

EVEREST YMH TREK

Yeti Mountain Home Comfort Lodges



A walking holiday in sight of Everest staying in
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the best accommodation

- On trek, stay in well-appointed 'Yeti Mountain Home' lodges
- Kongde Lodge, a special experience with amazing Everest views
- Namche Bazaar and Thame, principal towns of the Sherpas
- Option to hike to 4830 metres on Sumdur Ridge



Nepal, Trek & Walk, 13 Days

9 nights lodge, 3 nights hotel with swimming pool, 12 breakfasts, 11 lunches, 12 dinners, max group size: 10, 9 days trekking, max altitude - 4250m. optional hike to 5000m.



PLEASE CHECK OUR

FIXED DEPARTURE DATES

Introduction

The Mount Everest National Park has been a popular destination for trekkers and climbers alike, since the very first expeditions to the Nepalese side of Everest in the 1950's. Up until now trekking in this stunningly beautiful region involved either camping or staying at basic tea houses. Now it is possible to trek in the Khumbu staying at comfortable lodges with all the modern conveniences of a city hotel. Our luxury lodges all offer spacious rooms which are pleasantly decorated and have attached bathrooms with running hot and cold water. Best of all, each has been carefully sited to present a magnificent panorama of the Himalayas from the lodge itself. Based around the 'Yeti Mountain Home' chain of comfort lodges - at Lukla, Phakding, Monjo, Namche Bazaar, Thame and Kongde, this holiday promises the best standard of accommodation in the Khumbu and a whole new way to experience the Everest region. During our 9 days in the homeland of the Sherpas, we trek to Namche and have a day to explore this thriving settlement, before heading on to Thame. Here, we can hike to Sumdur Ridge (4830m) for unforgettable views of a host of big peaks, including Cho Oyu. Our return to Lukla then follows a brand-new trail, traversing rhododendron-covered slopes on the west side of the valley to Kongde, a veritable 'eagles nest' with a unique panorama of Everest Lhotse, Thamserku and Ama Dablam. This is a sensational view which people on the standard 'Everest Trail' do not get to see. A day-hike to the excellent viewpoint of Farak Ri for an even more expansive outlook on the Khumbu Valley is an option from Kongde. Twin bedded rooms, en suite bathrooms and pleasant dining areas can now be a part of your trekking holiday to Everest.

Is this holiday for you?

Generally, the trekking conditions on this comfort trek in the Everest region are relatively easy, following good paths and yak trails throughout. Trekking from Thame to Kongde and from Kongde to Phakding, however, we will encounter trails which are less often trekked and which have one or two more challenging sections. The maximum altitude reached on the holiday is under 5000 metres and the maximum altitude at which we sleep is 4250 meters. By Himalayan standards this is not so high and the altitude issues attendant on a trek to Everest Basecamp, for example, should not be of concern to us on this holiday. It should be noted however, that trekking at altitudes above 3000 meters makes greater demands on the body than walking at low elevations and can be challenging even for fit hikers. The holiday is well staged for an introductory walk in the Khumbu using comfort mountain lodges along the way. No camping is involved. You will need to ensure you are physically prepared for the trek and you should be comfortable walking for 4 to 6 hours each day and for several days continuously. This Everest trekking holiday should be well within the capabilities of all fit and active hikers.

Holiday Itinerary

Day 1: Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.

Welcome to Nepal! On arrival in Kathmandu, you will be met at the airport by your representative. They will have YMH signboard if you have booked directly or the logo of travel agent if you are through your agent.

There is a short drive to your hotel. You'll be served with welcome drink and given keys to your rooms. Rest of the day is for you to prepare for the trek. We have group welcome dinner where you will be introduced to your other members joining the adventure with you. Your leader will brief you on the program. If you have any questions on the trip, it is the right time to ask.

ACCOMMODATION - HOTEL WITH SWIMMING POOL

MEALS - D

Day 2: Fly to Lukla, then trek mainly downhill to the riverside settlement of Phakding (2610m).

