Day 5. Cross Zaskar River and trek to Skiu (3,500m)- 5 hours walking.

After crossing the Zaskar River on a box and cable bridge (see photo) we follow the Zaskar river upstream to the village of Skui. **Overnight camping (Meals: B,L,D).**

Day 6. Trek to Ganda La Base Camp (4,100m)- 5 hours walking.

Today we walk up a beautiful gorge to the village of Shingo and then set up a camp a little further up the valley at the Base Camp of Ganda La pass. Along the way you will see beautiful Ladakki scenery with splashes of green near the streams or



irrigated farmland and elsewhere the landscape is dry and arid with a variety of colours. **Overnight camping (Meals: B,L,D).**

Day 7. Trek to Rumbak (3,800m)- 7 hours walking.

From Camp we follow a long gradual ascent to the Ganda La at 4,850m then descending to Yurutse and onto our camp near the village of Rumbak. **Overnight camping (Meals: B,L,D).**

Day 8. Trek to Khilchay (4,200m)- 5 hours walking.

From Rumbak we start the steep climb to the Stok La at 4,900m where we have views of the Stok Kangri range. The camp is at Khilchay a short descent from the pass. **Overnight camping (Meals: B,L,D).**

Day 9. Trek to lower Stok Kangri Base Camp (4,500m)- 5 hours walking.

Today we walk to the lower Stok Kangri Base Camp and in the afternoon we go for an exploration walk (“climb high, sleep low”) to help the acclimatisation process. **Overnight camping (Meals: B,L,D).**

Day 10. Trek to Stok Kangri Base Camp (5,000m).

Today we continue up the valley ascending to a pass where we get views of Base Camp and also the route to the summit of Stok Kangri. We spend two nights at Base Camp to help our acclimatisation to the high altitude. **Overnight camping (Meals: B,L,D).**

Day 11. Acclimatisation day.

There are a number of good walks around Base Camp, the best way of acclimatising is to “climb high, sleep low”. **Overnight camping (Meals: B,L,D).**

Day 12. Trek to High Camp (5,300m) and in the afternoon there will be a glacier skills session.

We use a High Camp on this climb because it shortens the summit day and increases everyone’s chance of reaching the summit. This approach has worked well in the past.

The route from Base Camp starts by climbing the moraine and then descends gently to the glacier beyond. The High Camp is located at 5,300m near the top of the glacier under the south face. In the afternoon there will be a glacier skills



session to ensure everyone is prepared for the summit day. **Overnight camping (Meals: B,L,D).**

Day 13. Climb Stok Kangri (6,123m) and return to lower Base Camp.

Our summit day begins before dawn, the route climbs over scree and boulders to reach the south ridge which continues to the summit. The ridge is quite exciting with a certain degree of exposure although it is never too steep there is some scrambling in places. The biggest challenge is the altitude making the climb feel very strenuous.

The summit views are superb in every direction with Leh visible way down in the valley below and the Karakoram mountain range to the north. After the summit celebrations and maybe a bite to eat we retrace our steps back to lower Base Camp. **Overnight camping (Meals: B,L,D).**

Day 14. Spare summit day or buffer day.

Day 15. Trek to Stok and drive to Leh- 4 to 5 hours walking and 30 minute drive.

We descend to the village of Stok where we meet the jeeps for transport back to Leh via either Thikse or Hemis monasteries. Farewell dinner in the evening.

Overnight at Hotel Pangong or Omasila (Meals: B).

Day 16. Fly to Delhi.

Transfer to Leh airport for you 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 Stok Kangri Expedition. 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 Stok Kangri Expedition we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Stok Kangri Expedition is available to clients 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.
-) Getting lost or becoming separated from group eg. summit day in whiteout.
-) Severe bad weather and conditions when camping eg. at High Camp.
-) Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke).
-) Crossing a river with no bridge resulting in drowning and/ or a fall.
-) Rock fall and landslides.
-) Snow and ice avalanches.
-) 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 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 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 pledge for 2017 please take a look at our blog:

<http://themountaincompany.blogspot.co.uk/2017/06/the-mountain-company-pledge-for-aito.html>



