



adventure
associates

Everest Base Camp & the Khumbu Icefall

A TREK TO THE GODDESS MOTHER OF MOUNTAINS - CHOMOLUNGMA

EXPEDITION MANUAL





Trek to Everest Base Camp with award-winning Australian adventure travel photographer Dr Andrew Peacock, and spend a night in the most famous base camp in the world

ABOUT THE TRIP

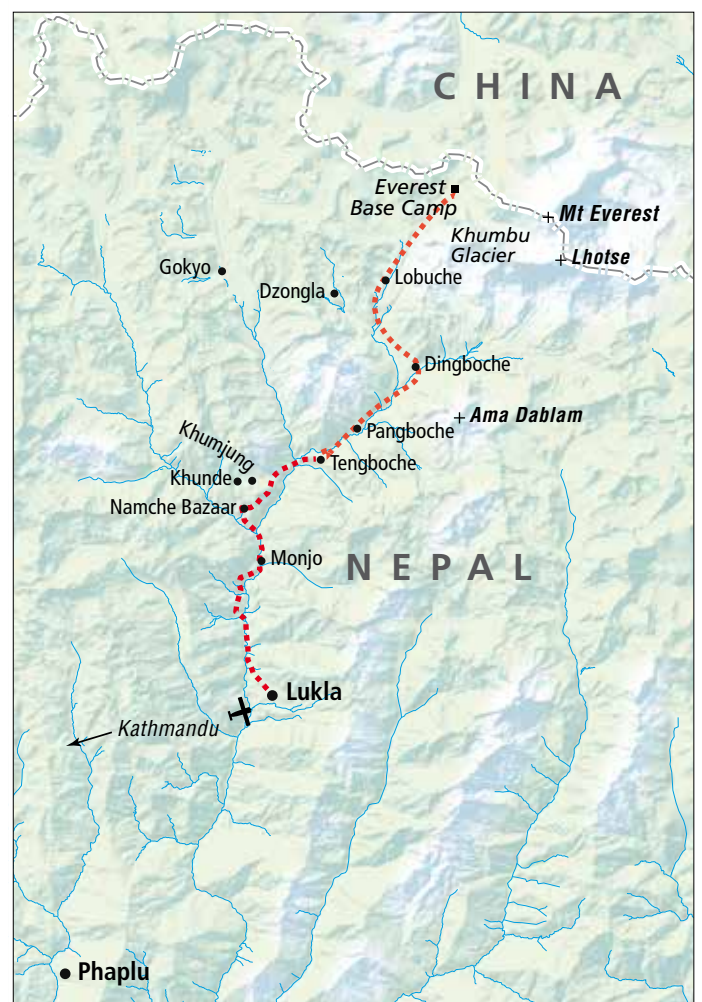
This adventure provides a rare opportunity to trek one of the most iconic trekking routes in the world and experience what it's like to spend a night at the famous base camp of Mount Everest (8848m). Beginning our trek in Lukla, we ascend through picturesque Sherpa villages of the Khumbu Valley, passing underneath Himalayan giants such as Ama Dablam (6812m), Pumori (7161m), and Nuptse (7861m), to the base of Mount Everest (5364m). Here we spend a night and day with our partner Everest expedition, and depending on the team rotations, we may have the chance to meet some of the climbers and catch a glimpse of real expedition life. We also have the opportunity to trek to the Khumbu icefall and view this stunning aspect of the world's highest peak. Back in Base Camp we visit the 'Everest ER' tent and learn a little about high altitude medicine. Concluding our time at Base Camp we retrace our steps down valley to Lukla where we take a stunning mountain flight back to the cultural melting pot that is Kathmandu.

YOUR ESCORT - DR ANDREW PEACOCK

Andrew first began to explore the world around him through a camera lens while working as a doctor on voluntary assignments in the mountains of Nepal and India back in 1996, and has returned repeatedly since then to the Himalaya to climb, hike and photograph. He is the medical director of Expedition and Wilderness Medicine Australia and has led numerous treks to the Khumbu region of Nepal. With his mountain medical and outdoor adventure experience as well as photography skills Andrew is uniquely placed to lead this special journey to the base of the highest peaks in the world. Whilst this adventure is not strictly a photographic tour, Andrew is



always ready to offer advice on all questions photographic. His images have appeared in Lonely Planet books, Outside Magazine, Australian Geographic and Virtuoso Traveller, to name a few. He is a certified photographic instructor with National Geographic, working for them in polar areas and has led photographic tours to Ladakh and Mongolia. For the past six years, Andrew has been a finalist in Australian Geographic's Nature Photographer of the Year Exhibition and he is also a Ted's Cameras Master Photographer. Andrew's exciting photography portfolio can be found at <http://www.footloosefotography.com/>



HIGHLIGHTS

- Take a fully supported trek to Everest Base Camp and spend a night in the most famous base camp in the world
- Escorted by Australian adventure travel photographer and expedition doctor, Dr Andrew Peacock
- Explore the Khumbu Icefall & visit the 'Everest ER' tent
- Experience the legendary Sherpa culture of the Khumbu valley
- Explore the vibrant city of Kathmandu
- Take a stunning mountain flight to Lukla, the gateway of the Everest region



SINGLE SUPPLEMENTS

The cost of this tour is based on twin share arrangements; if you are travelling alone we will match you up with another traveller of the same gender. If you wish to guarantee your own room and tent you can pay the single supplement applicable to this trip.



TRIP SUMMARY

19 day trip
14 day trek
4 nights hotel
13 nights lodge
1 night camping



Hillary and Tenzing

INCLUDED

- Escorted by well known adventure travel photographer and expedition doctor, Dr Andrew Peacock
- Domestic flights Kathmandu to Lukla & return with 20kg of checked luggage
- Expert local English speaking trekking guide trained in wilderness first aid
- Half day sightseeing tour in Kathmandu
- Breakfasts in Kathmandu, group welcome dinner in Kathmandu on day 1, and all meals on trek
- 4-5 star accommodation in Kathmandu
- Accommodation on trek in eco lodges, 1 night exclusive camp at Everest Base Camp
- Sightseeing entrance fees, National Park fees, trekking & base camp permits
- Group camping equipment at base camp
- Group medical kit
- Sleeping bag, down jacket and sleeping mat for use on trek
- Trek duffle bag, yours to keep
- Porters: food, accommodation and insurance

NOT INCLUDED

- International flights
- Any meals not mentioned in the itinerary
- Personal travel insurance
- Bottled water, soft drinks and alcoholic beverages
- Items of a personal nature such as laundry, hot showers in lodges, battery charging fees, phone calls
- Tips
- Visa for Nepal

