



Everest Base Camp Trek

The Everest Base Camp trek is arguably the most famous trekking route in the world and the most popular in Nepal. It gives a great insight into the lives and culture of the Sherpa people combined with a journey into some of the most breath taking scenery in the Himalaya. Our ascent is steady and well-paced to best suit the acclimatisation needed. Sunrise on the snow-capped peaks above the Khumbu Glacier is an unforgettable sight from the summit of Kala Pattar. This trek is one for the lover of high places and those wanting to push themselves to the limit. It is a tough challenge and one not to be taken lightly, with generally well graded paths but some tougher sections along the Khumbu glacier. It is suitable for fit people who are used to walking in the hills and mountains.

Day 1 & 2: Kathmandu

Kathmandu arrival and trek preparation with time for some sightseeing.

Rich in artistic and cultural heritage and full of historic sights, vibrant and eclectic Kathmandu is an excellent launching point for the adventure ahead.

We visit the Swayambhunath – the Monkey Temple, take stroll to Durbar Square, a great place to watch the world go by and home to the Kumari Devi - considered a living goddess. Sit in a cafe with a cup of spicy hot chai, wander the markets or tuck into some Nepalese cuisine.

A full expedition briefing will be given as well.

Day 3: Flight to Lukla and trek to Phakding

Today we have a very early (approx. 6.30 am) flight from Kathmandu to Lukla (45 minutes). If the weather is good, the views of the Himalayas from the small plane are amazing! After

breakfast in Lukla (2840 m), a short safety talk and an introduction to our porters, we gear up and commence our trek. Today is a fairly gentle introduction, following the milk-white Dudh Kosi River approximately three-hours to Phakding. Overall Altitude gain between places we sleep is -190m



Day 4: To Namche Bazaar:

Today we trek 9 km to Namche (approx. 6 hours), Following the torrent of the Dudh Koshi, the trail climbs north through forests of rhododendron, magnolia and giant firs, to the village of Jorsalle for lunch, before ascending to Namche Bazaar, the largest village often called the 'Sherpa Capital' of Khumbu.

This will be your last chance to check your equipment and hire any additional gear for the high altitudes from Dingboche onwards. Namche Bazaar is also the last chance for a hot shower, yummy feast, to enjoy the local nightlife or to take to the pool hall and video parlours.

Overall Altitude gain between places we sleep is 830m

Day 5: Namche Bazaar:

Today is for acclimatisation to the high altitude; adjust by exploring the local markets, mingle with the people, walk up to the Everest view point, breathing deeply and happily lazing around in sunshine.

Day 6: To Tengboche:

The trail now forks northeast along a tributary valley with the mountain views opening up to become very dramatic as the steep climb approaches the holy ground of Tengboche. Monastery, yak pasture and world's highest sacred institution combined! Amazing views, Nuptse, Lhotse, Ama Dablam and Everest.



Day 7: To Dingboche:

Trekking past the Gumpa, which holds the famous Yeti scalp, at Pangboche, are the summer yak pastures and here lies no doubt as to the Spartan lives of Sherpas. Beyond this, it is as well to understand that overnight sleeping facilities can reflect the harshness of our surroundings. Much of the walking in this area is of comparatively gentle gradient, although a leisurely pace is recommended due to the high altitude. (O/nt Altitude 4,360m/5hrs approx.)



Day 8: Dingboche:

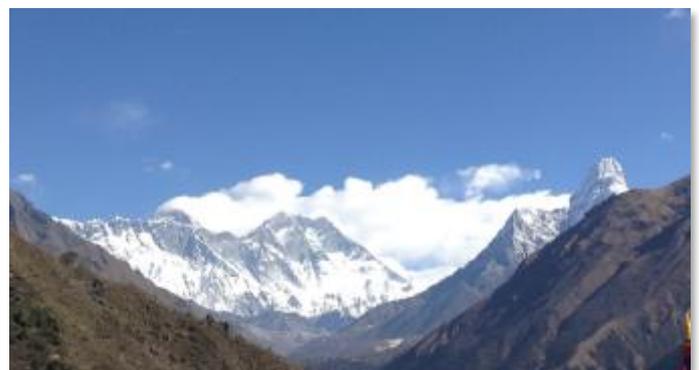
A second acclimatisation day, with optional hikes to Nagajun Hill (approx. 5,050m) or Chukung village, with fine views of Ama Dablam, Makalu and other peaks, interspersed with lakes and glaciers.

