

For tours departing beyond 2010, itineraries may be subject to change. This will be confirmed by the publication of the 2011 brochure (issued in Oct 10).

2010  
Tour Dossier

# EXPLORE!

## NEPAL Dossier Ref. EB

# Everest Base Camp

Amended 19 Mar 2010. Valid from 01 Jan 2010 to 31 Dec 2010  
Since first issue this dossier has been updated with amendments to the following sections: Equipment

As our itineraries may be amended from time to time, either for operational reasons or in response to feedback from customers, please ensure you have the most up-to-date copy of this dossier immediately before you travel. You can download the dossier from our website, [www.explore.co.uk](http://www.explore.co.uk). Of course we will notify you of any significant changes, but sometimes minor changes may simply be added to the tour dossier.

**EB25MAR10 only** – tour duration is one day longer with additional free day in Kathmandu at the end of the tour.

### JOINING TOUR ABROAD

**17 days/ 16 nights Land Only**  
**Kathmandu back to Kathmandu**

Join Kathmandu (day 1)

End Kathmandu (day 17)

Clients booked on 'Land only' arrangements should make their own way to the joining point in Kathmandu. Please refer to separate 'Joining Instructions' for time and rendezvous with tour leader.

### GROUP TRAVEL FROM LONDON

**18 days/17 nights Tour including**  
**Connecting Group Flights**  
**London-Kathmandu-London**

Depart from London Heathrow to join tour in Kathmandu on the following day (day 1 of Land Only itinerary). Transfer to hotel.

Return from Kathmandu (day 17 of Land Only itinerary) and arrive London Heathrow the same day.

Passengers with non-group flights booked through Explore should refer to their individual confirmation invoice for flight details. Transfers to and from the airport are not included unless purchased in addition to the tour package.

### SPECIAL HIGHLIGHTS

Among the many highlights featured on this trip, we mention:

- \* **KATHMANDU** Half-day walking tour of old quarter; half day guided tour to Temple of Pashupatinath and Bodnath Stupa.
- \* **KALAR PATTAR** Everest Views.
- \* **LOOK DOWN AT EVEREST BASE CAMP** and up at Everest peak.

### Earth Matters

- This tour has a local Nepali crew and tour leader. This both helps generate local employment and allow a closer insight into the local culture.
- For further information on responsible travel go to <http://www.explore.co.uk/ResponsibleTourism/>

The Everest Base Camp trek is part of the classic 'walk-in' route taken by most expeditions to Everest since the '50s. The trek starts from Lukla, from where we walk north east and ascend the Dudh Kosi valley to Namche Bazaar, the bustling centre of the Sherpa region. We'll visit the less frequented side valley of Chhukung and as the summit of Everest is not visible from Base Camp, we will climb Kalar Pattar (5545m), where we have unobstructed views of Everest, Lhotse and Nuptse. On our return journey we will take a slightly different route to visit the more traditional village of Khumjung.

### LAND ONLY ITINERARY

**Be Prepared:** While our intention is to adhere to the day-by-day route printed below, a degree of flexibility is built into the itinerary. Overnight stops may vary from those suggested. Please note Altitude section on p4.

Due to increasing environmental problem of disposal of empty plastic water bottles on the trekking route, we do not recommend the purchase of bottled water. Additionally, we discourage the use of boiled water for drinking due to fuel shortages in Nepal. Instead, you must bring Chlorine Dioxide with you on your trip to sterilise tap water.

**Accommodation and Included Meals:** please find the key to our accommodation ratings overleaf, and note that included meals are indicated in the itinerary below and are shown on the day they are provided (B = breakfast, L = lunch, D = dinner).

#### Day 1. Join tour Kathmandu

Transfer to hotel and check-in. **2 nights hotel H++.**

#### Day 2. In Kathmandu

In the morning we have arranged a walking tour visiting the bazaars and temples of old Kathmandu, accompanied by a local Nepali guide. After lunch a pre-trek briefing will be given in the hotel where your tour leader will check that everybody is properly equipped for the trek and give you an idea of what to expect on a day to day basis while on the trek. **(Included meals: B).**

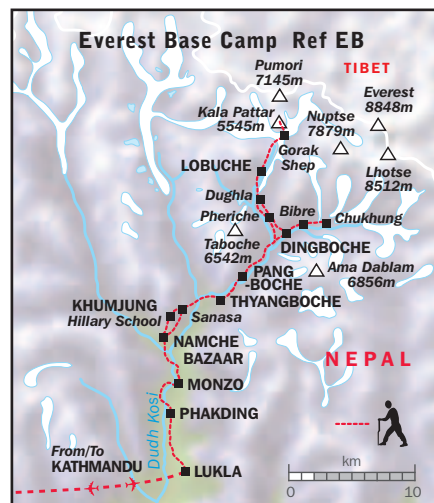
#### Day 3. Fly Kathmandu to Lukla; Walk to Phakding

