



**INCREDIBLE HIMALAYAN  
SHERPA ADVENTURE P. LTD.**

SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

**Travel time:** Can be freely chosen

**Type:** Private and Group Tour

## Everest View Trek

Duration: 11 days  
Difficulty: Medium

DoT No. 1888  
NRB No. 1573/021  
PAN No. 601340433  
Govt. Regd No. 115217  
NMA. AM#1171, TAAN 1273

### Quick Trip Facts

**Trip Duration:** 11 days

**Trek Duration:** 7 days

**Altitude:** 2823m - 3870m

**Physical Difficulty:** Medium

**starts/ends point:** Kathmandu

**Best Season:** Mar-May & Sept-Dec

**Accommodation:** Hotel, Teahouse/Lodge

**Transport:** Private vehicle & Domestic Flight

**Permits:** Sagarmatha National Park and Khumbu Pasang Lhamu Rural Municipality Entrance Permit

11 days Trip, S/Seeing, Hike activity in English by Best Mountain Leader



The **Everest View Trek** is one of our favourite treks and we'd be delighted to help you explore this impressive region in Nepal.

### Overview

The Everest View Trek is an excellent introduction to the Khumbu region. It offers spectacular views of Everest, Lhotse, Thamserku, Ama Dablam and many other numerous peaks without the strains of very high altitude and with a much lower time requirement. This Trek is a comparatively short and easy trek suitable for families, and elderly peoples who wish to enjoy the view of Mt. Everest and other associate mountain peaks. It also gives you an opportunity to explore the culture and lifestyle of the Sherpa's and one of the ancient Buddhist Monastery in Tengboche. This trek is for those time bounded people who are looking for magnificent Himalayas views in Everest.

Our adventure starts with short and breath taking flight to Lukla entry point to the Everest region. Everest View Trek is low altitude trekking comparing to other longer treks of Everest region. Continuing our trek through the Sagarmatha National Park which at this altitude offers a pleasant climate, evergreen pine forests, towering Himalayas, human settlements in the cliffs, thundering rivers, some of the highest bridges and passes and endangered wildlife, all in the same tour. This trek will give you everlasting memories with the ultimate satisfaction from your adventure.

**Incredible Himalayan Sherpa Adventure Pvt. Ltd.**

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## Highlights

- ✓ Scenic Mountain flight to Lukla and overview panoramic mountain views of Mt. Everest, Lhotse, Thamserku, Ama Dablam
- ✓ Explore the unique Sherpa culture, lifestyle and contemplate the history of its exploration
- ✓ Explore the Beautiful Namche village the main town of Khumbu region and overview crystal views of Namche Bazaar, Ama Dablam etc.

## Itinerary

### Day 01: Arrive In **Kathmandu (1350m/4429 ft.)**

Flying into KTM is a memorable experience with the Himalaya spread out before you. After landed your flight in Tribhuvan International Airport in Kathmandu (1350m), our airport representative will be waiting for you with your name written on the placard. We welcome you by offering Tibetan scarf and transfer to the hotel in a private vehicle. There will be a trek briefing and afterwards you are invited to a host family for welcome dinner. [Included meals: Welcome drink and Bed]

Overnight at hotel

### Day 02: **KTM Valley UNESCO Sightseeing Tours (1350m/4429 ft.)**

KTM Sightseeing tour will commence after breakfast on most beautiful UNESCO World Heritage sites; **Swayambhu Stupa**- an ancient religious architecture atop a hill in the Kathmandu Valley and popular with "Monkey Temple", **Boudha Stupa**- a largest stupas in Nepal, **Pashupatinath** significant Shiva Temple & cremation center of KTM Valley. After complete sightseeing tour we return to hotel & do preparation for the Himalayas trek. [Included meals: Bed and Breakfast]

Overnight at hotel

### Day 03: **Scenic flight to Lukla/Tenzin Hillary (2800m/9186.352 ft.) and trek to Phakding (2610m/8563 ft.), flight 25min+4-5hr walk**