Buddha eyes at Bhoudanath stupa



ITINERARY IN BRIEF

DAY 1	Join Kathmandu
DAY 2	Sightseeing Kathmandu
DAY 3	3 Fly Kathmandu to Lukla (2860m), trek to Monjo (2835m)
Day 4	Trek Monjo to Namche (3440m), walk 5 hrs
Day 5	Acclimatisation day, Namche
Day 6	Trek Namche to Phortse (3810m), walk 5 hrs
Day 7	Trek Phortse to Pangboche (3930m), walk 2.5 hrs
Day 8	Trek Pangboche to Dingboche (4410m), walk 4 hrs
Day 9	Acclimatisation in Dingboche, walk 5 hrs
Day 10	Trek Dingboche to Lobuche (4910m), walk 5 hrs
Day 11	Trek Lobuche to Everest Base camp (5364m), walk 7 hrs
Day 12	Everest Base Camp & the Khumbu Icefall, walk 7 hrs
Day 13	Trek EBC to Pheriche (4270m) via Kala Pattar (5550m), walk 7 hrs
Day 14	Trek Pheriche to Tengboche (3860m), walk 4 hrs
Day 15	Trek Tengboche to Monjo (2840m), walk 5 hrs
Day 16	Trek Monjo to Lukla (2840m), walk 3 hrs
Day 17	Fly Lukla to Kathmandu
Day 18	Reserve day in Kathmandu
Day 19	Trip concludes in Kathmandu



Porters carry heavy loads over a high mountain pass

Holy Sadhu men in Pashupatinath Temple



PROPOSED ITINERARY

B = Breakfast, L = Lunch, D = Dinner

Day 01 Join Kathmandu

Namaste! Welcome to Nepal!

Upon arrival into Kathmandu airport you will be met by a representative of Adventure Associates and transferred to the Hotel Tibet International in Lazimpat. Today is a joining day and so you are free to relax this afternoon. The hotel is centrally located and close to the popular tourist quarter of Thamel. In the evening a trip briefing will be held with your escort and trek Leader, before heading out for dinner. **D**

Day 02 In Kathmandu, half day sightseeing

Kathmandu is a fascinating city and home to many UNESCO World Heritage sights such as Boudhanath Stupa, Pashupatinath Temple and Durbar Square. Following breakfast we will take a sightseeing tour of Pashupatinath, the major Hindu Temple, and Boudanath Stupa, the

major Buddhist Stupa in Kathmandu. Afternoon is at your leisure, and we suggest heading into Thamel, the major tourist quarter of Kathmandu. Thamel is a hive of activity; there are many restaurants, cafes, book shops, gear stores and markets. This is the ideal time to pick up any items for your trek, which you may have forgotten to bring with you. **B**

Day 03 Fly Kathmandu to Lukla (2860m), trek to Monjo (2835m)

Today we leave behind the colourful chaos of Kathmandu and board our mountain flight to Lukla. The flight takes around 40 minutes and is one of the worlds most spectacular!

Once in Lukla, we have a short break to organise porters and gear before starting our day's walk, descending and ascending to Monjo. We pass green villages and colourful mani walls as we follow the Dudh Kosi river upstream. This region is Buddhist so remember to walk clockwise or to the right of mani walls and prayer flag poles. Monjo is an apple farming village situated near the base of the



Durbar Square, Bhaktapur



Thamel, Kathmandu

The Kathmandu Valley



hill that takes us up to Namche. In the afternoon feel free to take the time to drop into the Monjo School, the children love to have visitors! **B,L,D**

Day 04 Trek Monjo to Namche (3440m), walk 5 hrs

Before leaving Monjo, we'll drop into the Khumbu National Park Information Centre where we can trace our trail from a 3D model of the region. The route today crosses several steel suspension bridges covered with katas, white well-wishing scarves, and prayer flags. From the last bridge, it's a 2-3 hour hike uphill to Namche. On a clear day, we may have our first view of Everest from a lookout about mid-way up the hill. On arrival in Namche we settle into our lodge. At 3450m in altitude, we must take it easy and relax, allowing our bodies to acclimatise to the new altitude. Namche, commonly known these days as Namche Bazaar, is a traditional trading village. For centuries the people of Tibet would cross into Nepal over the Nangpa La, to trade salt and other commodities. It is now

A suspension bridge spans the Dudh Kosi River

a major village with many lodges, cafe's, bakeries and gear stores. It is an interesting place to walk around and observe the hustle and bustle of trekkers, local villagers and shop owners. **B,L,D**

Day 05 Acclimatisation day, Namche

We spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a panoramic view of Everest, Ama Dablam and Thamserku. It's just a hint of the spectacular scenery to come! From here, you can explore the villages of Khunde and Khumjung where Sir Edmund Hillary opened a hospital and school, respectively. Or the afternoon is free for wandering around Namche, emailing friends/family or relaxing over coffee and cakes in the bakery. **B,L,D**