Early morning departure from Kathmandu for a 40 minute flight to Lukla. (Adverse weather conditions and other local factors can cause delays and cancellations. Although seats are booked and confirmed well in advance, it may be necessary to adjust the itinerary to ensure the best use of your time). Spectacular mountain views all the way taking in Gauri Shankar (7415m), Melungtse (7181m) and Numbur (6955m). We arrive in Lukla and meet our Sherpa crew. Depending on flight arrival times there may be an

### Carbon Offsets Included

As part of our responsible tourism policy we offset carbon emissions from all customer and staff flights booked by Explore. Our carbon offset partner is Climate Care. If you are making independent flight arrangements to join one of our tours, may we urge you to offset your carbon emissions through Climate Care, or a similar offsetting scheme.

**EB10APR10 please note:** Due to group flight carrier changes on this departure your flight now arrives in Kathmandu Fri eve instead of morning and departs Sun eve instead of morning allowing a free day in Kathmandu at the end of the tour. Tour duration is 19 days (Thu/Mon).



opportunity to visit the newly completed Lukla Gompa (monastery) and its attached tanka painting school. We'll take lunch in Lukla, the descend northwest to the village of Choplung (2697m) to head north along the east bank of the Dudh Kosi to Ghat (2545m). We cross the river at Phakding (2650m) and camp nearby. About 3 hours walk. **12 nights camping C (included meals: B, L, D).**

#### Day 4. Phakding to Namche Bazaar

Continuing along the west bank of the Dudh Kosi through pine and rhododendron forest, we recross the river to the east bank and ascend to Chomoa. Later we cross the Dudh Kosi once more to its west bank before starting the steep ascent to Namche Bazaar. During the ascent, we should have views of Everest and Lhotse. We continue through pine forest to reach the horseshoe-shaped bowl containing the village of Namche (3440m). Camp near Namche. About 8 hours walk with many ascents and descents. **(Included meals: B, L, D).**

#### Day 5. In Namche

Spend the morning in Namche taking in the local bazaar which sells everything from toothpicks to ice axes, and perhaps visiting

### Tour Participation Fitness & Ability

This is one of the toughest trekking holidays operated by Explore. To ensure that all participants get the most out of the experience, it is important that they are fully aware of the level of difficulty involved and the fitness and ability requirements for the tour.

Before booking please read this dossier carefully. Having established the facts, it is your responsibility to contact us with any concerns regarding individual levels of fitness, health or ability. You should be aware that our tour leaders have the right (as per the booking conditions) to exclude customers from the tour if they feel they are either not sufficiently fit, healthy or able to complete the tour without affecting its safety, comfort or happy progress. If you would like to discuss any of these issues further please call the Customer Support Team on 0844 499 0901 or email [cs@explore.co.uk](mailto:cs@explore.co.uk).

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the Sherpa museum in the National Park Headquarters. The afternoon is free for you to make an excursion up the valley beyond Namche towards the village of Thamo (3505m) or you can relax in the village. **(Included meals: B, L, D).**

**Day 6. Namche to Thyangboche/Deboche**  
We ascend out of the village and follow a high, fairly level path above the Dudh Kosi enjoying spectacular mountain views of Everest, Nupse and Lhotse as we go. We pass the various 'shops' set up by Tibetans selling trinkets and then descend through forest of blue pine to cross the Dudh Kosi again at Phunki (3250m). We make another ascent on a switch-back trail, sometimes made quite dusty by yak trains, to reach the spectacularly sited Thyangboche Monastery (3867m) from where there are brilliant views of Everest, Lhotse, Nuptse Ama Dablam and Taboche to the north and northeast, Thamserku and Kantega to the southeast and Kwangde to the southwest. Thyangboche Monastery was seriously damaged by fire in 1989 but has since been rebuilt and there will be time to visit both the monastery and the museum. We camp below the monastery. **6 hours walk. (Included meals: B, L, D).**

**Day 7. Thyangboche to Dingboche**  
We descend through meadows and rhododendron forest, past the Buddhist nunnery at Deboche, to the Imja Khola. Then up along the north bank of the river, with spectacular views of Ama Dablam, to a tea house at Orsho. Crossing the confluence of the Khumbu and Imja Kholas we continue to Dingboche (4298m). **7 hours walk. (Included meals: B, L, D).**