We fly to Lukla. We make an early start to take a spectacular, short mountain flight to Lukla & from here we'll our trek. Watch out for the Langtang, Jugal ranges then the Rolwaling Himal, Gaurisankar & Menlumtse before getting your first glimpse of Everest on the flight. We'll meet our trekking crew at the Lukla airstrip where we'll spend a few minutes sorting out bags etc. before setting off through this winding village to the trek start proper at the Khumbu 'gateway'. It's gently downhill on pitched stone trails through low rhododendron forest, small 'garden' farms & old and new

hamlets to the banks of the foaming Dudh Koshi River. There will be plenty of short stops to meet the locals, take photographs and just soak up the scenery & the clear mountain air as we meander along, the undulating trail glimpsing views of 6000m snow-capped peaks high above. Passing the enormous Mani stone at Thado Koshi we meander up through the many chortens & prayer wheels of Sano & along to our destination Phakding. The afternoon is free. For those who wish to we'll make a short trip up to the higher village and delightful tiny Gompa perched on the valley side. Gather again for pre-dinner drinks round the dinning fire followed by evening meal.

[Included meals: Lunch+Dinner]

Overnight at teahouse

## **Day 04: Trek to Namche Bazaar (3440m/11286ft.), 5-6hr walk**

After breakfast at lodge, we trek to Namche following with the left bank of Dudh Koshi River. While following the level path along the right bank from the resort, Thamserku 6623m looms skyward on the opposite bank. After crossing a stream and climbing the terraced hill from the Dudh Koshi route, we arrive at Banker. Walking on the riverbed on the left bank, through a forest we arrive at Chumow where we can visit the Vegetable Farm. Walking along a path with many ups and downs, crossing a stream you pass by a small village located at 2840m gaining with 230m from Phakding named Monjo. We stop for lunch here. Then from Monjo, descending stone steps you come to a suspension bridge, and, after a short climb you reach Jorsale.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 05: Acclimatization walk to Museum, Everest View Point Hotel, Khumjung (3780m/ 12401.57 ft.), Kunde (3840m/ 12598.43 ft.) & Shyangboche (3790m/12434.38 ft.) & return to Namche, 5hr walk**

We climb up to the Sherpa Culture museum with its fine displays, photos and background information. We continue climb up to the Everest View Hotel, after we visit to picturesque Sherpa village Khumjung and Kunde where we visit the Edmund Hillary hospital, and after we return to Namche via Shyangboche where we have a relaxed afternoon. The rewarding hike offers us splendid views of Everest, Ama Dablam, Thamserkhu, Kongde, Gang Tega & Taboche, the wall of Nuptse, Lhotse, and while to the west and northern are Kongde Pharchamo, Teng Ragi Tau, Lamuche RI & Pimu. To the south is the Dudh Koshi valley. Also outside is the Tenzing Memorial, bedecked with flags and an image of the famed climber, the next board has a poem dedicated to Tenzing Norgay Sherpa, written by Ramsey Ullman.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## Day 06: Trek to **Phortse** (3810m/12500 ft.), 5-6hr walk

From here we short climb up and cross the Sagarmatha National Park, further trail is quite scenic on gentle flat and not so far walk, the trail to the Phortse climbs up and is then narrow beside a towering rock face. The normal path contours around a bluff and steadily gains height to a large white stupa on the skyline and appears closer than it is Yaks often graze here. The trek offer us stupendous views of Ama Dablam and the hidden Hongu valley peaks and Kangtega. From the stupa part of the route is somewhat frustrating. The village of Phortse can be clearly see just across the valley. From here we descend a long way to the Dudh Koshi River. The route is pleasant through tress down to the teahouse of Phortse Tenga. From here we continue down, passing a camp/lodge in the forest, to wooden bridge across the river and from here finally we short steep climb and reach at Phortse village. The Phortse monastery is located above the village. The village said to be the landing place of Lama Sangwa Dorje, who took to flight in one legend. Trek via Phortse Sherpa village is good idea.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## Day 07: Trek to **Tengboche** (3870m/12696.85 ft.), 5-6hr walk