After breakfast in the hotel we take a bus to the domestic terminal of Kathmandu Airport for the 45 minute flight to Lukla. Landing on the narrow, sloping runway high above the Dudh Koshi River in the heart of the mountains is a very spectacular way to arrive. To assist with acclimatisation, we allow 2 days for the walk up to Namche Bazaar. After meeting our porters we will take lunch in the Yeti Mountain Home lodge and then start our trek with an easy, mostly downhill leg, from Lukla to Phakding. This trek takes us through pastoral lands of the Sherpas and we pass several small villages and individual farms. Many Sherpas now make their living exclusively from trekking and there are also many tea houses and basic lodges where its possible to stop for a drink or a chat. We will also pass by many stones intricately carved with prayers in the evocative Tibetan script, and prayer wheels of all sizes. Everywhere in the valley colorful strings of prayer flags flutter from high points and bridges. After 2-3 hours of trekking we finally meet the river and reach our first lodge at Phakding located beside the tumbling Dudh Koshi. The altitude at this first stop is actually lower than Lukla at 2610 metres.

ACCOMMODATION – LODGE**ASCENT – 350M****DISTANCE – 7KM****MEALS - BLD****DESCENT – 630M****TIME – 3 HOURS****Day 3: Trek to the Sherpa capital of Namche Bazaar (3400m). Rest of the day free to relax or explore.**

A very pleasant walk by the river through pine forest leads to a short climb to escape a narrow gorge section. We pass the entrance to the Khumbu National Park where details of our permits are recorded and then drop down again to the river which we cross on a suspension bridge. We continue up the wooded valley on a good trail and cross the river again before reaching a confluence of rivers one coming down from Thame and the other from the main Khumbu Valley. We make a final crossing here on a spectacular high suspension bridge and then begin an hour and half long ascent to Namche on a wide switch back trail. About an hour below Namche, we gain our first views of Everest. On arrival in Namche, we check into our Yeti Mountain Lodge. Altitude at our overnight accommodation is 3400 metres.

ACCOMMODATION – LODGE**ASCENT – 1150M****DISTANCE – 10KM****MEALS - BLD****DESCENT – 400M****TIME – 6-7 HOURS****Day 4: At Namche Bazaar. Optional day-walk to Khumjung and Kunde for views of Everest.**

Namche Bazaar is tucked away between 2 ridges amongst the giant peaks of the Khumbu. An ancient market place where goods from as far away as Tibet were and still are traded, Namche today boasts an abundance of lodges, cafes, bars and souvenir shops. Close to our lodge is the internationally known Museum of Sherpa Culture and the traditional villages of Kunde and Kumjung are a highly recommended half-day excursion. The location of our lodge is superb giving us a birds eye view over Namche and across the Valley to the serrated ridges of the Kongde range, while the magnificent peak of Thamserku (6623m) rises as a backdrop. Just a short walk away is a classic view of Ama Dablam, one of the most beautiful mountains in all Nepal and of Lhotse and Everest. This is an ideal place to spend the day, acclimatising to the new altitude before heading further up-valley to Thame.

ACCOMMODATION – LODGE**ASCENT – 350M****DISTANCE – 5KM****MEALS - BLD****DESCENT – 350M****TIME – 2-3 HOURS****Day 5: Trek above the Bhote Khosi River via Phurte and Thamo to the Sherpa settlement of Thame (3820m).**

After breakfast at our lodge we start the day with a 2 to 3-hour walk through forest of spruce, juniper and pine to the village of Thamo. This trail is much less used by trekkers and we will immediately notice the difference. It is, however, an

important trail which leads all the way to Tibet via the Nangpa La on the shoulder of Cho Oyu (8012m). On today's trek we are likely to see few other trekkers. We stop for our lunch in Thamo which is the home village of the Ang Rita Sherpa, who has summited Everest 10 times without oxygen. After lunch, we continue walking for another 2 hours to arrive at a deep gorge where the Bhote Koshi River thunders through the narrow defile. We cross a sturdy bridge spanning the gorge to reach Thame (3800m). This important village is the home of many famous mountaineers including Tensing Norgay the first man to reach the summit of Everest along with Sir Edmund Hillary. Apa Sherpa who has reached the summit at least 18 times lives here now. The village is very picturesque and also has a magnificent 16th century Nyingmapa gumpa (monastery) built by Lama Rolwa Dorje. We check into our deluxe rooms with breathtaking views of Thamserku and Kusum Kanguru.

ACCOMMODATION – LODGE	ASCENT – 850M	DISTANCE – 13KM
MEALS - BLD	DESCENT – 550M	TIME – 5 HOURS

Day 6: Thame Monastery visit and optional trek to Sumdur Ridge (4830m). We spend a second night in Thame.