Day 9: To Lobuche

Ascending at a sensible pace, traversing ice covered torrents, to Lobuche where stone houses sit amongst a frozen wilderness of stunning beauty and where a thrilling sense of closeness to our ultimate goal. (O/nt Altitude 4,930m/5hrs approx.)

Day 10: To Everest Base Camp (5,367m) & returning to Gorakshep

The goal that is Base Camp is a demanding day. We have views across the Khumbu Glacier so as to have Khumbu's infamous icefall impose itself, leaving only the awesome, humbling South Face beyond. (O/nt Altitude 5,160m/9hrs approx.)



Day 11: To Kala Patthar (5,545m) & Pheriche

The best vantage point for viewing Everest and the surrounding peaks at sunrise; as if not just Everest but the entire world is breath taking. Then descend to the flat and sandy expanse of Gorakshep, and on down to Pheriche. (O/nt Altitude 4,240m/6hrs approx.)



Day 12: To Tengboche

We make our way down to Tengboche. The trail descends gently, crossing the Dudh Koshi torrent that higher up had been the glacier of Khumbu, then, leaving behind alpine meadows, the trail descends to Tengboche for the night. (O/nt Altitude 3,860m/4hrs approx.) Depending on timing and our fitness we decide to descend lower.

Day 13: To Monjo

Via Namche Bazaar to the less harsh climes of Monjo. (O/nt Altitude 2,700m/6hrs approx.)

Day 14: To Lukla

The trail followed is almost easy, up and down through scrub forests and a final steep ascent leading to a Tamang village and so to Lukla, where the time to relax in Sherpa ambience is abundant. (O/nt Altitude 2,820m/4-5hrs approx.)



Day 15: Day in hand for bad weather

contingency. Additional acclimatisation etc. This is a day in hand as guide/leader's discretionary adjustment for factoring in bad weather and/or group coping with altitude, muscular issues etc.

Day 16: To Kathmandu

Short, spectacular flight back to Kathmandu. Trek ends – own time; relaxing or exploring, shopping or chilling out. Group meets for 'end of the trek' celebration dinner.

Day 17: Kathmandu

Free day at leisure; O/nt Ktm Guesthouse or similar on BB.

Day 18: Departure day. Return Flight to U.K.

Information: All luggage, is carried by porters you will be expected to carry a day sack for items needed during the day: sunscreen, camera, waterproofs etc. It is essential that your luggage is carried in either a soft sailing bag or soft rucksack. Terrain is varied as the route lies through valleys, forest and High Mountain passes; paths are generally very good. The trek is challenging mainly because of the altitude at which we are trekking – this should not be underestimated. The trip is designed so that there is plenty of time to acclimatise to the altitude but you may still feel effects such as headaches and shortness of breath when on the move. You may want to read about altitude and its effect on the body, it will help explain the need for rest days and a slow but steady pace. Because of the varied terrain and lack of accurate maps, it's impossible to give accurate daily distances. It's also much more useful when training to think about the hours you need to walk for and the terrain you'll be trekking over! We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.



Included in the price of the trip

- 3 night's accommodation in Kathmandu
- Airport transfer in Kathmandu
- 14 night's Tea house accommodation during expedition
- Qualified Mountain Leader (Groups 6+)
- Qualified Nepalese Trekking Guide/s with first aid training
- Local support crew and sherpas
- National Park Fees
- Expedition transfers to starting points
- Satellite telephone and VHF radio back up

Not included in the price of the trip

- Flights to and from Lukla (approx. £280)
- Meals allow \$25 -\$30 per day
- Insurance
- Additional excursions outside the itinerary
- Personal spending money
- Tipping \$60pp

Weather

Weather conditions in the Himalayas can change rapidly and your group leader may be forced to change the trip itinerary accordingly. During the winter months from November to January, flights across Nepal, particularly in high mountain areas, can be delayed due to poor weather conditions. In November 2010 flights from Lukla were delayed for over one week. Travel in rural areas during Monsoon Season (June - September) can be hazardous, with rains causing flooding and landslides that can cut off regions for days at a time. Travellers need to be prepared for all weather conditions and changes in planned itineraries if necessary. The Leader reserves the right to change the itinerary at any time should the conditions require it. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

