

AMA DABLAM BASE CAMP TEAHOUSE +



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking

TRIP GRADE: Moderate

TRIP STYLE: Tea House Plus

NAN Based On 0 Reviews

KG Carbon Footprint

TRIP LEADER: Local Leader

GROUP SIZE: 2 - 10 people

NEXT DEPARTURE: 02 Oct 2022

25 Trees Planted for each Booking

Ama Dablam is a trek in the Everest region staying in comfortable lodges and we have included two nights in Pangboche village from where you can walk to Ama Dablam Base Camp.

Your holiday begins with a guided tour exploring Kathmandu, the vibrant capital of Nepal, before you fly high into the Himalaya to the mountain airstrip at Lukla and begin your trek into the heart of Sherpa Country, the Khumbu.

The Everest region is the most famous area in Nepal and, perhaps the entire Himalaya, as it is the centre for many major mountaineering expeditions. 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.

We follow in the footsteps of famous mountaineers and follow a good trail from lodge to lodge through beautiful Nepalese villages. There will be spectacular views of Mount Everest and many other Khumbu peaks while visiting the main Sherpa villages and monasteries. We also have the opportunity to trek to Ama Dablam Base Camp which is off the beaten track and well worth the walk for its rewarding views.

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.

Nowadays trekkers as well as expedition climbers delight at the wonderful scenery, their personal pilgrimage and challenge and the ever-friendly Sherpa villages. This really is a remarkable trek which will be remembered, along with the people you meet, long after you return home.

REASONS TO CHOOSE US

- For better acclimatisation we organise a longer trek to Ama Base Camp at 10 days from Lukla. The gradual ascent profile for this trekking holiday has worked well for our past groups. We have a very high success rate of our trekkers reaching the Base Camp of Mount Ama Dablam.
- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- Our [AITO Traveller Reviews for Ama Dablam Base Camp](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We pay for private weather forecasts from EverestWeather.com. We also use in house forecasting throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning and group safety.
- We provide the porters with windproof jackets & trousers and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We bring a comprehensive medical aid kit.
- Our team with first hand knowledge of this trek provides pre trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- 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.
- 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.

WHAT'S NOT INCLUDED

- 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".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Hotel Tibet in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience, with the 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.

DAY 2: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Hotel Tibet 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 streets of Kathmandu there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit as well as products imported from China and India. While the city has dramatically expanded over the last 10 years, on the outskirts of the valley it is still possible to see traditional houses set in landscape sculpted by contours of the paddy fields. These villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid red chillies of laid out on mats drying in the sun.

DAY 3: FLY TO LUKLA (2,840M), TREK TO PHAKDING (2,610M)

Fly to Lukla

Walking 7km (4 to 5 hours)

Breakfast

Mountain Resort in Phakding

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 Lukla on the typically stony path that descends from the forested terraces of Lukla 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.

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)

Walking 9km (6 hours)

Breakfast, Lunch and Dinner

Zamling Guest House in Namche Bazaar

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 Phakding 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.

DAY 5: ACCLIMATISING WALKS AROUND NAMCHE BAZAAR

Walking 9km (6 hours)

Breakfast, Lunch and Dinner

Zamling Guest House in 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.

DAY 6: TREK TO TENGBOCHE (3,860M)

Walking 9km (6 to 7 hours)

Breakfast, Lunch and Dinner

Tashi Delek lodge in Tengboche

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.

DAY 7: TREK TO PANGBOCHE (3,930M), AFTERNOON EXPLORE THE VILLAGE

Walking 3.5km (2 to 3 hours)

Breakfast, Lunch and Dinner

Highland Sherpa Resort in Pangboche

After a descent through Deboche 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.

DAY 8: DAY WALK TO AMA DABLAM BASE CAMP (4,576M)

Walking 8km (5 hours)

Breakfast, Lunch and Dinner

Highland Sherpa Resort in Pangboche

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.

DAY 9: TREK TO KHUMJUNG VILLAGE (3,970M)

Walking 11.5km (6 to 7 hours)

Breakfast, Lunch and Dinner

Hidden Village lodge in Khumjung

From Pangboche village we take a different trail from the way up, this path contours the hillside high above the river offering great views across to Tengboche on other wise of the valley. Tengboche monastery is seen beneath the towering face of Kangtega and behind us the magnificent Ama Dablam. After two to three hours we reach the lesser visited village of Phortse at the mouth of the Gokyo valley.

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 Sanasa and then walk up to Khumjung village.

DAY 10: TREK TO THAME (3,750M)

Walking 10km (6 to 7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We leave Khumjung on the high trail which contours out of the village 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.

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, Danphe pheasant, musk deer and mountain goat 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 very beautiful and picturesque village of Thame with a backdrop of massive 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.

DAY 11: TREK TO MONJO (2,610M)

Walking 11km (6 hours)

Breakfast, Lunch and Dinner

Monjo Guesthouse

Today we retrace our steps back to the hustle and bustle of Namche Bazaar which we reach after 4 to 5 hours walking. At Namche we re-join the main Base Camp trail again and after lunch we then descend crossing the Sir Edmund Hillary Bridge and continue down to Monjo village.