**Day 8. At Dingboche**  
A day for acclimatisation and exploring: you can do a day's walk up the Imja Khola valley through Bibre at 4570m to the yak huts at Chukhung. Here are good views of the east face of Ama Dablam and the Lhotse-Nuptse wall. Or you can walk north, up along the valley side to the ruined Nangkartshang Gumpa, or continue up to nearby Nangkartshang peak with its fantastic views. **5 hours walk. (Included meals: B, L, D).**

**Day 9. Dingboche to Lobuche**  
We are now well above the treeline and our walking today brings us to Dusa from where we descend to a stream at 4580m. Immediately above we reach the tea house of Dughla and continue to a ridge, which has several memorials to Sherpas killed on expeditions to Everest. Continue along the moraine of the Khumbu Glacier, with views of Kalar Pattar and Pumori to reach Lobuche at 4930m. **About 6 hours walk. (Included meals: B, L, D).**

**Day 10. To Kalar Pattar; Everest views**  
It's worthwhile making an early start to have the best chance of good views. At first the trail is fairly level but then starts to ascend and descend across moraine to reach Gorak Shep at 5182m. From Gorak Shep it's a steep uphill climb, sometimes over rock slabs, to the top of Kalar Pattar at 5545m. The views from the summit are outstanding, with Everest standing directly to the east, together with Lhotse, Nuptse, Pumori and Taboche all in close range. We return by the same route – a long, but very rewarding walk. **9 hours walk. (Included meals: B, L, D).**

**Day 11. Lobuche to Pangboche**  
We return to Dughla and recross the Khumba Khola to descend to the yak grazing valley of Pheriche (4250m). We cross a small pass and follow the Imja Khola valley for a short distance, then ascend to the old village of Pangboche (3985m) where we camp not far from the oldest monastery in the Khumbu. Surrounded by juniper trees it is reputedly 300 years old. **6 hours walk. (Included meals: B, L, D).**

**Day 12. Pangboche to Khumjung**  
We walk to Phortse then ascend to Moang Chorten. We will then continue to Khumjung (3780m), our stop for tonight. Khumjung is a large sherpa village, here you can visit the world's highest bakery. **About 6 and a half hours walk, approximately 697m descent and 6717m ascent. (Included meals: B, L, D).**

**Day 13. Khumjung Monzo**  
We continue to Khunde, perhaps making a short visit to see the Khunde Hospital, built by the Himalayan Trust – a charity established by Sir Edmund Hillary to assist the Sherpa people. From Khunde we climb for a short while to a small pass, enjoying fine views of Thamserku, Kangtega and Ama Dablam. On our descent we will pass the Government yak breeding farm and continue to the (now unused) small airstrip at Shyangboche at 3720m. From the airport we then make a steep descent into Namche Bazaar. We then descend to Jorsale and leave the Sagarmatha National Park to camp near Chomoa (2835m). **6 hours walk. (Included meals: B, L, D).**

## Booking a Single Room

All of our tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. On this particular tour we are pleased to be able to offer customers the option of pre-booking a guaranteed single room for each night of the tour.

**Day 14. Chomoa to Lukla**  
Retracing our steps along the east bank of the Dudh Kosi, we reach Lukla by mid afternoon. **About 6 hours walk. (Included meals: B, L, D).**

**Day 15. Fly Lukla to Kathmandu**  
Morning flight from Lukla to Kathmandu (weather permitting). Afternoon free to relax or optional excursion to Swayambunath- the 'monkey temple' atop a hill west of Kathmandu. Its high position provides great views over the city. **2 nights hotel H++ (included meals: B).**

**Day 16. In Kathmandu**  
Extra days are specifically included in the itinerary should there be a delay with flights from Lukla due to bad weather conditions. If we return to Kathmandu on time we will arrange a sightseeing tour visiting the Temple of Pashupatinath on the Bagmati River, the holiest Hindu shrine in Nepal; and Bodnath, the largest stupa in the country and destination of Buddhist pilgrims from all over Nepal. There will also be the opportunity for an optional visit to Bhaktapur, a city retaining much medieval character and some notable 17th century art. **(Included meals: B).**

**Day 17. Tour ends Kathmandu**  
**(Included meals: B).**

## SUPPORTING OUR PORTERS

The welfare of everyone on trek is of utmost importance to us and this includes our team of porters. Porters are the backbone of our trekking trips and their hard work and enthusiasm is a key to the success of your trek. We feel strongly that they should enjoy decent working conditions and that their working practices should be fair. We follow the guidelines of the International Porter Protection Group and monitor standards annually with our suppliers to ensure we are working to best practice.

