

<p><b><u>Trekking</u></b> <b><u>Equipment And Clothing</u></b></p> <p>2 light shirts 1 fleece jacket 2 pairs of light trekking trousers Warm Gloves Stuff Sacks 1 down jacket/ can be hired in Kathmandu 1 breathable waterproof jacket 1 pair of shorts, optional Warm hat Underwear Fleece trousers (good to sleep in). 3/5 walking socks 1 sun hat 1 buff 1 pair of walking boots (light) 1 sunglasses (high UV) 1 sleeping bag (4 season), can be hired in Kathmandu 1 medium size day sack 40/45 litres 1 head torch+ spare batteries 1 one litre water bottle 2 roll toilet paper 1 towel and washing kit 1 high factor sun cream and lip salve 1 personal first aid kit (we will carry an extensive kit) A pair of walking poles are a good idea for this terrain. 2 small locks 1 large strong holdall (for your porter, max weight 15k) will be provided for you on arrival. Optional: UV stick pen for water treatment</p> <p><b><u>Check List Luggage</u></b> Passport (also a photocopy) Visa Equipment (see above) Travellers cheques in American Express Insurance certificate (to be left in Kathmandu) Flight Ticket Personal medication 2 passport photos</p>	<p style="text-align: center;"><b><u>Medical</u></b></p> <p><b>You should always check with a GP or travel clinic for up to-date travel health advice as it does change.</b> <b><u>Vaccinations advisable are:</u></b> Tetanus Typhoid Hepatitis A Polio There is malaria in Nepal; you should not need prophylactics as it rarely occurs in elevations as high as Kathmandu, but it is always best to refer to your GP and travel clinic. The trek should pose no problems for an average fit person. The biggest worry for most people is the altitude. Unfortunately, there is no way of predicting how well a person adjusts to the altitude. Medical opinion is that there is no reason why a reasonably fit person should have any problems with trekking at altitude as long as they ascend slowly. It is advisable if you have any allergies or medical problems to consult the leader and bring any special medication with you.</p> <p style="text-align: center;"><b><u>Insurance</u></b></p> <p>Make sure that you get a reputable insurance policy to cover all eventualities including Mountain rescue and missed international flight departure.</p> <p><b><u>Water</u></b> All water in Nepal is suspect, and must be either boiled or treated with your own water purifying tablets. Bottled water is readily available on trek</p> <p><b><u>Luggage</u></b> All excess luggage that is not being taken on trek, can be safely left in a locked suitcase in our hotel in Kathmandu.</p> <p><b><u>Changes</u></b> We will follow the itinerary as set out but changes can occur due to weather.</p> <p><b><u>Climate</u></b> The climate in Nepal from Oct to May is usually dry with clear blue skies. As you gain altitude it remains warm in the day but can go down to freezing at night</p>
<p><b>Passport:</b> A valid ten-year passport is essential for travel in Nepal and must be valid for at least 6 months after return from the country. There are visa requirements for UK citizens; currently visas can be obtained at the airport upon entry in Kathmandu and will require US\$40 and a passport photo. You can also obtain your visa from the Nepalese Embassy in London.</p> <p><b><u>Money</u></b> Travellers Cheques (American Express) are the best way of taking money in GBP.</p>	