DAY 12: TREK TO LUKLA (2,840M)

Walking 9.5km (5 hours)

Breakfast, Lunch and Dinner

Numbur Lodge in Lukla

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.

DAY 13: FLY TO KATHMANDU

Fly to Kathmandu

Breakfast

Hotel Tibet in 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.

DAY 14: DAY IN KATHMANDU (BUFFER)

Breakfast

Hotel Tibet 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.

DAY 15: FLY BACK HOME

Fly back home

Breakfast

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

DATES & PRICES

2022

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
02 Oct 2022 to 16 Oct 2022	Local Leader	US\$2,450pp	US\$240pp / NA	2 Left to Guarantee
30 Oct 2022 to 13 Nov 2022	Local Leader	US\$2,450pp	US\$240pp / NA	2 Left to Guarantee
20 Nov 2022 to 04 Dec 2022	Local Leader	US\$2,450pp	US\$240pp / NA	2 Left to Guarantee
11 Dec 2022 to 25 Dec 2022	Local Leader	US\$2,450pp	US\$240pp / NA	2 Left to Guarantee

2023

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
19 Mar 2023 to 02 Apr 2023	Local Leader	US\$2,550pp	US\$240pp / NA	2 Left to Guarantee
02 Apr 2023 to 16 Apr 2023	Local Leader	US\$2,550pp	US\$240pp / NA	2 Left to Guarantee
23 Apr 2023 to 07 May 2023	Local Leader	US\$2,550pp	US\$240pp / NA	2 Left to Guarantee
08 Oct 2023 to 22 Oct 2023	Local Leader	US\$2,550pp	US\$240pp / NA	2 Left to Guarantee
29 Oct 2023 to 12 Nov 2023	Local Leader	US\$2,550pp	US\$2,650pp / NA	2 Left to Guarantee

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
19 Nov 2023 to 03 Dec 2023	Local Leader	US\$2,550pp	US\$240pp / NA	2 Left to Guarantee
10 Dec 2023 to 24 Dec 2023	Local Leader	US\$2,550pp	US\$240pp / NA	2 Left to Guarantee

2024

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
17 Mar 2024 to 31 Mar 2024	Local Leader	US\$2,650pp	US\$240pp / NA	2 Left to Guarantee
31 Mar 2024 to 14 Apr 2024	Local Leader	US\$2,650pp	US\$240pp / NA	2 Left to Guarantee
21 Apr 2024 to 05 May 2024	Local Leader	US\$2,650pp	US\$240pp / NA	2 Left to Guarantee
06 Oct 2024 to 20 Oct 2024	Local Leader	US\$2,650pp	US\$240pp / NA	2 Left to Guarantee
27 Oct 2024 to 10 Nov 2024	Local Leader	US\$2,650pp	US\$240pp / NA	2 Left to Guarantee
17 Nov 2024 to 01 Dec 2024	Local Leader	US\$2,650pp	US\$240pp / NA	2 Left to Guarantee
08 Dec 2024 to 22 Dec 2022	Local Leader	US\$2,650pp	US\$240pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR AMA DABLAM BASE CAMP TREK

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Ama Base Camp trek. The group leader will check your gear in Kathmandu before 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. At the start of the trek you will experience warm conditions with temperatures up to 20 Celsius. You experience the coldest temperatures in Pangboche at an altitude of 3,875m. Overnight lows here will be down to around -10 Celsius.

You should bring a rucsac or backpack for gear required during the day. Your pack should contain items

such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek.
- Trail shoes. Used around the lodge.
- Walking socks.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

Head and Gloves

- Fleece gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

Personal equipment

- Sleeping bag. Overnight lows down to -10 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Day pack. Recommended size is around 30 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing. The pack should have a good waist belt. 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). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at SheWee.
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.

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

Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 80-100 litres. Eg. Mountain Equipment or Rab. 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 with soap, travel towel, toilet paper, toothbrush etc.

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use 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).

Threat and risk assessment

RISK ASSESSMENT FOR EVEREST TREKS

You should be aware trekking in a developing country involves a risk of personal injury or death. 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 and unpredictable weather. There could be last minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Everest trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. 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, sunburn, heat exhaustion, hypothermia or heat stroke). Please note during the months of April and October it will be very hot and humid for the first three days of the trek.
- 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 (e.g. donkeys or horses) or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. 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 accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Internal Flights

LUKLA FLIGHTS

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](#).

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](#).

Suggested reading

SUGGESTED READING AND MAPS FOR EVEREST TREKS

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

Books

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

ACCOMMODATION

TEA HOUSE LODGE IN EVEREST REGION



In a tea house lodge in Nepal there are twin share rooms with a common bathroom and a heated communal dining room. We inspect and select the best lodges in each location.

We provide all meals at the lodges. This includes breakfast, lunch, afternoon tea and biscuits plus two course dinner (soup and main meal). You can choose your dishes for all meals from the menu. We also provide two hot drinks included per meal.

HOTEL TIBET IN KATHMANDU



Hotel Tibet is in Lazimpat next to the Radisson. This is our usual hotel for our standard trips in Nepal.

We have used Hotel Tibet for over 15 years and our clients have enjoyed staying at this property. It has a good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor. On the fifth floor there is a roof terrace with the Yeti Bar overlooking the city.

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