### How you can help

It can be difficult to get good quality mountain clothing in Nepal. If you have any spare kit which is clean and in good condition we collect this and share amongst the porters. The most useful items are water and wind resistant jackets and pants, rain ponchos, wool socks (no boots), wool or warm hats (no baseball hats), gloves, sunglasses, and fleece jackets; essentially any kit you would wear yourself when climbing.

**For more information see [www.ippg.net](http://www.ippg.net)**

**ACCOMMODATION:** An important feature of many Explore tours is the wide range of accommodation used, and since the beginning our philosophy has been to select accommodation to suit the itinerary - not the other way round. To help gauge the comfort level on your chosen tour, we have graded the accommodation standards at all night-stops using the rating guide below. Please keep in mind however that standards can vary from one trip to the next, and occasionally we may need to change a night-stop without advance warning. Please note descriptions are only intended as guidelines in order to give a flavour of the type of accommodation to expect. We cannot guarantee the use of particular properties. Facilities and characteristics may vary from those described.

### Hotels / lodges / guesthouses - or similar

**H++ :** Comfortable hotels, lodges or guesthouses with twin or single rooms and en suite facilities. With air-conditioning/heating where appropriate and with reliable hot and cold water. Generally good levels of service and often with added amenities such as restaurant, bar, gardens or swimming pool.

**H+ :** Standard hotels, lodges or guesthouses, usually with twin or single rooms and en suite facilities. These are generally standard, no-frills hotels with adequate amenities and service standards. Whilst comfort levels are perfectly acceptable to most, please don't expect too much! These are often small, family run establishments.

### Camping

**C :** Basic camping in wild camps where facilities / amenities may be limited or non-existent. Generally there is no running water, and we dig a temporary bush toilet. Two person tents are often used, but occasionally we sleep under the stars. Participation normally required and sleeping bags usually not provided.

Although accommodation choices in Nepal are expanding and overall standards improving, please note that whatever the level, from basic guesthouse to high end city centre hotel, you should always be prepared for standards to be different than in the West. For example, even in the best hotels, plumbing and electricity supplies can be somewhat erratic and although the welcome is always warm, service levels may be less efficient than you may be used to.

We understand how important a good hotel is at the start and end of our trek. In Kathmandu we stay in a large, modern hotel with comfortable rooms and good facilities. Add to this its superb location in the heart of the city, close to all the attractions, and it is a perfect base at the start and end of our trek.

There are no campsites with facilities in Nepal so we camp wild during our trek, giving us the flexibility to seek out more peaceful camping spots where possible. Camping is in spacious 2 man tents with foam mattresses. A dining shelter, stools, table and all cooking gear are provided, as is a toilet tent is provided and there will be limited water for personal washing. The setting up and dismantling of camp and all cooking and clearing is handled by our efficient crew who will even wake you at your tent door with a hot drink! We employ a lot of local people on our camping trek which brings great benefits to the local community.

**To book please call 0844 499 0901 • [www.explore.co.uk](http://www.explore.co.uk)**

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## Note Regarding Lukla Flights

Lukla is a tiny airstrip clinging to the side of a valley at about 2743m. Adverse weather and other factors can cause delays which can on rare occasions run into days rather than hours. Though we have built spare time into the itinerary to allow for 'average' problems it is possible that should severe delays occur then sections of the itinerary will need to be rearranged, and in extreme cases onward travel plans could be affected. Should delays occur in Kathmandu we will accommodate you in the hotel on a bed and breakfast basis. Should the delay be in Lukla we will continue to provide full camp services and all meals.

## PERSONAL EXPENSES

You'll also need some extra money to cover meals not included in the tour price, other sightseeing, souvenirs, tips etc, and items of a personal nature such as laundry.

### Foreign Exchange

**Local Currency:** Nepali Rupee.

**Recommended Currency for Exchange:** US\$ or GBP.

**ATM Availability:** Although you may occasionally find cash machines these are very unreliable – do not rely on plastic!

**Credit Card Acceptance:** Credit cards are generally accepted in large establishments in Kathmandu and not on the trek.

**Travellers Cheques:** In Kathmandu only.

**Additional Information:** Please note that US\$100 is charged for the professional use of a video camera within the Everest National Park.

Up-to-date information re: global exchange rates can be obtained at <https://www.currency-express.com/explore/>

### Other Sightseeing

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date this dossier was originally issued but may change at any time due to currency fluctuations.

