



SACRED TREKS:
Everest – A Journey of Transformation
April 25- May 13, 2011 (19 days)

Here's a truly rare opportunity to experience superb Himalayan trekking where it all first began. The Himalaya, the world's most impressive chain of mountains, is truly the Abode of the Gods, with the world's tallest peak, Everest (29,035'), looming as a sentinel over the Nepal-Tibet border. This is arguably the ultimate trekking destination, and in April of 2011, expert Himalayan guide Cathy Ann Taylor will organize a fascinating journey to this mountain kingdom—a fantastic yet strenuous 14-day trek that takes the shortest and most direct route to the foot of Everest. From Kala Patar (18,192'), you'll set your eyes on the incredible face of Everest, then hike to Everest Base Camp. Cathy Ann's deep connections to the area and her enthusiasm will open doors to many of the local people she has met over the years. You'll experience all this and more with our full service camping and personalized service. You'll fly prayer flags as a tribute to the lives and memories of those who have faced breast cancer. And best of all, you'll be helping to raise funds for the Breast Cancer Fund. This will not be just a vacation but a life experience.

FUNDRAISING CHALLENGE

\$5,000 Please see page 6 for more information.

TRIP DETAILS

Very Challenging ▶ 14 days strenuous hiking on rocky, steep terrain at high elevation (max. 18,192'); 8 nights camping, 6 nights mountain lodges, 4 nights hotels

ITINERARY

(You will likely need to leave the U.S. on April 23 or 24 depending on the routing in order to arrive in Kathmandu on April 25.)

Day 1, Apr. 25 ▶ Arrive In Kathmandu, Nepal

Arrive in Kathmandu by mid-afternoon on Day 1. Your trip leader or a Cattara representative will meet you outside the customs and immigration area at the airport. He or she will escort you to the centrally located Shangri La Hotel, a 15-minute walk to the Royal Palace and the bustling Thamel market. Besides a nice garden area the hotel also has a good restaurant and several shops. Later in the afternoon, there will be a briefing on the trek arrangements. This evening, you'll enjoy a "Welcome" dinner with the group.

D...Shangri La Hotel

Day 2, Apr. 26 ▶ Explore Kathmandu

Morning tour of Bhaktapur, an ancient medieval Nepalese city. Among the highlights is Durbar Square, with its many temples, remains of an ancient palace, and the Sun Dhoka, a gilded copper gate crafted in the mid-18th century. In the afternoon you'll tour Kathmandu, with a visit of the many interesting sights, shrines, and markets, and perhaps a stroll in Kathmandu's fascinating Asan Tole bazaar. Time permitting, you can further explore Durbar Square at your leisure, Thamel, Swayambunath (the "Monkey Temple," overlooking the entire Valley); you can also hire a driver to take you to the nearby city of Patan.

B...Shangri La Hotel

Day 3, Apr. 27 ▶ Mountain flight to Lukla and begin trek

Transfer to the airport for the mountain flight to Lukla airstrip (weather permitting). The world's highest mountains rise before us as we head toward Lukla (9,200'), situated on a high mountainside above the Dudh Kosi river. Here we'll organize the porters, Sherpa guides, and pack animals for the beginning of the trek. From Lukla, the trail descends 1,500 feet down to the Dudh Kosi. The inhabitants of the Khumbu area are Sherpas, people who migrated from Tibet over 500 years ago and still practice Tibetan Buddhism, although most have adopted many of the local Nepalese customs. Continue to the village of Phakding past a number of small villages and terraced hillsides, with views of Khumbila (18,800'), the sacred peak of the Sherpa people, sometimes in sight. Our first camp will be at 8,900' near Phakding, along the Dudh Kosi river. (3-4 hours hiking.)