The trail to Pangboche (3860m) is demanding, with some short sections of narrow, ups, it presents a more adventurous option. The views of Everest are stunning from this airy belvedere. Some hours of walk from Phortse will bring us to Pangboche where we receive our lunch. Pangboche is famed for its monastery and yeti scalp that was before it went walkabout. Yetis abound above the villages, so we watch out for the tell-tale signs of the beast-hallucination. From here offer incredible views of Mt. Ama Dablam. After receive lunch we scroll down from Pangboche to the bridge over the Imja Khola is interrupted by the much photographed stupas en route.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## Day 08: Trek return to **Phakding** (2610m/8563 ft.), 6-7hr walk

From here we dives down to the valley floor below where it crosses a river and shoots right back up – basically why we have bridges. Gradually we reach at Phunki Thenga after some ups and few downs and then follow the trail Namche Bazaar. From here our trail is more pleasant and gentle flat. The trek will offer us several great views of snowcapped, diversity landscapes, beautiful valley, flora and Fauna is another attraction the day.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

**Day 09/10: Trek return to Lukla /Tenzin Hillary (2800m/9186.352 ft.) and fly to Kathmandu (1350m/4429 ft.), 3-4hr walk+25min fly**

We retrace our steps from day 03. Although the path is all downhill, the unrelenting slope place a strain on the knees and trekking poles will come in handy. We take frequent necessary stops where we have a relaxed tea.

[Included meals: Breakfast+Lunch+Dinner & Bed and Breakfast in Ktm]

Overnight at teahouse & hotel in Ktm

**Day 11: Departure from Kathmandu (1350m/4429ft.)**

A representative of IHSA will drop off you at the airport by private vehicle

[Included meal: Breakfast]

## Trek Duration:

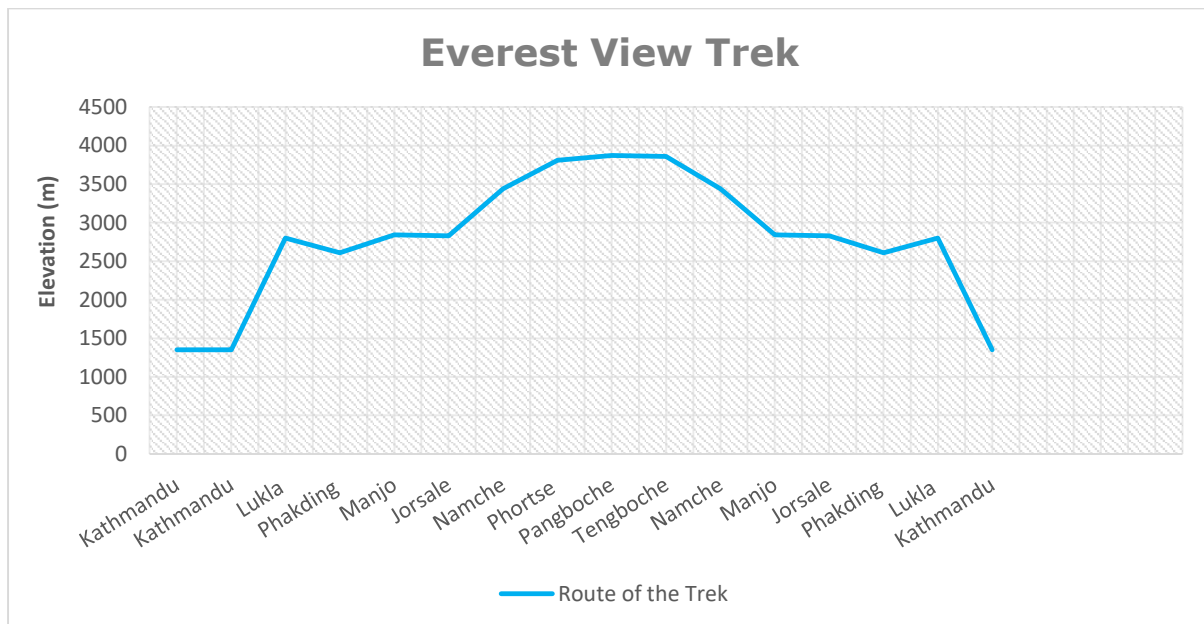
Standard itinerary – 11 days. Can be shortened or extended depending on time and fitness.