Day 06 Trek Namche (3440m) to Phortse (3810m), walk 5 hrs

The trail behind Namche is a gentle



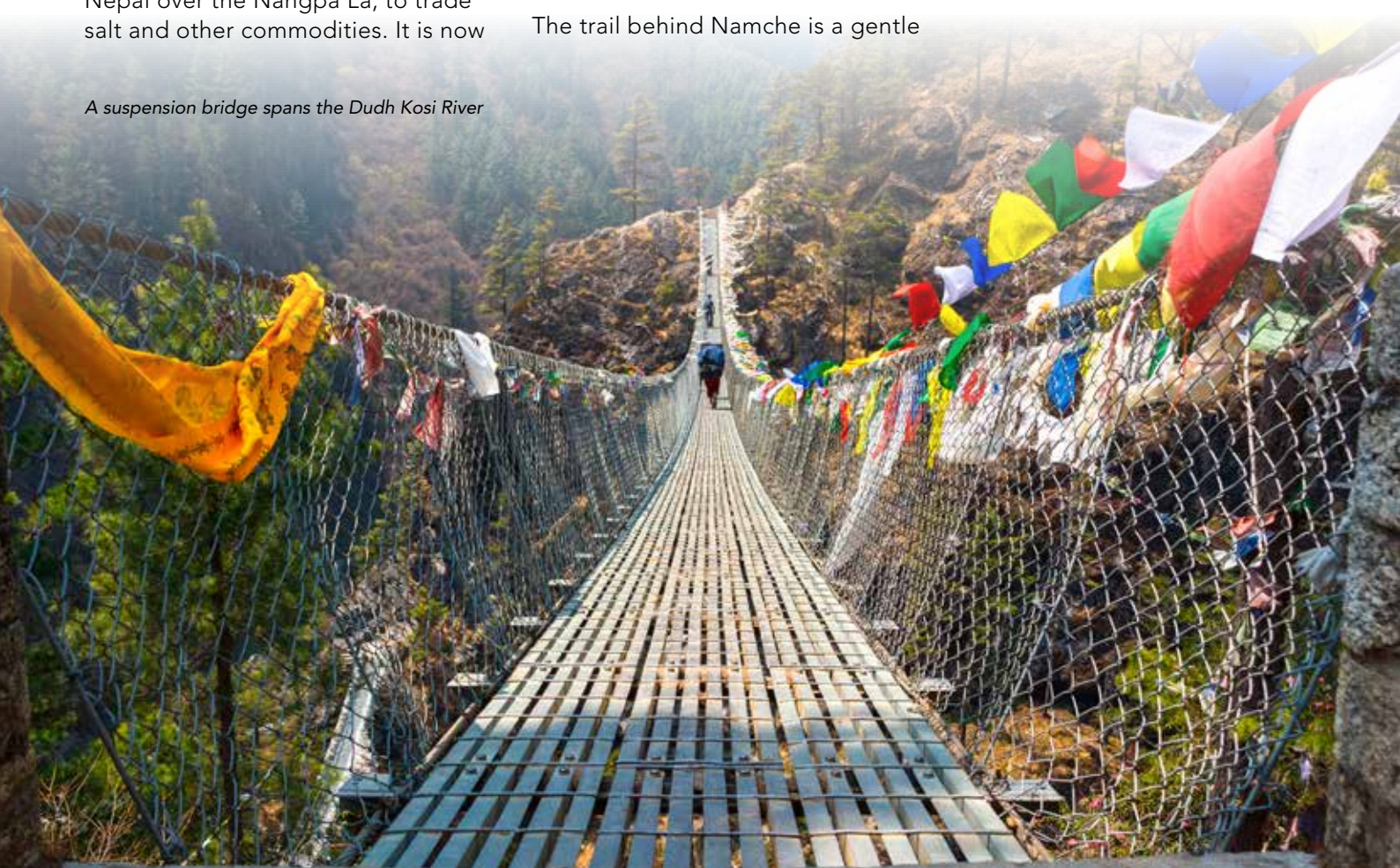
Mt Everest from below Namche



Yaks & Sherpa's



Curious school children



track that traverses high above the Imja river and overlooking views of Thamserku and Ama Dablam. We pass a chorten in memory of Tenzing Sherpa, Sir Edmund Hillary's climbing partner, before reaching Kyangjuma to break for morning tea. We split from the regular traffic of trekkers heading to EBC by taking the higher road up to Mong for lunch en-route to Phortse. Many villagers still depend on potato and buckwheat farming here, but Phortse is also known for producing many top climbing Sherpa's to supplement incomes. Since 2003, the Khumbu Climbing School that operates in Phortse has trained many keen young men and women. Every winter, renowned international climbers and local guides work together to run climbing courses. On arrival to Phortse we will visit the Khumbu Climbing School. **B,L,D**

Day 07 Trek Phortse (3810m) to Pangboche (3930m), walk 2.5 hrs

Heading out of Phortse you will see Cho Oyu, the 6th highest mountain

in the world up the Ngozumba glacier leading to Gokyo lakes. The trail to Pangboche is an easy day of traversing with views of Tengboche monastery just across the valley. Pangboche is the highest permanent settlement with the oldest monastery in the Khumbu. The horizon too Louche is dominated by Ama Dablam, (6856m) one of the most picturesque mountains in the Khumbu. **B,L,D**

Day 08 Trek Pangboche (3930m) to Dingboche (4410m), walk 4 hrs

As we hike up the track towards Dingboche, there's a distinct change in the landscape as we cross the 4000m barrier. High altitude scrub replaces trees and formidable mountains suddenly appear within reach. You feel instantly that Everest must be close! Dingboche is the first of a series of settlements leading to EBC established to accommodate trekkers. It is a seasonal village with a few fields and yaks. The afternoon is free to use Internet or to do some much needed laundry. There are also