Health: We insist that you have had a tetanus injection in the last ten years, and highly recommend protection against Polio, Hepatitis A and Typhoid. There is malaria in Nepal; you should not need prophylactics as it rarely occurs in elevations as high as Kathmandu, but it is always best to refer to your GP and travel clinic. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Insurance: It is essential that you take out insurance that covers you for mountain rescue and helicopter rescue and medical expenses. We also recommend that you enrol with Global Rescue prior to embarking on your trip (optional). Global Rescue is the world's premier provider for medical evacuation.

<http://www.globalrescue.com/adventurousewe/>

Emergency fund: \$US350 to be maintained in cash to meet unplanned expenses arising from adverse weather conditions, delayed flights and cancellations etc.

Visas and Passports

A valid ten-year passport is essential; it should be valid for at least six months after departure from Nepal. There are visa requirements for UK citizens; currently all visas are obtained at the airport upon entry in Kathmandu and will require US\$40 in notes; we also recommend you have two passport-sized photos with you. Other nationalities should check entry requirements.

Meals

While travelling with us you'll experience the vast array of wonderful food. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

Altitude

This trip includes one or more overnight stays over 3500 metres/11500ft, where there is a genuine risk of being affected by Acute Mountain Sickness (AMS). If left untreated AMS can be life-threatening. We would expect the majority of a group to notice the effects of being at high altitude, and while most will only feel discomfort, it is not uncommon for a small number of people to need extra care which will be provided by our leaders and local staff. All our trips that spend time at High Altitude follow our standard altitude safety measures. A number of medical conditions or medications can also reduce your body's ability to acclimatise, and thus will affect your performance at altitude and make you more susceptible to AMS. If you are worried about any pre-existing condition (e.g. heart problems), or unsure of your physical ability, you must seek medical advice prior to booking. You may also wish to discuss medication such as Diamox that may help aid acclimatisation. Please note that while we endeavour to assist all our clients in achieving their goals, there may be times your leader makes the decision to either delay or stop your ascent based on your medical conditions and AMS symptoms.

Accommodation:

Accommodation at local lodges - better known as teahouses - are simple but comfortable. Toilets and washing facilities are shared and rudimentary, and the food is plain and filling. In a teahouse, passengers are provided with small twin share rooms with twin beds, mattresses and pillows. At times, in high seasons, and in places where there are limited number of teahouses, passengers have to make do with dormitories. In some places, teahouses don't have access to electricity, depending on solar powered lighting instead. In more remote regions, teahouses don't have running water and toilets can mean just a hole in the ground. Hot shower facilities are available in some teahouses for a price but in most of the places, a hot shower means a bucket of hot water, barely enough to wash your body.

HOW TO BOOK YOUR TRIP

The easiest way to book your trip is online via the Adventurous Ewe website at www.adventurousewe.co.uk. You will need to pay a non-refundable deposit of £250 at the time of booking.

It is possible to reserve a place on this challenge by email to info@adventurousewe.co.uk, however you will need to pay your deposit of £250 to confirm your place on this trek together with completing a booking form.

The full balance is required to be paid no less than 4 weeks prior to departure.

TOTAL COST

DEPOSIT: £ 230.00 PER PERSON

FINAL BALANCE: £ 1,000.00 PER PERSON

Trekking Experience

To complete the Everest Base camp Trek comfortably, it is preferable that you have previous experience of long walks in varied and irregular terrain carrying a 35 litre day-pack. The walking is not dangerous or technically difficult, but you must be a confident walker with a good level of fitness in order to manage the sections of ascent and long duration of the trek, combined with carrying your backpack every day.

Due to the unpredictability of the climate in the Himalayas, you will need to be prepared for walking in all conditions, as the weather can change extremely rapidly, making clothing and footwear choices important.

The regions we visit on the trip are very remote and you should be prepared to spend time in areas where facilities and services are limited. Walking hours stated are given as approximates only. Timings stated include lunch and photo

stops and will vary depending on the pace of your group.