B,L,D...Camp

Day 4, Apr. 28 ▶ Namche Bazaar (11,270')

Continue trekking up the Dudh Kosi valley to Jorsale, where the trail enters Sagarmatha (Everest) National Park. Begin the steep climb up to the Sherpa market town of Namche Bazaar (11,270'), catching a glimpse of Everest and other Himalayan giants along the way. Namche Bazaar is the local

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center for trading and supplies. Besides houses with typical local architecture, there are trekker's inns, shops, and a small monastery. We'll stay in a lodge in Namche Bazaar. (5-6 hours hiking.)
B,L,D...Sherwi Khangba Lodge

Day 5, Apr. 29 ▶ Rest Day in Namche Bazaar (11,270')

We'll take a rest day in Namche Bazaar for acclimatization. We'll have the opportunity to do an optional morning hike up to the Everest View hotel for amazing panoramic views of Everest and its neighboring mountains. Afternoon rest and visit to the shops and families of Namche.
B,L,D...Sherwi Khangba Lodge

Day 6, Apr. 30 ▶ Thame (12,500')

From Namche Bazaar, we'll hike for half a day on a moderately easy and pleasant trail along the Bhote Kosi to the remote village of Thame (12,500'), situated on an ancient trading route crossing the Nangpa La (pass) between Tibet and Nepal. We'll visit many of Cathy Ann's friends along the way; be prepared to drink lots of tea! After traversing the Bhote Kosi, the trail continues steeply uphill to Thame. (4-5 hours hiking.)
B,L,D...Yak Hotel Lodge

Day 7, May 01 ▶ Khumjung (12,475')

We'll visit Thame Monastery in the morning (13,000'), walk back toward Namche Bazaar, then hike uphill to the village of Khumjung, with fantastic views of the peak of Ama Dablam. Time permitting we will visit Sir Edmond Hillary's medical clinic in the village of Khunde and camp near his school in Khumjung. (6-7 hours hiking.)
B,L,D...Camp

Day 8, May 02 ▶ Tengboche (12,680')

Descend to the Dudh Kosi Gorge and climb up the other side to camp in the lovely meadows around Tengboche Monastery, the spiritual center of the entire Mount Everest region. From here the views of Ama Dablam (with Mount Everest in the background) are simply stunning. We'll attend puja(monk's chanting ceremony) inside the monastery. Camp overnight near the monastery. (4-5 hours hiking.)
B,L,D...Camp

Day 9, May 03 ▶ Labarma (14,500')

Hike across the Imja Khola (river), and pass through the village of Pangboche. Descend and cross a wooden bridge, then hike up to an area called Labarma, a summer yak grazing pasture. From here we can enjoy beautiful views of the Nuptse/Lhotse wall, Pumori, and Everest. (5 hours hiking.)
B,L,D...Camp

Day 10, May 04 ▶ Ama Dablam Base Camp – Dingboche (14,500')

Morning hike to Ama Dablam Base Camp (15,700'), with stunning views of the mountain. Cathy Ann climbed Ama Dablam in winter of 1999 and loves to take folks up to the beautiful meadow below the peak. Retrace our steps back to Pangboche to the large village of Dingboche (14,500'). (7-8 hours hiking.)
B,L,D...Sonam Friendship Lodge

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Day 11, May 05 ▶ Lobuje (16,200')

Hike along the gorgeous Khumbu valley to Dughla (15,100'), where we stop for lunch, then continue to Lobuje right alongside the Khumbu glacier. (5-6 hours hiking.)

B,L,D...Camp

Day 12, May 06 ▶ Gorak Shep (17,000')

Walk to the edge of the Khumbu Glacier before continuing up to Gorak Shep, below Pumori (23,442') and the west face of Nuptse (25,850'). Optional hike up to Kala Patar (18,192') for dramatic views of the Khumbu Glacier and Everest above it—a “must-see” for any mountain trekker! (6 hours hiking.)

B,L,D...Camp

Day 13, May 07 ▶ Everest Base Camp

A potentially long day: Time and weather permitting, we can make an optional hike up to Everest Base Camp (17,600') for views of the Khumbu Icefall. Return to Lobuje (16,200'). (9-10 hours hiking.)