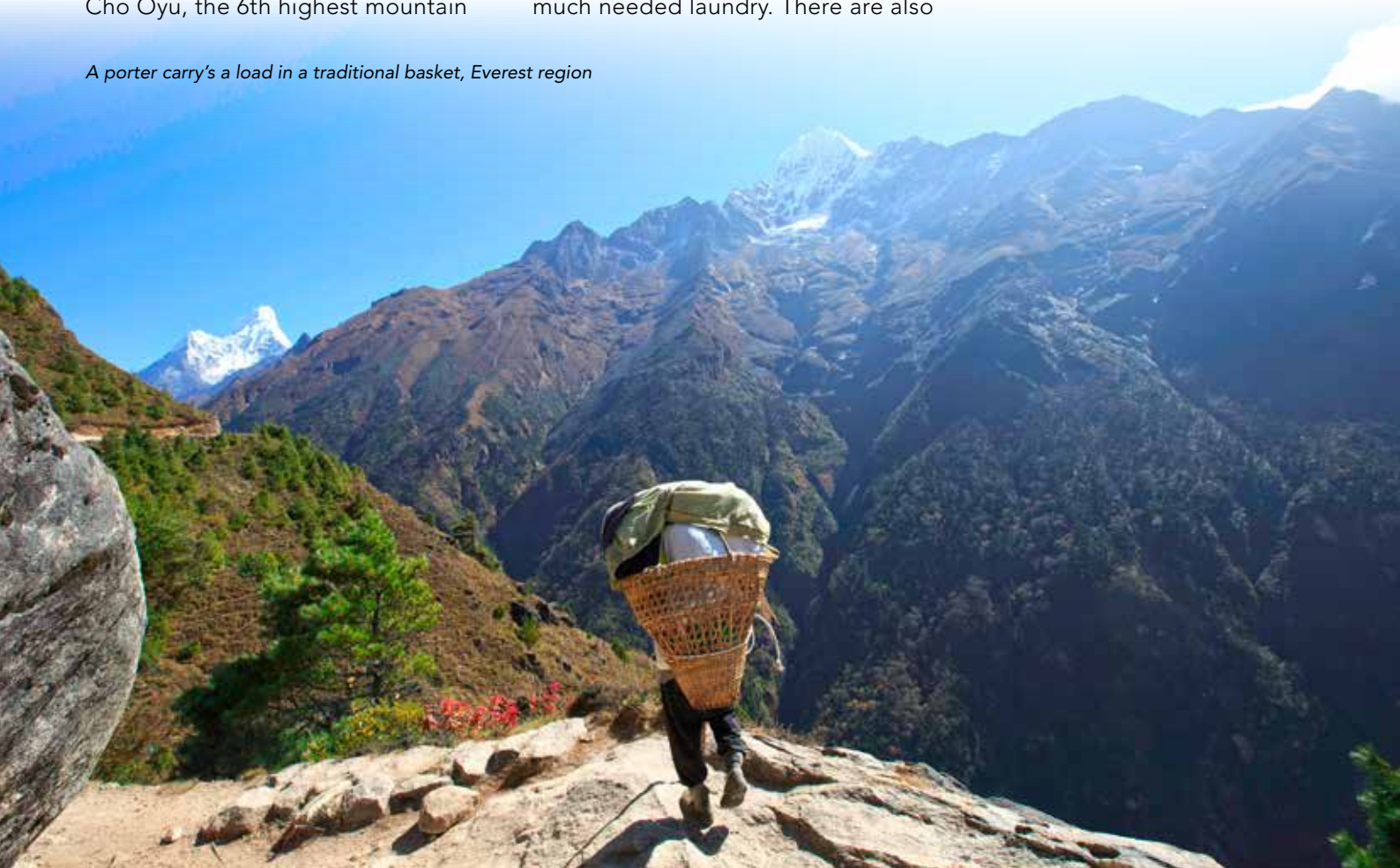


Trekking through rhododendron forest



Happy children Everest region

A porter carry's a load in a traditional basket, Everest region



a few small bakeries here. **B,L,D**

Day 09 Trek to Monjo (2800m), trek approx. 5hrs

We take a rest day in Dingboche to acclimatise to our increased altitude gain. In the morning, we'll walk up to a lookout to touch the 5000m mark. It's a steep climb but the views of Makalu (8463m), Lhotse (8501m), Nuptse (7861m) and on clear days, Cho Oyu (8201m) and Shispangma (8013m) are worth any feelings of breathlessness. After lunch, if you're feeling energetic, you can hike towards Chhukung village or down to Pheriche. Alternatively, curling up with a book and hot chocolate is also recommended! **B,L,D**

Day 10 Trek Dingboche (4410m) to Lobuche (4910m), walk 5 hrs

Just above Dingboche and along a plateau of yak herder shelters, we enter a serene sanctuary of panoramic mountains. Take a moment to absorb and reconnect on feelings of

excitement that Everest is just around the corner! Passing Dughla, it's a 1 hour hike up to Thokla pass (4830m) where memorials have been built for fallen climbers. We then cross rocky terrain to Lobuche for the night. **B,L,D**

Day 11 Trek Lobuche (4910m) to Everest Base camp (5364m), walk 7 hrs

The journey to EBC from Lobuche is a relatively gentle ascent of rocky terrain that follows across and along the Khumbu glacier, and passes through Gorak Shep. This pile of rocks sitting at the foot of the infamous Khumbu icefall in spring is home to some 30 teams (hundreds of climbers and support staff) aspiring to climb Everest. We will spend 2 nights at the Himalayan Ascent Everest Expedition base absorbing the climbing atmosphere and excitement, and appreciating what it takes to climb the highest mountain in the world. Accommodation is a shared tent in a full service camp site. **B,L,D**



On route to Lobuche



Namche Bazaar

The majestic beauty of Ama Dablam



Day 12 Everest Base Camp & the Khumbu Ice Fall, walk 7 hrs

This is a day to fully explore EBC. We will visit the Himalayan Rescue Association clinic and learn about the volunteer work they do to provide medical assistance to climbers. We'll tour the foot of the Khumbu icefall and understand why this is one of the most dangerous sections on the South route of Everest. Also, we'll visit other campsites and chat to climbers about their Everest climbing experience. Few trekking companies can offer such an EBC experience so enjoy this unique twist of the EBC trek. **B,L,D**

Day 13 Trek EBC (5364m) to Pheriche (4270m) via Kala Pattar (5550m), walk 7 hrs

From Gorak Shep and EBC, Pumo Ri (7165m), Lingtren (6749m) and Nuptse (7861m) are clearly visible. However, Everest and Lhotse are blocked by the large face of Nuptse, to see these mountains, we must climb to another

Everest Base Camp

vantage point behind Gorak Shep known as Kala Pattar or "Black Rock". It will be an early start from EBC to reach Kala Pattar summit (4 hr). At 5550m, this is the highest point on our trek! The summit provides a close and unobstructed view of Everest and Lhotse, undoubtedly a worthy reward for making the strenuous climb to the summit. We drop back to Gorak Shep for a snack before making the descent to Pheriche. **B,L,D**

Day 14 Trek Pheriche (4270m) to Tengboche (3860m), walk 4 hrs

As we descend to lower altitudes, every step you take from here to Lukla, you will feel rejuvenated with increasing oxygen in the air. We have lunch at Pangboche, cross the river and pass through Deboche to reach our destination of Tengboche for the night. Tengboche monastery is famous for hosting the major Buddhist festival, Mani Rimdu, in November. The monastery itself was rebuilt after a re in 1989. Visitors are allowed to



Himalayan Ascent Base Camp



Base Camp under the stars



Enjoy views of Pumori



observe prayer time with the monks at mid morning/mid afternoon. This is not to be missed! Of course you can also enjoy a cake at the bakery. B,L,D

Day 15 Trek Tengboche (3860m) to Monjo (2840m), walk 5 hrs

It's a big descent from Tengboche to the Dudh Koshi river crossing, followed by a 45 min hike up the other side heading back to Namche. The trail from here is an easy traverse with familiar sights of Thamskeru and the Kongde range. We pause in Namche for lunch before making another big descent back to the valley floor. Crossing over the many suspension bridges in warmer temperatures again, we eventually break in Monjo for the night. B,L,D

Day 16 Trek Monjo (2840m) to Lukla (2840m), walk 3 hrs

Enjoy the sights of the mani walls around Ghat and other villages, as we make our way back to Lukla. This

is our last opportunity to take in the Buddhist culture that has prevailed throughout the trek before returning to the melting pot of cultures found in Kathmandu. B,L,D

Days 17 & 18 Fly Lukla to Kathmandu, reserve day

An early rise for our flight back to Kathmandu. If you didn't make it to Bhaktapur or the other durbar squares in Patan/Kathmandu, make sure you don't miss these world heritage sites. They provide another viewpoint of Nepal's diverse culture and ancient architectural talents. This evening is at your leisure. Our final day in Kathmandu is a reserve day at your leisure, in the evening a final group dinner will be held. B & B,D

Day 19 Depart Kathmandu

After a leisurely breakfast transfer to the airport for your flight home. B



Tengboche Monastery



Boudhanath Stupa near Kathmandu



Taking off from Lukla airport

Lukla airport flanked by snow covered mountains, is one of the most exciting take off and landings in the world



ABOUT THE TREK

On this trek we will use eco-lodges, where you will be accommodated in private rooms with a comfortable bed. Each lodge is hand selected by us for their responsible environmental practices and high standards of hygiene and service. In the lodges hot showers are available as well as facilities to charge your electrical equipment, this is at a small extra cost. This is the traditional way of mountain travel in Nepal and it offers an unbeatable opportunity to get to know a Nepali crew while visiting remote country in reasonable comfort.