A steady pace is required for the steep trail up to Thame Monastery. Most people agree that viewing the interior of the traditionally decorated gumpa is well worth the effort of the climb. After spending some time here, there is the option to extend our acclimatisation walk up to a shoulder of Sumdur Peak where we have magnificent views of Teng Kangpoche, Kongde and Everest. We return to spend a second night at our cosy lodge at Thame.

ACCOMMODATION – LODGE	ASCENT – 900M	DISTANCE – 9KM
MEALS - BLD	DESCENT – 900M	TIME – 4-5 HOURS

Day 7: Trek on an ancient and recently renovated trail to Kongde (4250m) with its amazing Everest views.

Now fit and well acclimatised, we have 2 tougher trekking days which bring great rewards in terms of the outstanding Himalayan panoramas which they allow us. We start out today with a descent of around 30 minutes and then follow a trail on the south side of the Bhote Kosi River, through the tiny village of Pare. We then climb gradually through beautiful rhododendron, pine and bamboo forest to arrive at the glacier of Kongde Peak where we have stunning views of Everest, Lhotse and Ama Dablam. This is a very new trail, built specifically for the Yeti Mountain Home lodge and we are unlikely to see many other trekkers at all on this section. Although the trail is well built it does cross some very steep ground and there is one short section where cables are used as hand rails to safeguard progress. We check into our lodge for the next two nights in Kongde. This lodge situated at 4250 metres and has the most spectacular view, looking right across the valley to Namche and beyond to Thyangboche, with the backdrop of Everest, Lhotse, Thamserku and Ama Dablam. The restaurant and bar serve fine wines and delicious cuisine which we can enjoy while watching the sunset on the world's highest peak out of the window. It just doesn't get better than this!

ACCOMMODATION – LODGE	ASCENT – 700M	DISTANCE- 9KM
MEALS - BLD	DESCENT – 270	TIME – 7-8 HOURS

Day 8: Trek to the viewpoint of Farak Ri (5000m) or relax at the lodge. We spend a second night in Kongde.

For those who wish to make the excursion to Farak Ri (5000m) we have an early start to catch the best views. It will take us 2 to 3 hours to reach the top of this viewpoint peak. From the summit, we are treated to a panoramic view of the entire Khumbu Valley, including four of the six highest peaks in the world, namely Everest, Lhotse, Makalu, and Cho

Oyu. Returning to Kongde we take lunch on the terrace with our birds-eye view over Namche and Khumjung village, and the rest of the day is free for relaxing or further walks in the area.

ACCOMMODATION – LODGE	ASCENT – 900M	DISTANCE – 4KM
MEALS - BLD	DESCENT – 900M	TIME – 4 HOURS

Day 9: Today involves a long trek down to reach the Everest Trail and the small Sherpa village of Phakding (2610m).

From our high perch above the Dudh Kosi river the trail to Phakding descends quite steeply and trekking poles are highly recommended. There is no hurry and along the way we have the chance to spend time in a number of small Sherpa settlements, situated off the main trail and unused to seeing trekkers. Finally, we reach the Everest Trail and continue our trek to Phakding.

ACCOMMODATION – LODGE	ASCENT – 100M	DISTANCE – 6KM
MEALS - BLD	DESCENT – 1740M	TIME – 5 HOURS

Day 10: Trek back to Lukla, with the afternoon free to explore this thriving airstrip settlement.

We enjoy a leisurely start to the day before completing our trek with the final short stage to Lukla. Remembering that our first day's walk from Lukla was downhill and what comes down must go up, prepare for the sting in the tail as we climb steeply for the final 40 minutes to crest the ridge on which Lukla Airstrip was built. Here we check in at the Yeti Mountain Home for our last night in the Khumbu.

ACCOMMODATION – LODGE	ASCENT – 400M	DISTANCE – 7KM
MEALS - BLD	DESCENT – 170M	TIME – 3 HOURS

Day 11: Fly to Kathmandu. The rest of the day is free for sightseeing or relaxing.

Saying goodbye to our Sherpa crew, we take the 45 minute flight back to Kathmandu. Arriving in the bustling city after trek is always a bit of a shock but we are soon in the tranquillity of our hotel. The rest of the day is free for you to relax and do independent sightseeing. If you need guided sightseeing, you can let your representative know in advance.