If you have any further questions, please get in touch with us at info@adventurousewe.co.uk or call 01492 588069

This is genuinely a once in a lifetime trek experiencing some of the most impressive mountainous landscapes and glacial formations the world has to offer.

Testimonials

'Highly recommended - superb unspoilt scenery and lovely trails. It was beautiful - however the glaciers are disappearing quicker every year.'

Craig, EBC Trek 2015

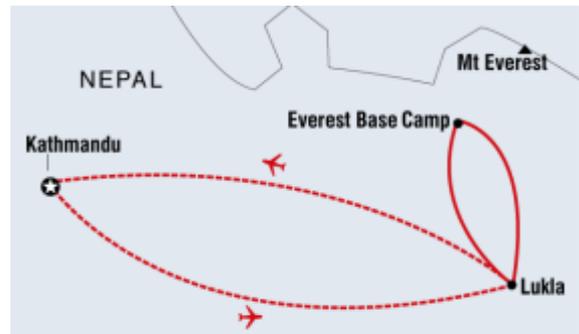


'Amazing trip to Nepal . These images cannot really convey the scale and beauty of this place - definitely worth a visit. What a lovely bunch of people to trek with too and great job by James Young at Adventurous Ewe for the fantastic itinerary and leadership.'

Lucy, EBC Trek 2015







Everest Base Camp Trek Q&A's

How big is the group?

Our minimum size group is 6 and a maximum of 16 per expedition leader

What's the luggage allowance?

Two items of luggage are required for one trip; one large duffle type bag or back pack approximately 80-100 litres (no wheels), to contain all your trekking gear, and one smaller day pack of approximately 30 litres to carry all the personal belongings such as water proofs and snacks on trekking days. Your larger bag will be carried by porters on the trek, and is subject to a 10kg weight limit. Ensure you have padlocks for your bags.

For all flights to/from Lukla a maximum of 10kg of check-in luggage and 5kg of carry-on hand luggage per person is included with your flight ticket. Excess baggage (up to 5kg per person only) will be charged at NPR120 per person at your own expense.

What will the accommodation be like?

You will spend three nights in Kathmandu, our hotel will be of a 3* standard in twin rooms with en-suite facilities. During the trek we will stay in tea-houses. Toilets facilities will be basic. If you are travelling with a friend or partner who you wish to share with, please let us know in advance.

Accommodation at local teahouses - are simple but comfortable. Toilets and washing facilities are shared and rudimentary, and the food is plain and filling. In a teahouse, you are provided with small twin share rooms with twin beds, mattresses and pillows. At times, in high season, and in places where there are limited number of teahouses, we have to make do with dormitories. In some places, teahouses don't have access to electricity, depending on solar powered lighting instead. In more remote regions, teahouses don't have running water and toilets can mean just a hole in the ground. Hot shower facilities are available in some teahouses for a price but in most of the places, a hot shower means a bucket of hot water, barely enough to wash.

Will my valuables be safe?

While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Any valuables such as your passport and money should be kept on you at all times or kept in the hotel safe.

Who will be leading the group?

We employ experienced and fully qualified mountain expedition leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading expeditions throughout the world. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and mountain first aid kits with them at all times. We will also have a local team of experienced guides and porters along with full back up from the Kathmandu office.

How fit do I need to be?

Get ready for a heart-pumping adventure with plenty of challenges and some extreme conditions. You'll be required to be seriously fit for this trip as difficult activities are included.

For the trek the general rule is you will need to be very fit, and the more preparation you have done for it the more you will enjoy it. You will be walking at altitudes of up to approximately 5545 metres above sea level and it will be demanding trekking. You will be walking with your day pack, with the possibility of extreme variations in temperature. We recommend that you undertake regular aerobic exercise in the months before you travel, particularly if you are not in the habit of regular exercise. Doing mountain walks or climbing long stair cases with a pack is good preparation (try putting some extra weight in your bag while training)). Walking, jogging, swimming or riding a bike are all good ways to

increase your aerobic fitness, which will allow you to enjoy the trek to its fullest. **Remember to use the walking boots that you will be walking in after the first month of training to get them worn in.**

- Start with 3 x 20minute steady walks weekly, increasing each month by 5 minutes.
- Walk up and down stairs, at a steady pace, until you feel comfortably out of breath. Repeat daily and increase the number of repetitions. (After the second month, you should wear a small lightly packed day sack.