B,L,D...Camp

Day 14, May 08 ▶ Deboche (12, 200')

Walk down to the Imja Khola (river), cross a suspension bridge, and visit the gompa at Pangboche (12,661'). (6-7 hours hiking.)

B,L,D...Camp

Day 15, May 09 ▶ Namche Bazaar (11,270')

Walk steeply down to the Dudh Kosi and then make another climb up to Namche Bazaar. Free time in the afternoon to shop and visit the families of this bustling Sherpa trading town.(5-6 hours hiking.)

B,L,D...Sherwi Khangba Lodge

Day 16, May 10 ▶ Return to Lukla (9,200')

Take a very long but leisurely trek down to the Dudh Kosi and then to Lukla, passing the village of Phakding. (8 hours hiking.)

B,L,D...Sherpa Coffee Shop Lodge

Day 17, May 11 ▶ Return to Kathmandu

Fly to Kathmandu (weather permitting!)*. Upon arrival in Kathmandu, transfer to hotel.

B...Shangri La Hotel

* Flights in and out of Lukla airstrip are dependent on weather and other conditions, and are unreliable and commonly delayed. All camp meals at Lukla are included while waiting. We have scheduled an extra day at the end of the trek so as not to interfere with your homeward-bound flights.

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Day 18, May 12 ▶ Kathmandu

If the Lukla flight is not delayed, we'll tour the large Buddhist stupas of Swayambunath and Bodhnath. The afternoon is free to relax or do some last minute shopping or sightseeing on your own. Meet with the group in the evening for a festive farewell dinner.

B,D...Shangri La Hotel

Day 19, May 13 ▶ Fly home

Transfer to airport and leave Kathmandu on homeward-bound flights.

B...

(You will arrive home in the U.S. on May 14)

LAND COST

\$4,595 per person (5-9 members)

\$4,295 per person (10-14 members)

\$250 internal airfare (Kathmandu-Lukla-Kathmandu. Subject to change due to increases in fuel costs. Cattara will book and issue these tickets for you.)

*Should you choose to pay with credit card there will be a service charge of 3%, the fee we incur from the bank.

Rates quoted are per person, based on sharing double accommodations at the Shangri La Hotel in Kathmandu.

Single Supplement—\$600 for requested singles; \$450 for forced singles. If you prefer single accommodations, you must pay the Single Supplement Fee. If you wish to share accommodations, we'll try to match you up with a roommate. If that's not possible, we will only charge you a portion of the single supplement.

LAND COST INCLUDES...

- Expert leadership of Cathy Ann Taylor
- Accommodations in hotels in Kathmandu
- All trek arrangements, including tents, foam sleeping pads, community camping and commissary equipment, services of camp and commissary crew, including camp and cook staff, and lodges where noted
- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Airport transfers
- Sightseeing as noted in the itinerary
- Ground transportation
- Additional guides and porters where necessary
- Trek permits

LAND COST DOES NOT INCLUDE...

International airfare to Kathmandu and return; round trip flight from Kathmandu to Lukla; meals not noted on itinerary; accommodations en route to Nepal (depending on airline, you will need to

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overnight in Hong Kong, Delhi or Bangkok en route to Kathmandu); trip insurance (we strongly recommend you purchase the optional trip insurance offered by Cattara, which includes trip cancellation insurance); optional tipping to leader, guides and local staff; excess baggage charges; visas; airport taxes (there is an international departure tax of 1,695 rupees—US\$26, payable in Nepalese currency; the airport departure tax in Bangkok is 700 baht—about US\$21—if it not already included in your air ticket; there is no departure tax in India if you are in transit only); cost of medical immunizations; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

TRIP PAYMENT SCHEDULE

At time of reservation25% of land cost
120 days prior to departure25% of land cost
90 days prior to departure.....Balance