**KATHMANDU** Afternoon excursion to Swayambunath US\$6.

**BHAKTAPUR** including entrance fee and transport US\$25 (min. 4 people).

**KATHMANDU** Half day guided tour of Patan including entrance fee and transport US\$20 (min. 4 people). Swayam binath US\$6

### Meal Plan

**Local Food and Drink:** 16 breakfasts, 12 lunches and 12 dinners are included on this trip; please be prepared to pay for all other meals. Prices quoted are correct as of the date this dossier was originally issued but may change at any time due to currency fluctuations. Please note that costs for drinks and meals can vary depending on location and the prices below are given as an average guide only.

	UK	Nepal
Coffee/tea	£1.20	£0.50
Soft drink	0.80	0.50
Bottle of water	0.80	0.40

Bottle of Beer	2.50	1.50
2 Course Meal*	10.00	4.00
3 Course Meal**	18.00	6.50

\*Cheap local fare in a small cafe or restaurant.

\*\*Typical food in a simple, reasonably comfortable mid-range restaurant.

### Tipping

**Local Staff:** In this area, tipping is a recognised part of life and some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow £40 for tipping.

**Tour Leader:** At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

## PRACTICAL INFORMATION

### Seasonal Climate

Daytime temperatures will vary from about 20°C/80°F to 35°C/95°F at lower elevations to around 10°C /50°F higher up. During the evening, night and early morning, the temperature will be considerably lower and may drop as low as freezing and sometimes down to **-20°C** at the campsite at Lobuche. Please bear in mind that snow may be encountered at higher altitudes and weather can change suddenly at any time of year.

Additional information and climate charts can be accessed at <http://www.explore.co.uk/> weather. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

### Vaccinations & Protection

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, typhoid, tetanus, polio and Japanese encephalitis. Although not compulsory, travellers may wish to take immunisation against meningococcal meningitis.

**Special Note:** Visa and vaccination requirements are subject to change and should be confirmed before departure.

The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

### Visa Requirements

An entry visa is required by UK, USA, CAN, AUS and NZ citizens. Other nationalities should consult the relevant consulate. Visas can be obtained from the Nepalese embassy prior to travel or on arrival at Tribhuvan International Airport in Kathmandu. A passport sized photograph is required, please bring this in your hand luggage. Please note that you will need to bring with you 2 extra photos for the Trekkers Agent's Association of Nepal certificate which is compulsory for all clients.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

Please Note: It is no longer possible to get a single entry visa or 4-day transit visa for Nepal. You will now need to obtain a multiple entry visa to cover your stay in Nepal. There are three different types of visa available on arrival; a 15 day visa costing US\$25, a 30 day costing US\$40 and a 90 day visa costing US\$100. Your visa should be obtained to cover your full stay in the country. Please do note that these days refer to each entry i.e. 15 days for each entry.

### Electric Supply and Plugs

For comprehensive information regarding voltages and plug types in use in the countries visited, follow the relevant link at <http://www.explore.co.uk/Traveladvice/>

### Insurance

Travel insurance is compulsory for all bookings. You must take your policy document with you on tour, as your tour leader will ask to see this at the start of the trip. Your documentation must state in writing that you are the named policyholder and that the cover is valid for your period of travel. Your policy document must also indicate that you have medical expenses and emergency repatriation cover and a 24-hour contact telephone number for your Insurance Company must be shown on your documentation in case of emergency.

**If you are unable to provide all this information at the start of the trip you will not be allowed to join the trip.** If you have purchased Explore Insurance you should carry the Master Certificate leaflet with you, which outlines the conditions of the policy together with a copy of your Confirmation Invoice, which is your proof of purchase of insurance. Explore Worldwide are an Appointed Representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority.

### Know Before You Go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination including safety and security, local laws and customs, entry requirements and health. For UK Foreign and Commonwealth Office Advice follow the link at <http://www.explore.co.uk/Traveladvice/>

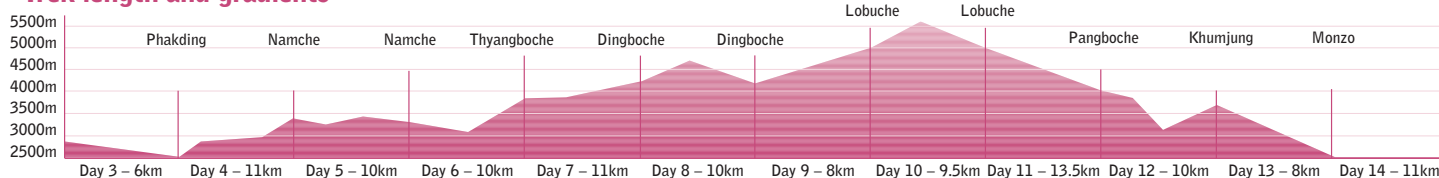
**Our trekking trips to Nepal feature more mountain walking than many of our other holidays. This sheet provides specific details on equipment and other requirements to help you prepare for your trip.**