There is no substitute for walking in the hills so try to get out on a weekend and train in an area with steep hills. You should progress to training with your boots on from week 4 at the latest but preferably from week 1. The more you exercise before the expedition, the more you will get out of it.

What type of footwear should I be wearing?

The choice of walking footwear is incredibly important and should not be decided on price alone. The terrain is uneven and can be very rough so it is vital that you use a pair of strong canvas or leather boots with good ankle support, not trekking trainers, for your challenge. Not only the boots but the socks that you wear are also very important and it is worth investing in some good pairs of socks that do not blister. Wearing your boots and socks during your training period on and off the hills will inform you of whether they are suitable for the challenge.

What happens if I fall ill, can't keep up or there is an emergency?

The expedition leader will have mobile and satellite phones that work at all times during your trek and they will also be in communication with the Kathmandu office in case the emergency services need to be contacted. The trek is not a race and there can always be a large discrepancy in people's walking abilities, which are catered for.

How many breaks will be taken during the trek and for how long?

The timing of breaks is quite liberal and there will be constant breaks for 10 minutes of every hour when ascending and descending in order to maintain a healthy and steady pace. The exact times and places of your breaks will very much depend on the weather and the well-being of your group.

What food and drink is provided?

A typical breakfast while trekking tea/ coffee, toast, porridge and eggs. Lunch will be mainly taken in tea-houses, dinner will served in the tea-house. We try to provide varied meals which are simple but wholesome given the limited facilities on the mountain. Typical meals consist of pasta, rice, potatoes and other vegetables, chicken or beef. During trekking days we recommend you bring your own favourite snacks such as chocolate, energy bars, fruit gums. Snacks can also be bought on-route and in Namche Bazaar.

General Wellbeing

The expedition leader will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge.

Here are a few tips to remember while trekking.

- Hydration is important. Drink plenty of water
- Eat plenty to keep energy levels high
- Sunburn can be a major issue in the mountain environment, apply sun cream.
- Trekking poles are a great way to support the knees and provide stability.
- Honesty, if you feeling unwell at any point please let someone know, we want to make sure everyone remains fit and healthy whilst trekking.

Security

Nepal is one of the safest countries for travellers and serious crimes are rare. But as with all places where tourists and crowds gather petty theft can be a problem. In the same way that health risks can be avoided with a few sensible precautions, so can security risks, so please adhere to the following recommendations:

Baggage does occasionally go missing, so if travelling with a partner try to split your belongings between bags so one person doesn't risk losing everything. Also make maximum use of hand baggage allowances on airlines (usually 5-7kg) and pack important items such as cameras, diaries, essential medicines and toiletries and perhaps a change of clothes, in your hand baggage.

Do not bring expensive jewellery or watches on holiday. Snatchings of both are not unknown in crowded areas.

Do not carry all your money in one place. Have some small amounts hidden for emergencies. Your money and passport are best carried in a money belt hidden beneath clothing. Hand bags, external pouches and 'bum bags' are easy targets for thieves.

Your local daily spending money should be easily accessible so you do not need to expose your money belt each time you need to buy something.

Do make photocopies of all your important documents, including passports, and keep copies of emergency contact numbers in more than one place. Keep separate records of travellers cheque numbers.

Lock hotel doors and windows when not in the room, and lock doors even when you are in the room.

Do keep your baggage tidy in your room and do not leave anything lying around that you would not want to lose. Sandwich or freezer type plastic bags provide good protection against damp and sweat for passports, money and documents.

Altitude & Acclimatisation

In the Himalaya, the air becomes thinner the higher you go and the problem for your body is the lack of oxygen, the body has to work hard to maintain the supply. Acclimatisation is the temporary modification of your physiology to cope with the higher altitude. In simple terms your body responds in various way to needing more oxygen.

The acclimatisation process can be helped by the following;

- Walk and climb slowly, breathe deeply and slowly, we will be walking slowly to enable acclimatisation.
- Walk high sleep low. Each day we will trek high and sleep low to enable good acclimatisation and a good night's sleep.
- Drink plenty of water, good hydration is essential.
- Eat Plenty. Eat in small amounts even if not hungry.