CANCELLATION FEE SCHEDULE

From time of reservation
until 90 days prior to departure25% of land cost
89-60 days prior to departure50% of land cost
59 days or fewer prior to departure.....100% of land cost

THE FUNDRAISING CHALLENGE

Cathy Ann Taylor has been involved in raising money for the Breast Cancer Fund (BCF) since 1997. Through her experience as a team leader and climber on BCF's Climb Against the Odds expeditions and her own personal mountain climbing expeditions, she has raised over \$400,000 for the cause. Giving back to the breast cancer community helps her honor her grandmother as well as countless friends who have had the disease. With this thought in mind, the Sacred Treks to benefit the Breast Cancer Fund was born. To date Sacred Treks has raised over \$200,000 for the Breast Cancer Fund since 2008.

In addition to paying your own trip cost, Sacred Treks team members are asked to raise a minimum of \$5,000 in donations for the Breast Cancer Fund. There are two easy ways to fundraise: 1) Write a personal check to the Breast Cancer Fund, or 2) Ask your friends, family, or colleagues for a donation. You will be given a fundraising toolkit with a personal web page and lots of creative ideas. At recent BCF fundraising events, people not only exceeded their goals, but felt strengthened by the number of people who supported them and who wanted them to succeed as they took on their outdoor challenge. We will share the wealth of knowledge gained through BCF's other expedition series, Climb Against the Odds.

Please contact Julie Homan at the Breast Cancer Fund with any questions.
Phone: 415-346-8223, ext. 15
Email: jhoman@breastcancerfund.org

EXPERT LEADERSHIP

Expert leadership is the key to every successful trip. Cattara attracts knowledgeable and gifted leaders who are passionate about guiding trips and truly enjoy sharing the experience with others. They understand the cultures and traditions they work in and are a fountain of information. In addition to making sure everything runs smoothly and safely, Cattara guides enhance your experience by being educators, companions, and the best of friends.

Cathy Ann Taylor, a high altitude trekking guide for the last 20 years, will be leading this trek. Cathy Ann has trekked all over Nepal, Tibet, and Bhutan, with well over 150 trips in the Himalayas (she still considers the Himalayas her “second home”)! She has also hiked extensively in the European Alps and South America. A devout hiker and mountain biker, she leaves no trail undiscovered, and her passion for the mountains, caring nature, and boundless energy are renowned. Her experience, knowledge, positive attitude (she can find the good in anything!), and her wonderful rapport with the local staff will enhance your experience. With the help of caring and like-minded individuals she has been able to manage the sponsorship of ten remote village children, all of whom are in boarding school and one who is about to graduate from University in Australia. She consistently gets rave reviews from members of her groups and has quite a following. Cathy Ann is active in the Breast Cancer Fund and has participated in eleven expeditions, including Mount McKinley, Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer (she alone has raised over \$375,000 for the cause!). Cat’s new program, Sacred Treks to benefit the Breast Cancer Fund (Bhutan, Mont Blanc, & Machu Picchu treks) has raised over \$200,000. She has also reached the summit of Ama Dablam (22,500') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann received an honorable mention in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, January 2006, and also received a letter of recognition for her fundraising and environmental work from Speaker of the House, Nancy Pelosi.

PHYSICAL EXPECTATIONS

This trip is extremely challenging and is designed for those who are very fit and experienced in the outdoors. We expect you to be a strong, experienced hiker and in great physical condition. On this trip, you will hike six to nine hours a day, up and down mountain trails that are steep and rocky, and mostly at elevations above 11,000 feet, with considerable time spent at altitudes above 14,000 feet. High altitude trekking can be very physically taxing and may create discomfort. You may experience symptoms of illness that you do not experience while exercising at sea level, such as shortness of breath, restlessness or sleeplessness at night, and headaches. At 18,000 feet, there is only one-half the amount of oxygen in the air, which imposes considerable physiological stress on the body. You should be aware of the demands and risks imposed by very high altitude, be in excellent underlying health, and prepare by training rigorously. We recommend you have a thorough physical exam and evaluation to uncover any general medical problem that might flare up while trekking in the remote areas of Nepal, where medical care may be many days away.