*The information provided should be used in conjunction with both the Explore 'General Information Booklet' and the appropriate trip dossier which contain advice on passports, visas, health care, etc. We advise you to re-read the section in this dossier entitled 'Grading and Fitness'. If you do have any doubts about the suitability of the trip you have booked, call us now.*

### Walking Grades and Fitness:

Grading is a somewhat difficult topic as much depends on the individuals own perception of his or her abilities. The following is intended as **a general guide to our walking grades.** This tour is rated **Grade D.**

## Trek length and gradients



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**Grade D walks (Tough):** require that you are very fit and previous trekking experience is strongly recommended. Grade D includes long walks with steep uphill and downhill gradients. There may be extremes of altitude (up to 6000m), severe weather conditions. Will involve several long days (up to 8/9 hours) of trekking continuously without a rest day.

## ALTITUDE

*The altitude of Kalar Pattar makes this trip more suitable for the serious walker with previous experience of hill-walking. We have included time for acclimatisation and extreme cases of altitude sickness are rare, but if it becomes necessary for someone to abandon the trek in the interests of safety the tour leader's decision is final. A PAC bag (portable altitude chamber) is carried on all departures of this tour.*

**Insurance:** Please ensure that your insurance policy covers you to the altitude indicated below in the section entitled "Medical examination" before you come on tour. If you have Explore insurance you will be covered to this altitude.

**Medical Examination:** You should visit your GP and specifically mention the maximum altitude the trek reaches, i.e. 5545m/18,193'. We will take 8 days to reach this point.

## EQUIPMENT PROVIDED

The following equipment is provided by Explore once you are on the trek:

- \* Spacious 2-person tents.
- \* Dining tent.
- \* Foam mats.
- \* Stools, table.
- \* All cooking and kitchen gear.
- \* Satellite phone.

## PACKING FOR YOUR TRIP

A complete list of clothing and personal gear is contained in Explore's '**General Information Booklet**', available only after a booking has been accepted. Please be sure to study our **Additional Information** overleaf, which gives specific recommendations on luggage, clothing, footwear and equipment. Because high altitude temperatures in Nepal can drop below freezing, make allowance for warmer clothing accordingly. Spring and Autumn are usually warmer than Dec/Jan but always be prepared for colder weather. Weather can also change rapidly in the mountains and good rainwear is essential.

**Luggage:** Airline allowance: **44lbs/20kgs.**  
Trek allowance: **22lbs/10kgs.**

## LUGGAGE

Your luggage should consist of three main pieces:

### Main Baggage/Trek Kit Bag:

The item of luggage used to carry all your belongings in the hold of the plane and used whilst on trek for clothing and sleeping bag; carried by porters. Framed rucksacks are unsuitable.

### Holdall:

Used to store all items not needed on your trek in the mountains. This is stored at the hotel in Kathmandu.

### Daysac/Rucksack:

To carry all personal effects required throughout the day's trek, such as waterproofs, suncream etc. Carried by yourself.

### ☆Main Baggage/Trek Kit Bag:

You will arrive in Kathmandu with everything you need stored for the entire trip in a piece of luggage normally a holdall. This piece of

baggage will become the receptacle for anything you will not need whilst on trek in the mountains and this is stored at the hotel in Kathmandu. Items you will need whilst on trek should be repacked into your Trek Kit bag and your daysac/rucksack. Advice on how and what to pack for the trek will be given at the briefing in Kathmandu but it may be useful to do a trial pack before you leave home. When doing your initial packing, please bear in mind the airline weight limit for hold luggage (normally 20kg). Before leaving Kathmandu there is time to re-sort luggage into what you need on trek and what can be left in Kathmandu (see above). Your trek luggage, including sleeping bag, will be carried by the porters or pack animals. The weight limit for this is 10kg but you will probably find that you do not need this much. The Trek kit bag needs to be strong enough to cope with rough handling; we recommend a nylon or canvas bag with a zip along the top. Rucksacks are unsuitable. We advise that you line your kitbag with a large plastic bag to keep the contents dry.