Parts of your trip go above 5000 metres where it is common for travellers to experience some adverse health effects due to the altitude - regardless of your age, gender and fitness. It even happened to Sir Edmund Hillary!

Before your trip: Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatising to high altitude. Please discuss these options with your doctor. While our leaders have basic first aid training and are aware of the closest medical facilities, it is very important that you are aware of the cause and effects of travelling at altitude, monitor your health and seek assistance accordingly.

Culture Shock

The comforts of home are more of a rarity. English isn't common and the food will be quite different to home. It's important to observe some of the local customs to not cause offence. Many of the locals' standard of living may be confronting.

Typical trekking day

We will be woken at round 07.00am for hot drinks, after breakfast we will have a short briefing on the day ahead, fill our water bottles and begin trekking. Everyone can trek at their own pace and there will be plenty of short breaks. We will be trekking between 6-8hrs a day, on arrival at camp we will have hot drinks and time to relax before our evening meal and settling down for an early night.

What is not included in the cost of the expedition?

The following items are not included in your expedition and will be at your own expense: activities not mentioned in the itinerary, internal flights, personal spending money, snacks on the mountains, any drinks you may want over and above what is provided in the way of water. Allow a maximum of \$25.00pp per day at 18 days for meals.

What shall I do about spending money?

We recommend you bring around 550\$ (£350) for visas, meals, drinks, snacks and porters tips, plus \$350.00 as a contingency for emergency evacuation.

There are ATM's and money exchanges in Kathmandu and you will have the opportunity to change money before the trek. The official currency of Nepal is the Nepali Rupee (NPR).

ATMs can only be found in Kathmandu. Money exchange facilities are also available in Kathmandu

While travellers' cheques have security advantages exchanging them can be a lengthy process, commissions can be high (up to 10%) and they can be difficult to change in rural areas, on weekends and public holidays. If you choose to bring travellers' cheques, make sure they are a major brand and major currency.

Please note that most establishments in Asia will not accept foreign currency notes that are old, torn or faded and they can be very difficult to exchange or extra fees added when exchanging at banks. Please ensure that you have new, clean notes.

Tipping

Tipping of the local crew is normal, a collective tip of approximately \$60.00pp is usually organised at the end of the trek and is split between the porters, guides and cooks. We make sure our local ground operator adheres to the local recommend fair wage policies, the ground staff work very hard and any extra payment is always greatly appreciated.

Hotel porters: NPR20-30 is adequate for porters that assist you with bags to your room.

Restaurants: Please check the bill and if there's an addition of 10% service charge, there's no requirement for tipping. Otherwise 5-10% of the total bill amount is appropriate.

Local guides: Throughout your trip you may at times have a local guide in addition to your leader. We suggest US\$1-2 per person, per day for local guides. (Including city tour guides, jungle guides, rafting guides, assistant trek guides)

Porters: Throughout your trip you may will have a porter in addition to your leader. We suggest US\$2-3 per person, per day, per porter.

Drivers: You may have a range of drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group however a base of US\$1-2 per person, per day is generally appropriate.

What is the weather likely to be like?

On the high mountain, mornings are normally clear, at lower altitudes we should expect rain showers. Although August – September are the driest months to trek. During the evenings temperatures can drop to -10.

Important Notes

Please bring 2 passport size photographs for your visa.

Weather conditions in the Himalayas can change rapidly and our group leader may be forced to change the trip itinerary accordingly. Alternative itineraries will apply if this is the case. Travellers need to be prepared for all weather conditions.

Nepal Strikes; Snap bandhs (strikes) can occur at any time in Nepal with very little notice, resulting in your itinerary having to be revised. Although we will endeavour to minimise any additional costs incurred there may be occasions where the traveller will need to cover trip changes, including flights, of which you will need to use your emergency funds and then claim the money on your travel insurance.

What do you do to protect the environment?

We are keeping to a small group so that we limit the impact we have on the surrounding environment. We will ensure that all rubbish is disposed of responsibly. We follow the local guidelines on cultural and environmental Protection and respect.

Can you recommend any literature about the region?