This trek is designed to allow time for acclimatization while trying to follow a schedule that accommodates peoples' time constraints. Certain aspects of the trek organization and schedule that may seem illogical are designed to maximize acclimatization. For instance, once at altitude, elevation

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gains between camps are limited: you may climb higher during the day but descend to sleep (climb high, sleep low). Extra nights are spent at the same elevation after each 2,000-3,000-foot gain over 12,000 feet.

While on trek, you should drink a lot of water—this helps to avoid dehydration. The prescription drug Acetazolamide (Diamox) can also help acclimatization, prevent acute mountain sickness, and treat mild cases of mountain sickness. It is also very helpful for altitude insomnia and should be used in preference to sleeping pills or Valium, which are dangerous at altitude. Consult with your physician for advice on trekking at high altitude and any prescription medications you may need.

For physical preparation for this very challenging trek, we strongly suggest regular cardiovascular exercise for one to two hours at least 4-5 times a week. We recommend stair climbing, running, and mountain biking on hills, or elliptical or treadmill training in the gym with 10-15 pound day packs. This gets the heart rate going, which will be very beneficial for the type of high altitude trekking you will be undertaking.

LIFE ON THE TRAIL

Your trekking day typically starts at 6:30 a.m., when the camp staff will bring you “bed tea” to start the day, along with a large bowl of hot water for washing. (Bring along a washcloth and you can have a full sponge bath in the privacy of your tent!) After packing your bags, you’ll enjoy a hearty breakfast of porridge, eggs, and toast. By 8:00 or 8:30 you’re off on the trail.

The morning’s hike takes you through villages, forests, and up and down green hills and valleys or along rocky mountain trails. You’ll have time to visit local teashops, stop for a view or a photo, and exchange a smile or greeting (Namaste!) with the friendly Nepali people who share the trail. A hot trailside lunch breaks up the day, giving you time to rest and refuel before heading out on the trail for the afternoon hike.

You arrive in camp by 4:00 p.m. and have time to wash up and get settled in your tent before enjoying tea and snacks in the dining tent. While waiting for dinner, you can write in your journal, read a book, play cards, or simply relax. The day ends with a hot, multi-course dinner, which often includes ethnic cuisine as well as American favorites. After dinner you can gaze at the stars (incredible viewing in this part of the world) and the moonlit peaks, go over the events of the day, or retire to your tent to read for a while before heading off to sleep.

TRAVEL DOCUMENTS

In addition to a passport, valid for at least six months beyond the date of completion of the trip, you will need a visa for Nepal. You can get it upon arrival at the airport in Kathmandu, or you can obtain one in advance. (We recommend Zierer Visa Service—1-866-788-1100 or www.zvs.com.) If you prefer to get your visa on arrival in Kathmandu, you’ll need one passport photo and \$40 cash (US dollars are accepted, please have exact change). You may have to wait in a longer line if you arrive without a visa, but it’s less expensive than using a visa service. The Trekking Agents Association of Nepal, with government approval, has introduced Trekker’s Registration Cards; you will need to bring two passport photos for this permit. A good tip is to make a photocopy of the

photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement. Also bring several spare passport photos—they're handy in case of unexpected visa or permit requirements.

If you plan to travel to Kathmandu via Thailand, you don't need a Thai visa. U.S. citizens don't need visas for visits to Thailand of up to 30 days. If you plan to travel to and from Kathmandu via India, you will need to get a multiple-entry Indian visa in advance. Indian visas *cannot* be obtained upon arrival in India. Contact Zierer Visa Service for more information.

Note—Most countries requiring visas require a completely blank page on which to stamp the visa, so your passport should contain at least one blank page for each country you plan to visit.