### ☆Rucksack/Daysac:

During the course of a trekking day, you do not have access to the luggage which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daysac, which is carried by yourself, should therefore be large enough to carry the following: Waterproofs, fleece jacket/sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, sun cream, water bottle (minimum 1 litre). Most people normally find that this adds up to about 2 to 3kg. Camera equipment can be heavy so think carefully when deciding what to take. Remember to carry spare film with you during the day. It is usually more comfortable to carry a larger pack than one which is overfull or with bits tied to the outside – aim for a 30-35 litre capacity pack. We advise you to line the sack with a large plastic bag to keep the contents dry. Other optional items in a daysac might be a diary or a book to read at lunch time. On a few occasions it is also necessary to carry your own packed lunch. Your daysac could be used as hand luggage on the flight to Nepal bearing in mind that shoulder bags are not practical for the trek.

## EQUIPMENT TO BRING

Being properly equipped is one of the keys to a successful trek. Use the Explore '**General Information Booklet**' for guidance for day-to-day but use the following check list and notes to be sure that you have what you need for the actual trek.

## Clothing/Footwear

### ☆ Walking Boots

Probably the trickiest part of all. We strongly recommend walking in good boots. Trainers, tennis shoes etc. do not give the ankle support afforded by a decent pair of boots. Many people now trek in the lighter weight Goretex or leather boots and these are usually satisfactory. They have the advantage that they take little breaking in. The slightly heavier traditional leather walking boots are also good. Ideally, visit a specialist 'outdoor pursuits' shop who will offer advice, and resist the temptation to buy 'fashion' footwear which give little support. **Above all, your boots must be well broken in and comfortable.** We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them – should your luggage be delayed, your well broken in boots are the one thing, which will be irreplaceable. Gaiters are useful to keep snow out of your boots.

### ☆ Long Trousers

For everyday walking, light cotton trousers are the most suitable. Knee length shorts are acceptable in the more remote areas, but to avoid giving offence in the villages, you should cover up with trousers. Although comfortable, leggings are also unsuitable as they too cause offence to local people. Jeans are not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet.

### ☆ Down Jacket

After sunset, temperatures can fall below freezing. A down jacket is the lightest and most convenient way of keeping warm when the temperature drops. Down jackets can be inexpensively hired or bought in Nepal. Details will be given at the briefing in Kathmandu.

### ☆ Waterproofs

Breathable waterproofs not only protect against rain and wind but also stop you from overheating. They 'breathe' and avoid condensation which you will experience from nylon waterproofs. Rain during the trekking season is fairly rare but can be heavy if it does happen.

## A Day On Trek

This is a full service trek which means that each person is provided with the following: early morning bed tea (or coffee), a warm bowl of washing water morning and evening, breakfast, lunch, afternoon tea and evening meal, your tent is put up and taken down for you and a dining tent, tables and camp stools are provided each night stop; the services of a tour leader, Sherpa guides, cook, kitchen staff and porters/pack animals. The ratio of staff to clients is approximately 2:1. You will be required to pack your trek kitbag, walk and enjoy yourself.

For the people who live in the hills their working day is governed by sunrise and sunset rather than by the clock, and this is the way we will live on trek. The arrival of a hot drink brought by a smiling kitchen boy is the signal that the day is starting, and having drunk this, you rise and pack your own luggage before coming to breakfast. While you eat, pack up equipment and make up the porters' loads.

After breakfast, we set off on trail and are accompanied not only by the Explore leader but also by a number of 'Sherpas', depending on the size of the group. The kitchen crew soon overtake us on their way to find a pleasant spot where we will have lunch. It is usual for us to do rather more than half the day's walk in the morning, but there should still be plenty of time to stop for photographs or perhaps a glass of sweet tea in a local wayside inn. With the Sherpas along to help we don't need to walk in a large group, so each person can more or less take their own pace.

By the time we arrive at the lunch place, the kitchen crew are well organised (usually with a hot drink ready), and lunch follows about a half an hour later. The stop provides time for relaxation and takes about 1 1/2 hours. This is the time of day when it's warm and people sit and write diaries, or read a book. The afternoon's walk is usually shorter but this obviously depends somewhat on the lie of the land.

At the end of the day's trek when we arrive at the overnight stop, the porters have usually arrived and the tents are going up. Afternoon tea is served and is followed by a substantial hot evening meal. Though a dining shelter and lighting are provided, you often find that people retire quite early. The fresh air and exercise have a very soporific effect and there's another day's walking tomorrow. On occasions, however, we are close to a village and can visit a local hastyery where various local brews (with varying degrees of potency) may be available!

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For bookings outside the UK please contact your local travel agent representing Explore.

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#### ☆ **Gloves**

Especially useful around camp in the morning and in the evening at higher altitudes. Thermal types are most suitable.