During the day all you carry is a daypack with a water bottle, camera, jacket, sunscreen and any other personal items you might need.

The rest of your gear goes into your trek duffel bag to be carried by our porters.

At Everest Base Camp we will spend the night in our expedition camp. Our crew at BC will set up your camp, cook and serve all meals in a group mess tent. In the morning you will be woken with bed tea, before packing your gear into your duffel ready for the porters. You will then proceed to breakfast with the group.

TREK DIFFICULTY & FITNESS

Preparation is important to ensuring you enjoy your trek and meet the challenge of each day. Some days we will trek for only 4-5 hours or so, and others will be longer days of up to 8-10 hours. You should start preparing at least 8 months before your trip commences. This trip is graded as an intermediate trek, and so you can expect up to 8 hours of walking per day, sometimes a bit more. There is no "easy" walking in the Himalaya, and so you must expect steep ascents and descents, and possible adverse weather conditions. Aim to train 3-4 times per week, it's about legs and lungs, and so running and cycling are good, as well as gym sessions which should include an hour of cardio work and some leg work. Extended bushwalking or hiking on the weekends is great preparation. Anywhere where you can find lots of ups and downs will stand you in good stead for the challenge ahead. It is not about speed, but rather slow and steady. Your trek leader and staff will ensure you keep a slow steady pace, which helps with acclimatisation to the high altitudes, allowing your body to adjust naturally. Preparation is important, and our staff are always on hand to advise, for any queries regarding trek preparation and fitness before you go, please contact julie@adventureassociates.com

Namche Bazaar



WEATHER

This trek takes place in spring, which is the optimal time to climb Mount Everest. During the trek the weather is likely to be quite pleasant. Daytime temperatures can reach 15 to 25+ degrees, however mornings and evenings will be cooler. At lower altitudes it will feel quite warm and humid, especially when you are trekking, nighttime temperatures may drop to around 5°C.

We spend several nights at around 4000m, where it can be quite cold (sub zero temperatures), these nights are spent in comfortable and warm lodges. At BC you will be supplied with adequately warm sleeping bags and good quality expedition tents. April and May usually offer clear skies as the monsoon has not yet moved in to this part of the Himalaya. Remember that you are in the Himalaya and so it can be unpredictable at times, make sure you come prepared for mountain weather conditions.

ALTITUDE

If you are ascending above 3500m, acclimatisation to altitude is an important factor and can greatly impact your enjoyment. Our trekking schedules have been carefully designed to minimise the effects of altitude.

We ascend slowly and ensure an adequate number of rest days to enable safe acclimatisation. It is still possible for mountain sickness to occur, therefore a close watch is kept on each group member by the your trek leader, who is trained in recognising and treating early symptoms of acute mountain sickness.

These symptoms include bad headache, nausea, lethargy and, in extreme cases, ataxia or loss of co-ordination and severe breathlessness on rest. A mild headache and breathlessness are not uncommon at altitude but in combination with any of the above more serious symptoms, immediate descent is imperative. If you or your friends display any of these symptoms please make sure that you inform the Group Leader immediately. It is essential at altitude that you keep your fluid intake up and it is important that you drink at least 4 liters of liquid per day to keep well hydrated. Your Group Leader will advise you more thoroughly regarding altitude problems during your group briefing in Kathmandu and throughout your trip.

FOOD & HYGIENE

The trekking crew is very conscious of hygiene and food is carefully prepared.

Whilst camping much of the food will be carried in

Yaks are used to porter loads to Everest Base Camp



with us so that we do not impact on local resources.

The food will be a mix of Nepali and western style and you will be amazed at the quality and variety that the kitchen staff can produce. Safe drinking water is provided for you throughout the trek. Please let us know in advance if you have any dietary requirements.

ROUTINE

The average day begins at dawn (around 6.00 am) with a hot cup of bed tea and basin of washing water. The crew will break camp and pack while you have a cooked breakfast. The kitchen crew walks on ahead to set up and cook lunch, which we normally eat around noon.

After lunch we travel for a couple of hours. Normally we reach our campsite around mid-afternoon, which leaves time for relaxing, or exploring, there are always things to explore and curious locals to meet.

We eat around 5.30-6pm – either in a dining tent, or lodge dining room if lodging. Night falls early (around 6.30 pm) and it can start getting cold as soon as the sun drops behind the mountains. Unfortunately there is a major shortage of wood in some areas of Nepal. This makes life very difficult for locals who need wood for heating and cooking, and over-harvesting has led to serious environmental problems. We don't use wood for cooking or campfires at night. We do have kerosene

lamps if you want to stay up, but the best place to be is in a sleeping bag!

OUR LEADERS IN THE FIELD

Our trek leaders are experienced and highly trained in wilderness first aid and high altitude medicine. They are local to the region and highly skilled expedition leaders who are knowledgeable and passionate, and will ensure that all aspects of your trek run smoothly. Many of our leaders have progressed from trekking crew members through to fully qualified international mountain guides, and many have also studied abroad. If you are undertaking a mountaineering expedition you can be assured that your climbing leader is highly skilled in the mountains with a wealth of experience and knowledge.

NEPAL

Nepal is home to the most famous mountain range in the world – The Himalaya. Thousands of people travel to the Himalaya each season to trek to the base of Mount Everest, the world's highest mountain, and to experience the unique Buddhist culture of the Sherpa people.

Originally from Tibet, the Sherpa people live and work in the Everest region, and are famous for their strength and endurance amongst the highest peaks in





Mount Everest and Nuptse from Kala Patthar

the world, and also their resilience in eking out a very basic existence in one of the most inhospitable regions of the world.

Nepal is also extremely poor and disadvantaged in many of its rural areas. Schools and medical help are not available in many villages, and in some cases the locals must walk for days just to reach medical clinics for basic care, or to go to school. Still, a trip in Nepal leaves long lasting impressions of a people who are generous and caring and above all smiling and happy.

It is said that every person should travel to the Himalaya once in their life, however many people return again and again, and it's not just for the stunning mountain scenery, it's the beautiful people of Nepal that brings people back time after time. A trip in Nepal is far more than just a holiday, it is a life changing experience!