## Supplementary time

The flight from Kathmandu to Lukla significantly reduces the journey time compared to the trek via Jiri (which we also offer). The flight is the shortest and most popular way of gaining access to the region but the mountain weather is notoriously unpredictable and sometimes even during the best part of the season, flights are delayed or postponed for one or more days. We can also arrange for a Helicopter charter from Kathmandu to Lukla instead but this adds significant extra cost. We highly recommend that you take potential delays into account and allow for some extra day in Kathmandu. You can use your extra time here in Nepal by doing many exciting activities like rafting, Chitwan jungle safari, Rock Climbing, Langtang Helicopter Tour, Mountain flights or simply enjoy the bustling streets of Kathmandu.



## Altitude Profile



**We offer two packages:** Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

### Basic Package:



- + 11 days Everest View Trip
- + Round trip by flight
- + Guides and porter services
- + Daily Full Board meals during the trek
- + Airport pick up & drop off personally. For details see below.

### Comfort Package:

As Basic and

- + 3\* hotel accommodation for 3 nights in Kathmandu with Breakfast
- + Experience a cultural city tour in KTM with guide. For details see below.



## Includes:

- + All airport transfers. We'll pick you up personally
- + Sightseeing in Kathmandu by private vehicle and professional English speaking City Guide
- + Private trek with an English speaking govt licensed, ministry of tourism trained trekking guide with meals, accommodation, salary and insurance
- + 1 porter (between two clients) to carry your luggage during the trek (max 22 kg; i.e. 11kg pP) with meals, accommodation, salary and insurance
- + Flight from KTM to Lukla and return
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses and tented as per the itinerary
- + Necessary paper works, government taxes and local taxes
- + Duffel bag and trekking map (Duffel to be returned after trip completion)
- + First aid medical kit, oxygen carried by the guide & Trip achievement certificate
- + Everest National Park Entry Permit & Pasang Lhamo Gaupalika Entry Permit
- + Complimentary welcome or farewell dinner in Kathmandu with host family



## Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. For the further detail information have visit through this link; <http://www.nepalimmigration.gov.np/>
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guides & Porters
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.





## Accommodation

For this trip, you will be staying comfortable Accommodation in a quality 3\* hotel with breakfast in Kathmandu as per the itinerary [upgrade possible]. Throughout the trek you will be accommodated in lodges/teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charge



## Location

This Everest View trip will take place at Kathmandu and Sagarmatha National park Area in Nepal.

## Foods

On your stay in Kathmandu, you will be given a welcome drink upon your arrival and daily breakfast will be provided to you. On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

*The following meals are included:*

Breakfast

Lunch

Dinner

If you have special dietary requirements it's a good idea to communicate it to the organizer when making a reservation



## Additional Options:

**+ Hotel upgrade in Ktm: [65 USD for 4\* hotel, 95 USD for 5\* hotel per night]**

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4\*/ 5\* category.

**+ Optional Extended Route [continue to following destinations]**

On day 7 you can extend your trip and continue to Everest Base Camp Trek or Gokyo Lakes or if you are passion with peak climbing then you can climb Island Peak or Mera Peak Or Lobuche Peak or Nirkha Peak etc rather than trek to Lukla. For this trek you are require some additional days.



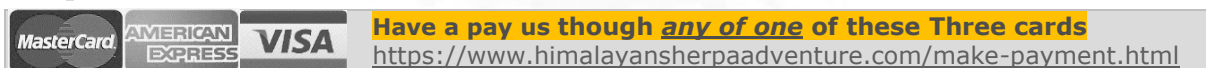
## Trip Booking Policy

when booking a trip with us, we kindly request you to provide;

- ✓ a valid passport copy
- ✓ a recent passport sized photo
- ✓ your contact details
- ✓ complete documents of travel and health insurance (can attach 14 days before the arrival)
- ✓ Your Arrival Details and Departure flight Details (can attach 14 days before the arrival)
- ✓ An advance payment of 30% of total trip cost must be deposited at the time of booking the trip to uphold the reservation and cover any initial expenses.
- ✓ The due amount of the trip must be cleared 14 days before the arrival.