Sky Burial – Xinran

Everest 1953 – Mick Conefrey

The Ascent of Rum Doodle – Vintage Bowman



Everest Base Camp Trek Kit List

CLOTHING

Below are the items which are essential to pack for this expedition. Please note, the climate in Patagonia is ever changing on a daily basis so please ensure you are well prepared for all weather conditions including the heat, the cold, the wet and very windy conditions. Failure to have suitable clothing may seriously jeopardise your health and safety during this challenge.

- **BASE LAYER** – 2 pairs preferably a synthetic or merino wool wicking layer with a long sleeved top and long-johns. One of these pairs can be used for sleeping while camping out.
- **FLEECE JACKET OR WIND STOPPER** - A full zip version is easier to put on and has better ventilation than a pull over style.
- **INSULATED DOWN OR PRIMALOFT JACKET WITH HOOD** – needs to fit over all insulation layers and should not be heavy or bulky. A must for the evenings and early morning. This should also fit into your day bag for use during the day should it be required. This can also double-up as a pillow at night.
- **TROUSERS** – 2 pairs of fleece or synthetic / nylon or polyester trekking trousers. Zip off trousers may be handy for the river crossing as the water levels may exceed knee height. Avoid cotton trousers as they absorb & hold moisture easily and thereby have a cooling effect.
- **WATERPROOFS** - Breathable waterproof jacket that has a good hood. Waterproof trousers can be of lighter weight than the top – it is recommended that they have a long/full length zip so you can put them on whilst still wearing boots.
- **HEADWEAR** - Warm woolly hat plus a cap/sunhat.
- **GLOVES** - A pair of thin liners you can keep on the whole time if you need to. On top of this a pair of Wind Stopper gloves. Alternatively gloves that have a removable fleece liner. Mitts are also good. Work on the layering principal rather than one thick pair.
- **SOCKS** – minimum of 3 pairs of wool or synthetic trekking socks over the liner socks. Please ensure you trial your sock-wear prior to departure to ensure your sock choice is suitable for your feet.
- **FOOTWEAR** – Trekking boots with sufficient ankle support for rocky terrain. Boots should be Gore-Tex/leather type to maximise their waterproof quality. Avoid tight fitting boots and ensure your boots are well worn in prior to departure. A pair of approach/trail shoes or sandals to wear in the evenings and for the river crossing.
- **FULL LENGTH GAITERS** – which should be worn over the boot and not too tight, not light weight trekking gaiters is possible. (optional)
- **SUNGLASSES** – 100% UV, IR high optical lenses for mountain use, must have side covers or wrap around style.
- **BUFF**- Used to shade your neck and cover your mouth from dust.
- **FLIP-FLOPS / PLASTIC SHOWER SHOES** Flip-flops / plastic shower shoes (optional)

GENERAL EQUIPMENT

- **KIT BAG** – Must be a soft bag.
- **RUCKSACK** - 25 - 30 litre rucksack should be sufficient for you to carry your own spare clothing, water, camera, and all your personal kit including your lunch, snacks and water. Some days you will also need to carry your own sleeping bag and sleeping mat. Preferably your rucksack should have with waist belt to help distribute the weight and a whistle for safety provisions.
- **DRY-BAGS** – we recommend packing your kit inside dry bags to ensure your kit remains dry in the case of wet weather. A wet-weather cover can also be used over your rucksack but this must be securely fastened to your bag especially during high winds.
- **SLEEPING BAG** - A good 3-4 season sleeping bag as the nights can be cold especially in the remote camps. You can expect temperatures of between 15 to -2 degrees celcius at night. If you wish to help keep the inside of your sleeping bag clean, bring a sleeping bag liner to sleep in plus it will add a little more warmth.
- **SLEEPING MATT** – For the remote campsites. You will be required to carry this, so a light-weight version would be ideal.
- **WATER BOTTLE** - We suggest a 2 litre capacity. Platypus / CamelBack plus a 1 litre wide mouth bottle which will make it easier to collect water from the glacial rivers. You may wish to bring water purification tablets, but on the whole, the fast flowing glacial water does not require purification.
- **HEAD TORCH & SPARE BATTERIES** – essential to carry at all times during the trek and around camp.
- **TREKKING POLES** – Helpful for balance, carrying a heavy bag or have knee problems. Plus poles will help you with the river crossing.
- **CAMERA** – We recommend small digital cameras however the scenery is spectacular so if you use a SLR style camera and you are happy to carry this, then Nepal is a photographer's dream location.
- **GO-PRO** – If you have a Go-Pro or similar, again this is a film-makers dream location, so feel free to bring this along as well.