ACCOMMODATION - HOTEL WITH SWIMMING POOL
MEALS - D

Day 12: Freeday at leisure.

This is an important contingency day in case of delays to the flights from Lukla. If we have experienced no delays this is an opportunity to explore the fascinating city of Kathmandu. The afternoon is free for independent sightseeing or shopping in the colorful bazaars. This evening we will have a celebratory meal and reflect on our Everest adventure.

ACCOMMODATION - HOTEL WITH SWIMMING POOL
MEALS - D

Day 13: Departure day. Transfers to Kathmandu Airport are provided.

Transfers to Kathmandu Airport are provided. For extension trips, please contact our office.

MEALS - B

Holiday Information

Cost per person : US \$ 2770.00 (Minimum 4 pax)
Single Room Supplement : US \$ 615.00

What's Included

- Airport transfers
- Internal flights and all land transport included in the itinerary
- Accommodation at Gokarna Forest Resort on Bed and Breakfast/Twin Sharing
- Accommodation at Yeti Mountain Home on Full Board Basis/Twin Sharing
- All meals (Breakfast, Lunch & Dinner)
- Once on trek the group will be assisted by porters and experienced Sherpa guides

What's Not Included

- Guided Sightseeing
- Travel Insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

Food

The restaurants at Yeti mountain Home lodges offer a wide range of dishes prepared by trained chefs. There will be the opportunity to sample local cuisine but there will always be an option for more familiar international dishes. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple desert. If you wish to order additional dishes and/or snacks, you should budget accordingly. In Kathmandu it is possible to see a restaurant or dish from almost every cuisine in the world.

Meal Plan

Breakfast, lunch & dinner are included as per the itinerary.

Joining Arrangements & Transfers

All clients travelling to Kathmandu will be met at the airport by your local agent representative who will arrange the transfer to the group hotel. Clients MUST provide local agent office with full details of their flights and should let us know if Kathmandu Airport transfers are not required. Hotel contact details and an emergency number will be provided with your booking confirmation.

Accommodation

While in Kathmandu the group will spend 3 nights at the original Gokarna Forest Resort, While on trek we will have a total of 9 nights in Yeti Mountain Home Lodges, where we stay in comfortable twin or double rooms with attached bathroom and hot and cold running water. While the lodges we use in the Khumbu are vastly superior to standard lodges (which generally do not have running hot water and use shared washing rooms and toilets), they are never-the-less remote. All furnishings fittings and equipment have to be carried long distances by porters. You should therefore not expect the standards that can be achieved in luxury accommodation in the city. All accommodation is on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Depending on availability, single rooms can be requested at a supplementary cost. Additional hotel nights in Kathmandu can also be arranged.

Internal Flights

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The changeable nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the European Commission's list of airlines that are banned from flying into EU member states. Flying in Nepal is an acknowledged risk, and the UK Foreign and Commonwealth Office travel advice provides further details which you can read on their website at: www.gov.uk/foreign-travel-advice/nepal/safety-and-security.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night near the airport and this may be at a hotel other than the group hotel. On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but alternative arrangements must be made if internal flights are cancelled for a subsequent day. For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. Helicopters can sometimes fly when the scheduled fixed wing aircraft cannot. If your group is offered the opportunity to use a chartered helicopter, either flying up from or back to Kathmandu, the cost will be shared between those choosing to take this option. In the extremely unlikely event that flight cancellations cause you to miss your homeward international flight, Local agent will render all assistance, but cannot be held liable for any extra costs incurred. We advise you to take out suitable insurance and to keep your receipts, as you may subsequently be able to make a claim.

Group Leader & Support Staff

The group will be accompanied by an experienced English-speaking local trek leader, additional Sherpa guides and porters for luggage carrying.

Spending Money

Approximately £250 (or equivalent in US dollars, Euros etc.) changed into local currency, should be allowed for miscellaneous expenses including those itemized below. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

Guidance On Tipping

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. The group should decide together on the level of tipping but as a rough guide, we suggest that a contribution from each group member of around US dollar 100 - 150 (depending on the number of member in the group) to a tip pool should provide for adequate tips to your local staff. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received by the porters. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the Shepa crews. If you think you would like to donate equipment at the end of your trip, your local trip leader will make arrangements for a fair distribution among the trek crew.