#### ☆ **Socks**

It is best to wear a pair of reasonably thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters.

#### ☆ **Lightweight Shoes or Trainers**

Useful around camp, in towns and when travelling.

#### ☆ **Thick fleece pullover/jacket**

A thick fleece pullover or jacket is necessary as nights can be very cold at altitude. Make sure that your waterproof jacket is loose enough to wear over your pullover or jacket.

#### ☆ **Track Suit**

Comfortable around the camp and much more practical (and warmer) to sleep in than pyjamas. Alternatively, thermal underwear is good.

#### ☆ **Thin Shirt/T-Shirt**

#### ☆ **Thick Shirt or Thermal Vest**

#### ☆ **Warm Hat**

### **Other Equipment**

#### ☆ **Sleeping Bag**

As you do not carry it yourself this may be down or synthetic, but it should be **4-season** (temperature -20°C to -5°C). As most treks pass through a variety of climatic conditions, a long side zip is a good idea. A cotton liner helps to keep your bag clean. Good sleeping bags are expensive but can be rented or bought quite easily and cheaply in Kathmandu (approx 50-60 Nepali Rupees per day), so if you don't own one you could consider this option. Details can be dealt with at the briefing in Kathmandu.

#### ☆ **Water Bottle**

Water along the trail must never be considered as drinkable. Each day you must sterilise water with Chlorine Dioxide with which to fill your own bottle. 1 litre is the minimum size suitable. If you dislike the taste of sterilised water, it is a good idea to add some powdered fruit juice.

You **MUST** bring Chlorine Dioxide with you on this trek. For environmental reasons, we do not encourage the purchase of bottled mineral water nor the boiling of water due to fuel and power shortages.

#### ☆ **Plastic Bags**

If you pack bits and pieces in plastic bags inside your bag they will stay dry in case of rain and be easier for you to sort through in camp. Remember, the less you have to unpack in the evening, the less you have to repack each morning! A bin liner to pack inside your daysac is also a good idea.

#### ☆ **Torch/Batteries/Bulb**

A small torch is essential for finding things in your tent, going to the loo in the night, etc. Petzl head torches are particularly useful. Remember that in most developing countries only a limited selection of batteries is available so bring spare batteries and bulb. The most common are pen cells (or AA size) and SP/HP2 (D size).

#### ☆ **Toiletries**

Try to keep heavy cosmetics etc to a minimum. Essentials are toothbrush/paste, bio-degradable soap, small towel, small nail brush and toilet rolls! 'Wet Wipes' are great for a quick clean up in your tent, so bring a pack of those (non-perfumed to avoid rashes!). A 'J' cloth is a useful alternative for a 'flannel'.

#### ☆ **Sunglasses/Snow Goggles**

A good pair of sunglasses are essential for protection against UV rays and glare at high altitudes.

#### ☆ **Sun Hat, High Factor Sun Cream/Block & Lip Salve**

Choose a high factor suncream (Factor 15 or more) to protect your skin against the sun at high altitudes. A combination sunblock/lipsalve is ideal for facial protection.

#### ☆ **Personal First Aid Kitt**

Each trek carries an extensive first aid kit but no prescription medicines. You should have your own supply of plasters, aspirin, diarrhoea tablets and also a comprehensive blister kit as well as any other medicines you and your doctor feels advisable. (Please do not give medicines to local people without consulting the trek leader.) See the list in our General Information Booklet.

#### ☆ **Trekking poles**

Trekking poles with rubber points are recommended.

#### ☆ **Gaiters**

#### ☆ **Whistle**

To attract attention in an emergency.

#### ☆ **Boot Cleaning Kit**

#### ☆ **Spare Laces**

#### ☆ **Swimsuit**

#### ☆ **Chlorine Dioxide for water sterilisation**

#### ☆ **Antibacterial handwash**

**Trek Kit Bag:** For an exclusively designed Explore Trek Bag, follow the relevant link at [www.nomadtravel.co.uk/explore](http://www.nomadtravel.co.uk/explore)

**Personal First Aid Kit:** For an exclusively designed Explore Medical Kit, visit [www.nomadtravel.co.uk/explore](http://www.nomadtravel.co.uk/explore)

#### **Need help on clothing or equipment?**

Then we suggest you contact Nomad Travel, our equipment partner, who specialise in kitting people out for adventurous travel. You receive a special 10% discount in-store or online. Visit one of their stores, phone 0845 260 0044, or visit their website [www.nomadtravel.co.uk/explore](http://www.nomadtravel.co.uk/explore) for further information.