AIR TRAVEL

Airfare is not included in the land cost of the trip. For air reservations, please contact the airlines directly, either by phone or via the Internet. Plan your arrival in Kathmandu by the early afternoon of Day 1 (April 25). Many travelers elect to use their "frequent flyer" miles when traveling, but please check with us before purchasing or obtaining your tickets. We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip. Note—Names on air tickets and passports must match!

MEDICAL MATTERS

No vaccinations are currently required to enter Nepal, but immunizations for typhoid, tetanus, hepatitis A, and polio are *recommended*. These regulations and recommendations change frequently, so please check with your local health department or the CDC for more information (www.cdc.gov). In addition, the CDC sometimes recommends meningococcal meningitis vaccine for travelers to Nepal and Delhi, India, if there has been a recent outbreak. Confer with your physician for further advice.

Please advise us of any pre-existing medical conditions that may affect your health on the trek (recent injuries or surgeries, chronic illnesses, etc.). Hospital facilities for serious medical emergencies may be far away and evacuation can be difficult (and expensive).

To avoid intestinal problems while on the trip, do not drink tap water or even use it to brush your teeth. In Kathmandu, drink bottled water only. While on trek, the camp staff will provide boiled water for daily use. You must be careful when eating out in Kathmandu, too. That said, there are many wonderful restaurants and your trip leader will recommend a few to you. She will also give you more guidelines on staying healthy while in Nepal.

We recommend you bring your own personal first-aid kit, which should include antibiotics (Cipro or other), pain killers, and allergy medicines if you are prone to allergic reactions. The trip leader will also carry a basic kit for emergencies, but will not have any prescription medications.

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MONEY MATTERS

You should bring enough money for any souvenirs you may buy, plus a few meals that are not included in the cost of the trip (e.g. various meals in Kathmandu, or meals and accommodation en route to Nepal). Depending on how much of a shopper you are, \$500-\$600 is usually enough for incidentals and souvenirs. You should bring an additional amount for optional gratuities to the trip leader and local trekking staff. (At least US \$300 is recommended for the trip leader; at least \$200 toward a group tip for the trekking staff, preferably paid in local currency, as traveler's checks are impossible for the trekking staff to exchange.)

Bring some of your money in traveler's checks and some in cash. There is an American Express office just off Durbar Marg. Bring along your credit card in case of emergencies. Credit cards are also becoming more accepted in some the small shops of Thamel. You can use your ATM card at the airport in Bangkok. The local currency in Nepal is the *rupee*.

WEATHER & CLIMATE

Spring and fall are the best trekking seasons in Nepal. The months of March, April, and May bring a beautiful spring profusion of wildflowers (Nepal's famous rhododendron forests are in bloom at this time at lower altitudes). Daytime temperatures range between 45° and 70°F, depending on the altitude, while at night temperatures can drop to between 0° and 45°F. During the autumn months, temperatures are relatively moderate and skies are usually brilliantly clear. Daytime temperatures range between 35° and 65°F, and nighttime temperatures between -5° and 35°F. Rain or snow is possible at any time of year. The temperature typically drops about 3.5°F for every 1,000 feet you gain in elevation.

INCIDENTALS

Laundry: Laundry service is available at the Shangri La Hotel. While on trek, wash basins are available for any laundry you may want to do yourself on rest days, but it's usually too cold for garments to dry very quickly. Synthetic fabrics are the easiest to wash, and they dry quickly. Please make sure you bring biodegradable soap.

Electricity: Nepal is on the 220V system. Sockets are usually the three-pin variety, but they vary. If you are planning to use something like a hairdryer or electric shaver at the hotel (a hairdryer is provided at the Shangri La Hotel), bring a converter and a selection of plug adapters (you can buy these in drugstores or travel specialty stores in the U.S.).

Time Zones: Nepal is Greenwich Mean Time plus five hours and 45 minutes. That means if it's 8:00pm in Kathmandu, it's 9:15am in New York and 6:15am in California.