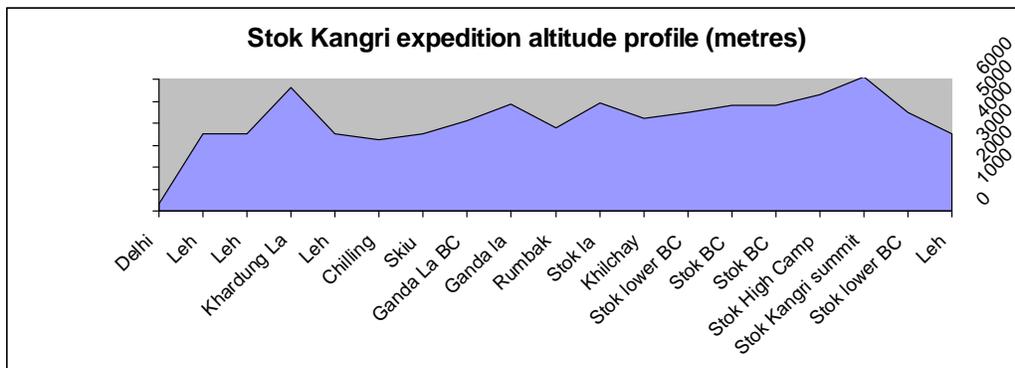
We work closely with the International Porter Protection Group and abide by their five guidelines for porter protection, their website is at www.ippg.net. We also have partnered with Kathmandu Environmental Education Project in Nepal, their website is at www.keepnepal.org



PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Stok Kangri 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 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 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 Stok Kangri Expedition 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 pony. **The maximum weight allowance is 18kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

Citizens from the UK, US, Canada, Australia and New Zealand require an entry visa, it is your responsibility to obtain the entry visa. The Indian High Commission in London has updated the procedure for obtaining tourist visas. The decision on whether to grant a visa has been retained by the High Commission; however the application and collection process has been outsourced to VFS Global.



All applications have to be made online at <http://in.vfsglobal.co.uk/> You still have to apply online if you are submitting your application by post or using a visa agency. Walk-in applicants also need to fill out the online form before visiting VFS's office.

It should take 2 to 3 days to process your visa from submission although many people have experienced delays so please allow longer than this. Postal applications might take up to 15 days plus postage time. We suggest you carefully read the VFS website taking particular care in calculating the fee payable and also the rules for acceptable passport photos in order to avoid further delays.

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 from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.

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.

The Mountain Company has partnered with **Student Universe** to provide you with affordable, ATOL & ABTA bonded flights and more to any destination around the world that your travels may take you. Speak to a travel expert to get your trip started today - call **0844 560 9822** or fill in the enquiry form at:

<https://studentuniverse.gapyear.com/mountain-company>



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.

To get insurance cover for mountaineering expeditions, UK residents can contact British Mountaineering Council (BMC) or Snowcard. For international residents you can contact Global Rescue. For information on insurance policies please take a look at:

<http://www.themountaincompany.co.uk/information-centre/booking-your-holiday/insurance/>

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

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APPENDIX

CLOTHING AND EQUIPMENT LIST FOR STOK KANGRI

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 Stok Kangri expedition.

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 trek you are likely to experience quite warm conditions and you will experience the coldest temperatures at High Camp at an altitude of 5,300m where overnight lows can get down to around -12°C

Footwear:

-) B2 Mountaineering boots (or plastic boots).
-) 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.

Climbing equipment:

-) Climbing harness with 1 sling, 4 screw gate carabiners and belay plate
-) Crampons (10 or 12 point general mountaineering type).
-) Mountaineering ice axe and leash.
-) Helmet.

If you are UK based you can rent boots and other mountaineering gear from <http://www.expeditionkithire.co.uk>

**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 base layer for top & bottom (merino wool or synthetic).
-) Fleece pants.
-) 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.

Personal Equipment:

-) Sleeping bag.
-) Sleeping mat (eg. Thermarest).
-) Backpack large enough to carry water bottles, camera, lunch and extra clothing.
-) Stuff sacks for keeping your gear dry and organised.



-) Two water bottles (Nalgene wide mouth bottles are the best).
-) Sunscreen and lipsalve with a high SPF.
-) Insect repellent.
-) Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
-) Favourite snack food.
-) Books, ipod and cards etc.
-) Trekking poles.
-) Camera with spare batteries and memory cards.
-) Insurance certificate.
-) Earplugs (optional).
-) Baby wipes (optional).
-) Hand sanitizer (optional).

Travelling:

-) Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.
-) Travel clothes. You will need casual clothing for air travel days and time spent in Delhi and Leh.
-) 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).