Baggage Allowance

Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg (33 pounds). For all flights to and from STOL airstrips in Nepal, the maximum allowance for hold baggage AND hand baggage combined, is 15kg. It is essential you keep the total weight of your baggage within this limit. This weight allowance is normally strictly enforced and excess baggage will be charged. Please be aware that you will have to pay for this at check-in. It is possible to leave clothes or other items not required on trek at the group hotel.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday.

Group Size And Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Transit Via India

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa.

Visa Nepal

All nationalities require a visa. The visa fee is \$25 for 15 days, \$40 for 30 days, \$100 for 90 days and is obtainable on arrival. Payment must be made in cash and USD, GBP or Euros are accepted. You will require 2 passport photos.

Trekking Permits – What Do We Need From You ?

For treks in the Everest region we just need your passport details.

Health & Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary. On holidays to more remote areas you should also have a dentist check up.

Currency

The unit of currency in Nepal is the Nepalese Rupee.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at: _

<http://www.worldstandards.eu/electricity/plugs-and-sockets/>

Preparing For Your Trip

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Although the trekking on this trip is not difficult or sustained, hiking at altitude is more demanding than similar terrain at lower elevations. We suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but any regular exercise such as jogging, squash and swimming is also good for developing cardio vascular fitness and stamina. Before coming on the trip we recommend that you make time for some longer walks in hilly country. It is also a good idea to do some reading about the culture of Nepal and of the Sherpa people who live in the Everest region. There are many books on this subject and some are listed below.

Climate

The months of April to May and October to December either side of the summer monsoon season offer the best conditions for trekking. The post-monsoon months usually offer the clearest skies and the most settled weather while spring brings the blooms of the rhododendron at lower elevations. In both seasons you should expect pleasant daytime walking conditions, even getting a little hot around mid-day. Above 3000 metres once the sun goes down (around 5.30 pm) the outside temperature plummets dropping close to or below freezing. The norm in these periods is for clear and settled weather but mountains do produce their own micro-climate and short-lived storms including rain or snow cannot be ruled out.

Books

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti
- Everest: A Trekkers Guide. Kev Reynolds. Cicerone
- Into Thin Air. Jon Krakauer
- The Climb. Anatoli Boukreev
- The Ascent of Everest. John Hunt & Edmund Hillary
- Everest the Old Way. John Driskell

Maps

Everest Base Camp. 1: 50,000 Nepa / National Geographic Maps

This map which is collaboration between National Geographic and the long established Nepal publisher, Nepa Maps, is probably the best for this trek. It has relief shading and a 40m. contour interval.

Flight Information

Flight Inclusive Notes

While your domestic flights are pre booked and included with the program, we will be happy to assist you with the international flight booking. The international flight however incurs extra charges and is not included in the price.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary joining in Kathmandu on the dates shown above. For clients making their own flight arrangements, Kathmandu Airport is the most convenient for transfers to the group hotel. Please refer to the 'Joining arrangements & transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking.

We hope that this trip notes has answered most of your questions.

Please feel free to contact us and speak to one of our experts.



Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your trek bag while trekking should be no more than 15 kgs. For all flights to STOL airstrips in Nepal, the maximum allowance for hold baggage AND hand baggage combined, is 15 kg. It is essential you keep the total weight of your baggage within this limit. Paying for transportation of excess baggage is not normally an option on these flights. It is possible to leave clothes or other items not required on trek at the group hotel.

You Must Bring The Following Items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Warm gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2
- Washbag and toiletries
- Antibacterial handwash
- Selection of dry bags (to keep trek bag contents dry)
- Small padlock (to lock trek bag)
- Daypack 20 -25 litres
- Basic First Aid Kit including: plasters, blister treatment (e.g. compeed), and pain-killers

The Following Items Are Optional:

- Down jacket (recommended - evenings can be chilly)*
- Trekking poles (recommended)
- Training shoes or similar (for use in the lodge)
- Spare laces
- Shorts
- Gaiters (you may encounter snow)
- Scarf or buff
- Travel clothes
- Camera
- Penknife (remember to pack sharp objects in hold baggage)
- Repair kit – (e.g. needle, thread, duct tape)

Notes

* Down jackets can be hired through your local agent. Bedding and towels are provided at the lodges

The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a long skirt