Environmental Responsibility: We ask you to carry out whatever you carry in, including non-biodegradable items such as batteries, flashlight bulbs, empty plastic containers, and so on. Nepal does not have the proper facilities to process this kind of waste and your throwaways will end up in the river or tossed down a hillside.

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SHOPPING

Kathmandu is a fun place to shop—street vendors and emporiums are everywhere you look. Craft items to buy include beautiful hand-woven Tibetan carpets, traditional brass cooking vessels, semi-precious gemstones, Tibetan prayer wheels, and *thangka* paintings. The markets of Kathmandu also serve as an outlet for items from Bhutan and Tibet. You'll need to sharpen your bargaining skills to get the best deal.

WHAT TO BRING: CLOTHING & EQUIPMENT LIST

Packing Notes

It's best to go as light as possible and take only the essentials. Excess baggage can be a burden, not only to you but to support personnel.

Your trekking duffel must not weigh more than **30 lbs.**, because it will be carried by a porter or pack animal. This includes all items you will need while on trek as well as your sleeping bag. We suggest you bring an additional small duffel to store non-trek clothes and items at the hotel in Kathmandu.

In addition, there are baggage weight restrictions in the small planes used for domestic flights in Nepal. Overweight baggage is *not* accepted on these flights even if you are willing to pay excess baggage charges.

Luggage

- Duffel bag. A good size is about 14" x 15" x 36" (7,560 cu. in)—large enough to hold your sleeping bag plus your trekking clothes and gear. It should have a full-length zipper (for easy access), and be sturdy and water-resistant or waterproof.
- Daypack with a capacity of 2,000 to 2,500 cubic inches, with a good padded waist belt. It can double as your carryon bag. Always bring all irreplaceable items, such as camera, medications, important documentation, and trekking boots in your carryon luggage.
- Spare roll-up duffel. This is essential if you wish to store your city clothes while on the trek and to bring home those great souvenirs! It should be lockable.

Clothing Notes

Because you will be going to higher elevations, the weather will be cold part of the time. Nighttime temperatures are likely to fall below freezing many nights in a row; sometimes even daytime temperatures (at least in the shade) can be close to freezing.

Bring comfortable clothing that will protect you from cold and wet weather. Synthetic fabrics (such as polypropylene, capilene, or fleece) are the most effective barriers against the cold. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. Wool and

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wool/synthetics are also suitable. (Cotton garments are not good in cold or wet mountain conditions.)

Layering is the way to go. Your innermost layer should be long underwear. The middle layer can be a synthetic turtleneck or wool shirt, and pants. The outermost layer should be a synthetic or down jacket, and/or a good quality Gore-Tex wind/rain parka and over-pants.

We suggest women trek in comfortable, loose-fitting long pants. Long, baggy hiking-type shorts for men are acceptable on the trek, although full-length pants are best because it is generally too cold for shorts.

Underwear

- Regular underwear. Synthetics are easier to wash and dry. Depending on the weather, you may be able to hand-wash some on your rest days during the trek.
- Thermal underwear (one lightweight, one medium-weight, one expedition weight), top and bottoms, of a polyester-type fabric. Wool and wool/synthetic blends are also suitable. You can use them to sleep at night and as layers for maximum warmth.

Socks

We recommend you bring four outer pairs and four to six inner pairs of socks.

- Athletic socks (synthetic for easy washing and drying) that are suitable for your walking (not hiking) shoes. You can store them in your extra duffel while on trek.
- Heavy duty hiking socks (synthetic or wool/synthetic).
- Synthetic or silk sock liners--optional. Some people wear sock liners to help prevent blisters, and some wear the same pair of hiking socks for three days in a row and achieve the same result.

Shirts

- Long-sleeved, synthetic or wool shirt.
- Short-sleeved, synthetic T-shirts.