Note: All the extra charges incurred during the transfer of your money will be bear by yourself.

## Payment Procedures



## What you received after advance deposited

- ✓ Trip Booking Confirmation Letter and Invoice

## Why Book With IHSA?

- ✓ Provide Best Valued Services
- ✓ Local & Authentic Himalayan People
- ✓ Zero Compromise on quality and service delivery
- ✓ The team of Cultural & Sherpa People
- ✓ Well experienced and professional support staff
- ✓ Support and implement eco-friendly trip packages
- ✓ Prepare customized trips
- ✓ Better satisfaction to the individual in small groups
- ✓ Best verified clients reviews and Free Cancellation



## Free Cancellation Policy

- Free cancellation up to 60 days prior departure, after the deposited advance payment becomes non-refundable. But it is transferable to your friends or family with obligation of the same date of the trip.
- Make sure that you have the right travel insurance to cover your trip cancellation expense.
- Such as sudden strikes, changes of permit policy or tightening of restriction to foreign tourists all fall under the non-refundable policy and are therefore not valid causes for any refund.
- The company will not issue any refund if clients leave a trip after the commencement for any reason, either voluntarily or involuntarily. Meals, accommodation or services not used are not refunded.



## Verified Review

### Everest base camp and kala pattar

Conor Crowley from Ireland and I went with Tsering's trekking company to fulfil an ambition to trek Everest View Trek (with my sister). From the start of the booking process through the trek and post stay in Kathmandu I must say that Tsering was organised and attentive at all times, and very accommodating with payment structure. The guide on the trek Lama was very patient and worked the nightly accommodation based on our capabilities and we owe in no small measure our success to him. The trek is a difficult one needing persistence as well as fitness.

Before and after the trek in Kathmandu Tsering looked after my sister and myself very well with a guided tour and hospitality meal. I did have some flight issues and Tsering was on hand to help me, even though it was his day off. All in all a great trek and Kathmandu experience organised by Tsering and The Incredible Himalayan Sherpa Adventure.

Cheers,  
Martina Dwinita  
Indonesia

For the more reviews, have a kindly go with the this link:

[https://www.tripadvisor.com/Attraction\\_Review-g293890-d10022019-Reviews-Incredible\\_Himalayan\\_Sherpa\\_Adventure\\_Pvt\\_Ltd-Kathmandu\\_Kathmandu\\_Valley\\_Bagmati.html](https://www.tripadvisor.com/Attraction_Review-g293890-d10022019-Reviews-Incredible_Himalayan_Sherpa_Adventure_Pvt_Ltd-Kathmandu_Kathmandu_Valley_Bagmati.html)

## Trip Related Information

### Trekking Day

The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections

tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

## Trekking Guides

The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

## Your luggage

Your backpack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

## Money and Tipping

It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 10 - 15 per meal in Kathmandu (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price.

## Insurance

while you do trips through Incredible Himalayan Sherpa Adventure, you must submit copy of your insurance certificate and it is excluded in the trip price. Your insurance policy must coverage accidents, medical expenses, emergency evacuation including helicopter rescue and then personal liability. At the time of you do Insurance you should read the policy carefully whether your requirements are included or not. Incredible Himalayan Sherpa also advocated your Insurance policy coverage cancellation curtailment, loss of luggage and personal effects. If you have must proof of the Insurance receipt, you will do initiative otherwise you can't get any compensation. Make sure the insurance is valid at an altitude of >5000m.