MOUNTAIN FLIGHTS

The maximum baggage allowance on flights to and from Lukla is 15kgs, this includes the weight of hand luggage. On this trip we will allow you up to 20kgs, however remember that the weight of your luggage to be carried by the porters should not exceed 15kgs. Our partner in Nepal will hold your e-tkts for flights in and out of the Everest region.

CONSERVATION

Nepal's environment is extremely fragile. Its rapidly increasing population is putting immeasurable pressure on the country's environment and resources and it is our responsibility as visitors to minimize the impact of our presence. De-forestation is Nepal's greatest

environmental challenge and it is for this reason that we use cooking gas for all cooking in camps and at the lodges. We do not have campfires and we strongly discourage travellers from buying wood-fueled hot showers in lodges along the trail.

The lodges we use have solar power or gas water heating.

ADVENTURE TRAVEL

In the remote areas that we operate things don't always go to plan. By its very nature adventure travel presents it's own challenges, sometimes flights don't run on time, or traffic makes us run late. The weather may not always co-operate or any other number of issues may arise to keep us on our feet. Sometimes we may need to adjust our itinerary and schedules due to events beyond our control. If something like this occurs your trek leader will always keep you informed. Keep an open mind and a flexible attitude, and any challenges that may arise will be taken in your stride.

HOW TO BOOK

Adventure Associates will be handling all arrangements for this trip. Passion, integrity and going 'beyond the ordinary' are the values that have made Adventure Associates such a long-standing success. Adventure Associates can also provide assistance with booking your international flights and any pre or post tour arrangements you require. To confirm a place on this exciting trek we require a \$500 deposit and a completed booking form.

GENERAL TRAVEL INFORMATION

TRAVEL INSURANCE

Our expedition travels to a remote corner of the globe where medical evacuation may be difficult and very expensive. **We strongly advise you to purchase travel insurance that covers you for emergency evacuation, full medical cover, trip cancellation and lost luggage.** Where a trekker requires hospitalisation or medical treatment including evacuation, all costs associated with this are the full responsibility of that trekker.

If you are arranging your own travel insurance please check that your policy (particularly if it is issued by your credit card provider) covers you for the destination that you are visiting and covers any pre-existing medical conditions. **Adventure Associates can provide you a quote with our recommended travel insurance partners.**

MEDICAL CHECK

Given the remote areas we are trekking to, we ask you to visit your doctor for a medical clearance. We also advise to have a dental check and a visit to the TM+VC travel doctor for all your required inoculations <https://www.traveldoctor.com.au>

VISA

Most nationalities require a visa to enter Nepal. Information on how to apply for your visa can be found on the

Nepalese Consulate website
<http://www.nepalconsulate.org.au/>

****Please ensure your passport is valid for six months beyond the end of your trip.**

MONEY MATTERS

The Nepalese Rupee is relatively stable, currently trading around Rs 100 to US\$1. It is easy to change US\$, Euros, pounds and AU\$ at the many foreign exchange booths around Kathmandu, The US\$ is universally loved, but these days the AU\$ is just as easy to change in Nepal.

Mastercard, Visa and American Express are widely accepted. You can make rupee cash withdrawals from ATM's in Kathmandu and Namche, some machines have a US\$500 limit per day. Travel money cards – a modern day version of travellers' cheques – are recommended and do not attract high withdrawal and currency exchange fees. Bear in mind that electrical power and the Internet can be unreliable so carry some back-up funds in either cash (US\$ or AU\$). We recommend that you make sure you have enough cash before leaving Kathmandu to get you through your trek.

There are exchange counters at the international airport and it is worthwhile changing at least \$100 immediately after you arrive. This means you don't have to worry about changing money again for at least a day or so.

You can change any left-over rupees for US\$ at the airport exchange counter, providing you can show official exchange receipts into rupees.



SPENDING MONEY

Nepal can be a very cheap place to travel, but if you insist on western levels of comfort and add books, souvenirs and alcohol to your program you can quickly spend a lot of money. Your trip is all-inclusive, with just a few meals in Kathmandu not included and so you should not need to budget for too much unless you want to do a lot of shopping. On trek you may like to buy a few souvenirs (although most things can also be bought in Kathmandu, or you may like to buy chocolates, juices or soft drinks. For meals in Kathmandu A\$25 per person per day should be plenty, on trek A\$10 per day for any extras should also be enough.

INTERNET & PHONES

Unfortunately Kathmandu does experience power outages. Our hotel has a back up generator, however these blackouts can affect the availability of the Internet.

Hotel phones are available in Kathmandu, although international calls are expensive. The international dialing code in Nepal is 0.

Check with your carrier about international roaming options for your mobile. 3G services are available in Kathmandu and many parts of the Everest region. If you are using a smart phone for Internet, check the cost of roaming with your service provider. The data charges can be excessive.

ELECTRICAL CURRENT

Nepal uses Europe and UK adaptor plug types, and electrical voltage is 220-240 volts.



TIPS/GRATUITIES

It is customary for trekkers to tip the trekking crew at the end of a trip. Traditionally there is a complicated hierarchical distribution, with the largest sum going to the sirdar, then progressively smaller amounts to the cook, Sherpa, kitchen hands and porters. Your Trek Leader will assist you with the tipping process, and can work out the split with the help of the sirdar. We pay our staff well, however tipping is customary and a sign of your appreciation and recognition for the hard work of your crew.

For a trip of this sort and length we ask that you budget AUD\$100 (7600 Nepalese rupees) per person. You will leave your crew when you get



back to Lukla so the tips are distributed at the end of the trek. The distribution is much easier if you bring rupee notes rather than dollar cash.

WATER

It is safer to drink bottled or mineral water while in Kathmandu and on the trek you will have boiled water. Be wary of ice blocks, peeled fruit and salads unless served in better class hotels and restaurants. Iodine water purification tablets or a steripen can also help.



WASHING

The trekking crew will provide bowls of warm washing water in the morning, and before meals. There are shower facilities in lodges on trek.

Weather permitting; it may be possible to get some clothes washed during the day.

GIFTS TO THE LOCALS

Please do not give money, presents, or sweets to children. If you wish to make a contribution we suggest bringing along: educational material (pens, markers, note-books, colour pencils, rubbers and chalks), soccer balls and children's clothes. In consultation with your local guide, we will organise where it's best to distribute these items.

TIME CONVERSION

Nepal: GMT +5:45 Kathmandu is 5 hours 15 minutes behind Sydney and Melbourne, and 2 hours 15 minutes behind Perth, and 4 hours 15 minutes behind Brisbane, and 7 hours 15 minutes behind Auckland, New Zealand..