MISCELLANEOUS KIT

- **SUN SCREEN AND LIP BLOCK** – SPF40 as a minimum.
- **TOILETRIES** - Including wet-wipes & hand gel. Hand gel must be used diligently at all times to help avoid any sickness being shared within the group.
- **NAPPY SACS** - For waste and rubbish. We pride ourselves in leaving no trace while travelling, so please ensure you carry all your rubbish with you including toilet tissues and dispose of it appropriately where rubbish bins are provided.
- **Lightweight towel**
- **PERSONAL FIRST AID** - Please bring any personal medication plus paracetamol, brufen and ensure you pack this in your carry-on luggage on the plane. Also bring some plasters/Compeed etc for your feet to help prevent blisters, anti-diarrhoea tablets, antiseptic cream/ointment/wipes, rehydration salts (ie. *dioralyte*), anti-histamines, throat lozenges, cough sweets and water purification tablets.
- **Contact lenses / glasses** - contact lens wearers should consider bringing glasses, as the dry air and dust plus the difficulty with cleaning, can cause problems with using contact lenses.

ADMIN PIECES

- **PASSPORT & VISA** –All other nationalities, please check with your respective Embassy with regards to visa requirements and applications.
- **INSURANCE CERTIFICATE / POLICY & EMERGENCY CONTACT DETAILS**
- **PHOTO COPIES OF ESSENTIAL DOCUMENTS**
- **CASH** – US Dollars. You can withdraw peso's from ATM's at Kathmandu, and Namche.

Baggage and weight

As a guide for the trek, your total gear (day pack + main bag) should weigh around 15kg. If it is less than 12kg you probably haven't got enough warm clothes. If it's more you've got too much, which usually manifests itself in the form of too much toiletries, books, "medical" supplies, unnecessary snacks, There is a weight limit of 15kg on the Lukla flight, and this should be used as a guideline for the trek. Total weight on trek (day pack, plus the stuff being carried by the porters) should not exceed this amount.

Porters and yaks much prefer to carry a soft sports/duffel/holdall type bag than a rucksack, although internal frame rucksacks will do. Day packs should be sufficiently large enough for water bottle, small personal medical kit (blister stuff!), lightweight wind/shower proof jacket, and warm layer or two to put on when we stop for lunch etc. 15kg is also not a bad limit to aim for overall. Kathmandu is a shopper's paradise and you could quite easily bring 5-10kg+ of souvenirs home!

There will be very limited time to do laundry on the whole trip. Bring one complete set of clean casual clothes which can be stored in the KTM hotel while on the trek and used on the last day in KTM and the flight home. Alternatively, (and maybe better), you can buy really good souvenir T-shirts, sweatshirts, pants etc in Thamel after the trek for use on the last day and the flight home.

NICE TO HAVE

- Book to read, there will be lots of free time on the trek, so it's handy to have a book or playing cards
- Ear plugs for the cabins and whilst camping
- Binoculars if you enjoy such things as bird watching or viewing the glaciers at close range
- Favourite snacks, both sweet and savoury
- Something to flavour your drinking water ie. Robinson's squash (mini 66ml size), Zero tablets etc.

KIT HIRE AND PURCHASING

If you don't wish to go to the expense of buying new kit, especially a suitable sleeping bag, we recommend Expedition Kit Hire www.expeditionkithire.co.uk for all your kit hire requirements. Make sure you mention that you're trekking with Adventurous Ewe to gain a discount.

If you're happy to purchase kit, Adventurous Ewe have a 15% discount code for the Cotswolds Outdoor Shop. There are stores located throughout the UK plus this code may be used online at www.cotswoldoutdoor.com/.



15% Discount Voucher with Cotswold Outdoor



Lowe Alpine
Alpine Pro 35/45 rucksack

★★★★★ 7 reviews



Mountain Equipment
SACI & Dry Kit Bag, 75L

★★★★★ 247 reviews



For more information or to book, please contact Adventurous Ewe

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