## Preparation and Health Issues

Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

## Altitude Issues

AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descent might be required. A quick descent (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

## Climate and Temperature

At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold



(below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

## Nepal Visas

You need visa for Nepal, which can be obtained in advance or on entry. If you wish to apply before departure the current visa cost is £20 for a 15 day visa and £35 for a 30 day visa for UK passport holders. The current cost of a visa on arrival is US\$25 for 15 days, US\$40 for 30 days or if extending your stay \$100 for 90 days. All are multiple entry. The visa on arrival fee can be paid for in cash in US Dollars, Pounds Sterling or Euros. You will also need a passport photo. Application forms are available in the immigration hall (or for electronic passports there are visa registration machines which, after inserting your passport, automatically fill out a form for you). You must firstly join the queue to pay the visa fee, and then go to the relevant immigration desk to obtain your 15, 30 or 90 day visa stamp. There can be long queues for visas on arrival. For the further detail, have go through this link; <http://www.nepalimmigration.gov.np/>

## Trekking Equipment

Have a kindly bring following stated equipment for the camping/tented trek. The equipment you can buy in Kathmandu with different quality in good price.

### Luggage:

**01 large duffel bag:** The Luggage is for to carry all your personal gear on the trekking and this duffel bag company will provide you but duffel to be returned after trip. As well as you can also bring backpack with 65-70L in the place of the duffel bag too.

### Head and Face Gear:

- ✓ Sunhat
- ✓ Sunglasses
- ✓ Warm hat
- ✓ Sunscreen with a very high SPF factor
- ✓ Lip balm with a high SPF factor

- ✓ An emergency light

## Hands:

- ✓ Lightweight gloves

## Inner Clothing:

- ✓ T-shirts
- ✓ Thermal underwear- Top and bottom. Synthetic is best
- ✓ Underwear
- ✓ 2 shorts
- ✓ 2 Trousers- (comfortable) One thin, one thick and warm

## Outer Clothing:

- ✓ down Jacket
- ✓ Fleece Jacket (or a windproof jacket)
- ✓ Waterproof jacket with a hood (or a poncho)
- ✓ Waterproof pants
- ✓ 2 pairs of gloves/mittens (1 thin and 1 thick)
- ✓ 1 sweater to be worn under the fleece jacket

## Footwear:

- ✓ Light weight walking boots
- ✓ Spare laces
- ✓ 2 pairs of thick woollen socks
- ✓ 2 pairs of thin socks to be worn under the woollen socks
- ✓ One pc of sandal

## Drinking Equipment:

- ✓ Water Bottle
- ✓ Purification equipment iodine or purification tablets is highly recommended

## Sleeping and Carrying Equipment:

- ✓ 30-40 litter daypack

- ✓ Water Proof Bag-A water proof bag to cover the rucksack
- ✓ Sleeping Bag- Please brings a bag that can resist temperatures as low as -15 degrees Celsius

## Personal Medical Kit:

- ✓ Bandage for sprains
- ✓ Plasters/Band-Aids
- ✓ Iodine or water filters
- ✓ Moleskin/Second skin - for blisters
- ✓ Antiseptic ointment for cuts
- ✓ Anti-bacterial throat lozenges (with antiseptic)
- ✓ Aspirin/paracetamol - general painkiller
- ✓ Oral rehydration salts
- ✓ Broad-spectrum antibiotic (norfloxacin or ciprofloxin)
- ✓ Anti-diarrhea medication (antibiotic)
- ✓ Diarrhea stopper (Imodium - optional)
- ✓ Diamox (altitude sickness - can be bought in Kathmandu)
- ✓ Sterile Syringe set (anti-AIDS precaution)

## Extras/Luxuries:

- ✓ Binoculars
- ✓ Reading book
- ✓ Journal & Pens
- ✓ Travel game i.e. chess, backgammon, scrabble

## Toiletries:

- ✓ 1 medium sized quick drying towel
- ✓ Toothbrush/paste (preferably biodegradable)
- ✓ Multipurpose soap (preferably biodegradable)
- ✓ Deodorant
- ✓ Nail clippers
- ✓ Face and body moisturize
- ✓ Feminine hygiene products
- ✓ Small mirror

Have a Happy Trek!!!!....