TRAVELLER'S TIP:

Start your adventure with an open mind and resolve to take any itinerary changes in your stride – relax and enjoy your opportunity to visit the Himalaya and its people. Areas we visit are extremely interesting, however, some parts remain remote and tourism infrastructure is often largely undeveloped. Please understand that delays and variations to the itinerary, transport, hotels and food standards, may occur.

PACKING LIST & CLOTHING SUGGESTIONS

You will be supplied with a down jacket, sleeping bag and trek duffel for use on your trek. You will receive these items in Kathmandu during your trek briefing with your Trek Leader. In your trek duffel you will need to pack all that you require to take with you into the mountains, including your sleeping bag and down jacket. The weight of your duffel should not exceed 15kgs. Any clothing you do not need on trek may be left in your luggage and secured in the hotel.



Weather conditions in the mountains can be unpredictable. Our trek takes place during trekking season, which can typically be a dry time of year. However, we must be prepared for any weather conditions in the Himalaya, and this is why it is very important to make sure you are using good quality gear that you can depend upon. Gore-Tex is widely known as the most breathable waterproof fabric, however there are some very good alternatives available at good gear stores. A rain jacket and over-pants will act as your outer layer and will protect you from rain and wind, and help keep you warm during adverse weather.



EQUIPMENT LIST

To follow is an equipment list of items you will need to bring with you, please make sure you arrive in Kathmandu with everything you need, there are many gear stores in Kathmandu in case you forget any items, however we do recommend that you do your best to come fully prepared so that you do not need to spend your limited time in Kathmandu searching for gear.

Please go through your list carefully.



FOOTWEAR

- Walking boots – good ankle support with a firm sole.
- Running shoes (for camp and back-up).
- Thongs or sandals (for showers)
- 4-5 x pairs of thick trekking socks
- 1-2 pairs of liner socks (optional but effective in warding off blisters caused by friction)

CLOTHING

- Waterproof jacket (preferably Gore-Tex or similar breathable fabric)
- Waterproof over-pants
- Down jacket – *supplied, good for use at night
- A medium to heavy weight fleece or synthetic jacket



- Warm pants for around camp and at night i.e.: fleece pants
- 2 x pairs hiking pants (possibly zip-off legs so pants convert to shorts)
- 1 x hiking shorts or skirt (optional)
- 4 x t-shirts (to wear and to layer)
- 2 x thermal tops (base layer)
- 1-2 x thermal pants (base layer)
- Gloves: A warm pair of windproof/waterproof
- Sun hat with a broad brim and chin strap. At high altitude the UV can be very strong.
- Bandana or Buff
- Woollen hat or beanie
- Street clothes for time in Kathmandu



OTHER EQUIPMENT

- Day pack (for miscellaneous personal items, camera, drink bottle, jacket etc.) with waist strap and waterproof cover
- Duffel/ kit bag *supplied (weather proof, to take on trek and be loaded for porters)
- 2 x small padlocks (to close duffel/kit bags)
- Sleeping bag inner sheet
- Hiking pillow (not essential but very comfy)

MISCELLANEOUS ITEMS

- Water bottle – 2 x 1ltr. Very important. We supply boiled water each night for your drinking water, check that your water bottle will take boiling water
- Iodine water purification tablets or Steripen (optional)
- Head torch (spare batteries & bulbs).
- Small pocket knife (not essential, and always be sure to pack this in your checked baggage)
- Personal toiletries
- Quick-dry towel
- Sunglasses (very important)
- Laundry soap
- Camera & camera equipment (include spare batteries/memory cards.
- Binoculars
- Reading material, notebook and pen
- Trekking pole(s). Optional – good for balance and avoiding knee problems on long descents.
- Stuff sacks & plastic bags to keep things dry in your bag
- Travel umbrella or waterproof poncho



PERSONAL FIRST-AID KIT

The following suggested supplies and medications are intended to handle the problems that happen most often on a trek. Please talk to your doctor to modify the kit for your individual preferences and allergies. We will carry a group first aid kit, but you should have your own supply of these frequently used items. You can purchase most medicines in Kathmandu without a prescription.

- Sunscreen factor 30 or above
- Lip Balm with sunscreen protection
- Throat lozenges such as Strepsils
- Assorted Band-Aids or similar plasters
- Moleskin (or other skin protection material to prevent blisters)
- 10 cm elastic bandage (handy to hold on a variety of dressings, and to help stabilise minor sprains)
- One course of broad-spectrum antibiotics such as Cephalexin, Noroxin or Ciprofloxacin. Should you have an allergy to a particular antibiotic please make sure



- you bring a course that is safe for you to take.
- Loperamide (Imodium) for diarrhoea
- Promethazine (Phenergan) 25 mg or other anti-nausea medication
- Decongestant (Actifed, or Drixoral)
- Anti-inflammatory drugs (such as ibuprofen)
- Paracetamol (acetaminophen)
- Cold & Flu tablets
- Alcohol hand sanitiser – to disinfect your hands before eating & toileting
- Any personal medications



PHOTOGRAPHIC TIPS AND SUGGESTIONS

We expect that everyone will bring some kind of camera be it a mobile phone or a professional SLR camera with all the bells and whistles. Remember to take extra memory cards and some spare camera batteries with you, as it can be expensive or inconvenient to purchase these whilst travelling in Nepal.

Be careful with photographs or video recordings. Ask your local guide first if it is appropriate to take photographs or to make video recordings in Nepali communities and especially in religious sites such as monasteries etc. Avoid close up shots, and never remunerate people with money for a photograph.

Below are a few simple tips and suggestions that may help you get sorted before you go. Whatever camera you bring it is possible to get good images.

- Get to know your camera, make sure it is working correctly and that you understand all its main functions.
- Read and bring the instructions manual. Download an electronic version onto your laptop.
- Remember to pack the battery charger.
- Have some way of keeping your camera equipment dry and safe from dust. Lightweight nylon dry bags work well and are available in many sizes.
- Tripod and Monopod: A quality tripod is invaluable for the serious photographer. However they can be big, heavy and cumbersome to carry during our walks. A monopod is lighter and can be used as a walking stick for support.
- If you bring an SLR camera a good zoom lens for wildlife photography will be handy. 200mm – 300mm is a good focal length. (Remember that on an SLR camera with a 1.5 crop-factor sensor a 200mm lens is equivalent to a 300mm lens on full frame sensor).
- We recommend that you carry all photography equipment, cords, chargers and storage devices in your carry-on luggage in case your main luggage is left behind somewhere.