Pants

- Full-length pants, preferably of quick-drying synthetic fabric.
- Fleece pants, ideal for camp time or layering for warmth.

Outerwear

- Medium-weight jacket of synthetic fabric, such as fleece.
- Medium-weight down or synthetic-fill jacket (10-12 oz. of down or 15-20 oz. of fiberfill). A must for camp.
- Rain/wind parka (must fit over bulky clothing).
- Rain/wind pants, preferably with full-length side zipper (must fit over your other pants).
- Gloves or mittens (fleece or combination of fleece with waterproof shell overmitt or glove).
- Glove liners (synthetic).

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Head Gear

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, or baseball cap.
- Balaclava for warmth at night. The combination of a cap and neck gaiter also works well.
- Fleece or wool hat.
- Bandanna. A generally useful item—it will keep your neck from getting sunburned and can double as a hand towel in the field.

Footwear

Please break new boots in well before the trip.

- Medium-weight, all leather hiking boots with padded ankle, good arch support, and lug sole for traction. Your hiking boots should be waterproofed, well broken in, and suitable for prolonged walking on snow and/or rocks.
- Down booties to wear in camp—optional. They are warm, light, and easy to get on and off.
- Tennis shoes to wear in camp (optional).
- Knee-high, gaiters to keep snow out of your boots.

Sleeping Gear

- Expedition weight sleeping bag. We recommend a rating of -10° to -25° F for fall trips or -5° to -15° F for spring trips.
- We provide thick foam sleeping pads, but for added comfort, you may wish to bring your own lightweight pad.

Other Items

- Water bottles, 1 or 1.5 quart capacity. Make sure they are leak-proof, and heavy duty. Bring 2 and mark them with your name or initials as several people may have the same bottle.
Note—CamelBaks or other bladder hydration systems are not recommended, as they often break or leak, are difficult to fill with boiled water, and are hard to keep clean.
- Hiking sticks—optional but highly recommended. They help relieve the impact on your knees during long downhill; they are also useful on uphill. Practice with them before the trip.
- Parachute cord to use as a clothesline inside your tent.
- Set of casual city clothes that are dressier than your trekking clothes. You will store these in your extra duffel while you are on trek.
- Toiletry kit—biodegradable soap, toothbrush, etc. Women should bring any feminine products they need because they're not readily available locally.
- Roll of toilet paper(2). Toilet paper is provided at camp, but you need to carry your own on trek during the day.
- Purell hand sanitizer for quick hand washing and hygiene (a must!).
- Personal medical kit.
- Throat lozenges (antiseptic menthol or hard candies), about 50 of them. Good for soothing sore or dry throats at altitude.
- Body lotion for dry skin at higher altitudes.
- Small towel of synthetic-type fabric.

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- Sponge or washcloth to wash up at camp.
- Ace bandage or brace if you're prone to sore knees or ankles.
- Sunglasses (100% UVA/URB protected). For high altitudes, it's good to have glasses with a special dark lens and side shields that block reflected UV.
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses.
- Sunscreen lotion and lipstick of SPF 25 or higher.
- Glacier sunscreen or zinc oxide sunscreen if you want serious UV protection at high altitudes.
- Small headlamp with spare batteries.
- Trash bags to waterproof and sort out clothes and other items in your duffel. Ziploc bags are great for small items and camera gear; nylon stuff sacks are also handy.
- Heavyweight plastic garbage bag to use as a waterproofing liner inside your duffel and daypack.
- Small padlocks or combination locks for your duffels.
- Extra passport photos. Keep them with your travel documents as you may need them throughout your journey.
- Swiss Army-type pocket knife.
- Money belt or neck pouch to store cash.

Optional Travel Accessories

- Camera and plenty memory cards, and extra batteries.
- Repair kit with needle, thread, and safety pins.
- Pair of compact binoculars.
- Powdered electrolyte mixes for your water.
- Your favorite trail snacks.
- Reading and writing material.

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