SUGGESTED READING LIST

Kathmandu has small bookshops on every corner and a strong tradition of selling and re-selling books on the street. However, if you're looking for places with a wide selection available in English, your best options are Pilgrims Book House and Mandala Book Point.

GUIDEBOOKS

Lonely Planet – Trekking in the Nepal Himalaya:

A comprehensive guide to general information as well as trekking routes.

First time trekking in Nepal: The Longest Way Home

Nepal – Culture Smart: The Essential Guide to Customs & Culture. Author: Tessa Feller

TRAVEL WRITING/MEMOIRS

The Snow Leopard: An unforgettable spiritual journey through the Himalayas. Author: Peter Matthiessen

Tiger for Breakfast: A highly recommended read for those who love Nepal and its history. Author: Michel Piessel

HISTORY

Maoists at the Hearth: Everyday life in Nepal's civil war. Author: Judith Pettigrew

A History of Nepal: Portrays a country of extraordinary contrasts, whose history has been buffeted constantly by its neighbors, China and India. Author: John Whelpton

WILDLIFE, FLORA & FAUNA

Photographic guide to the Birds of India and Nepal: A slim pocket guide to the most conspicuous birds of India and Nepal. Author: Bikram Grewal

The Soul of the Rhino: Mishra writes of his long career in conservation and particularly his work with the Asian endangered rhino at Royal Chitwan, an absorbing memoir. Author: Hemanta R. Mishra

Honey Hunters of Nepal: Photographs show life among the Gurung people and the techniques they use in gathering honey from cliffside hives. Author: Eric Valli

NOVELS

Escape from Kathmandu: The four interconnected stories in this laugh-out-loud novel include the misadventures of

two young Americans with a Yeti, international espionage, mountain climbing of the highest sort and a quest for Shangri-La. Author: Kim Stanley Robinson

Arresting God in Kathmandu. Author: Samrat Upadhyay

Buddha's Orphans: A story of an orphan boy, Raja, and the girl he is fated to love, Nilu. Author: Samrat Upadhyay

MOUNTAINEERING

Annapurna: The first conquest of an 8000m peak, one of mountaineering's classic tales of epic adventure. Author: Maurice Herzog

Annapurna, A woman's place: Arlene Blum here tells their dramatic story as the first women-to scale the treacherous slopes of Annapurna I, the world's tenth highest peak In August 1978. Author: Arlene Blum

All 14 Eight-thousanders: A peak-by-peak account of the greatest achievement of mountaineering, the first person to climb all 14 eight thousand metre peaks without supplementary oxygen. Author: Reinhold Messner

White Limbo: The first Australian climb of Mount Everest, a must read! Author: Lincoln Hall

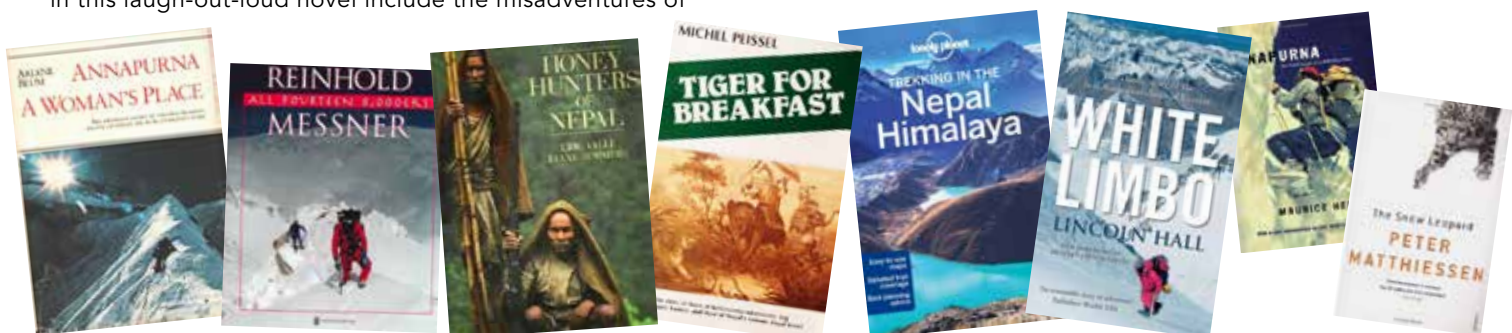
Into Thin Air: A personal account of the Mount Everest disaster in 1996, and a minute-by-minute account of what went wrong is a bestseller. Author: John Krakauer

The Ascent of Rum Doodle: A hilarious send up of the great British mountaineers, originally published in 1956. Author: W E Bowman

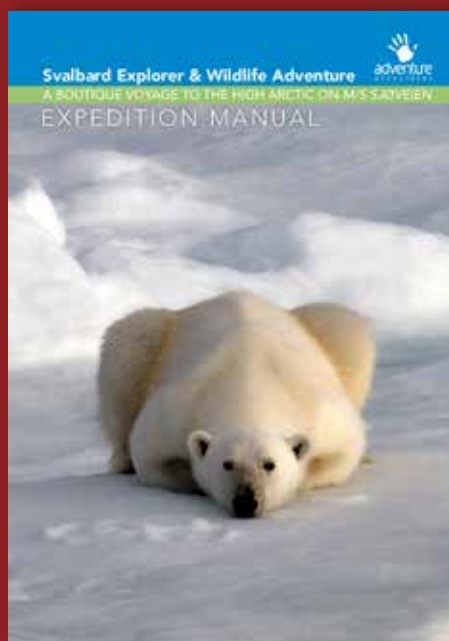
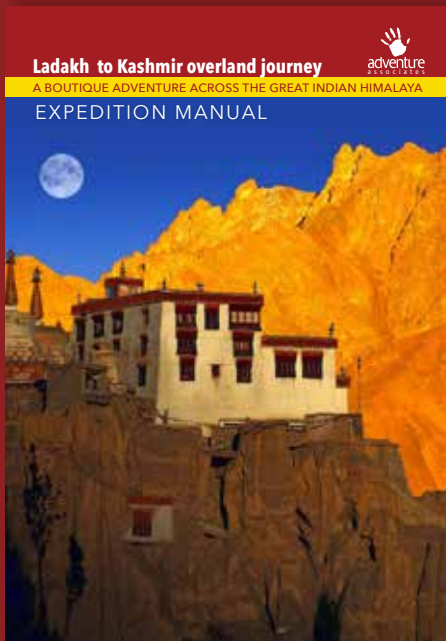
A selection of these books can be bought online from the following online bookstores:

nhbs books – Everything for wildlife, science & environment
https://www.nhbs.com/browse/search?q=nepal&hPP=30&idx=titles&p=0&is_v=1

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