



19-DAY ADVENTURE

## ULTIMATE NEPAL

Nepal

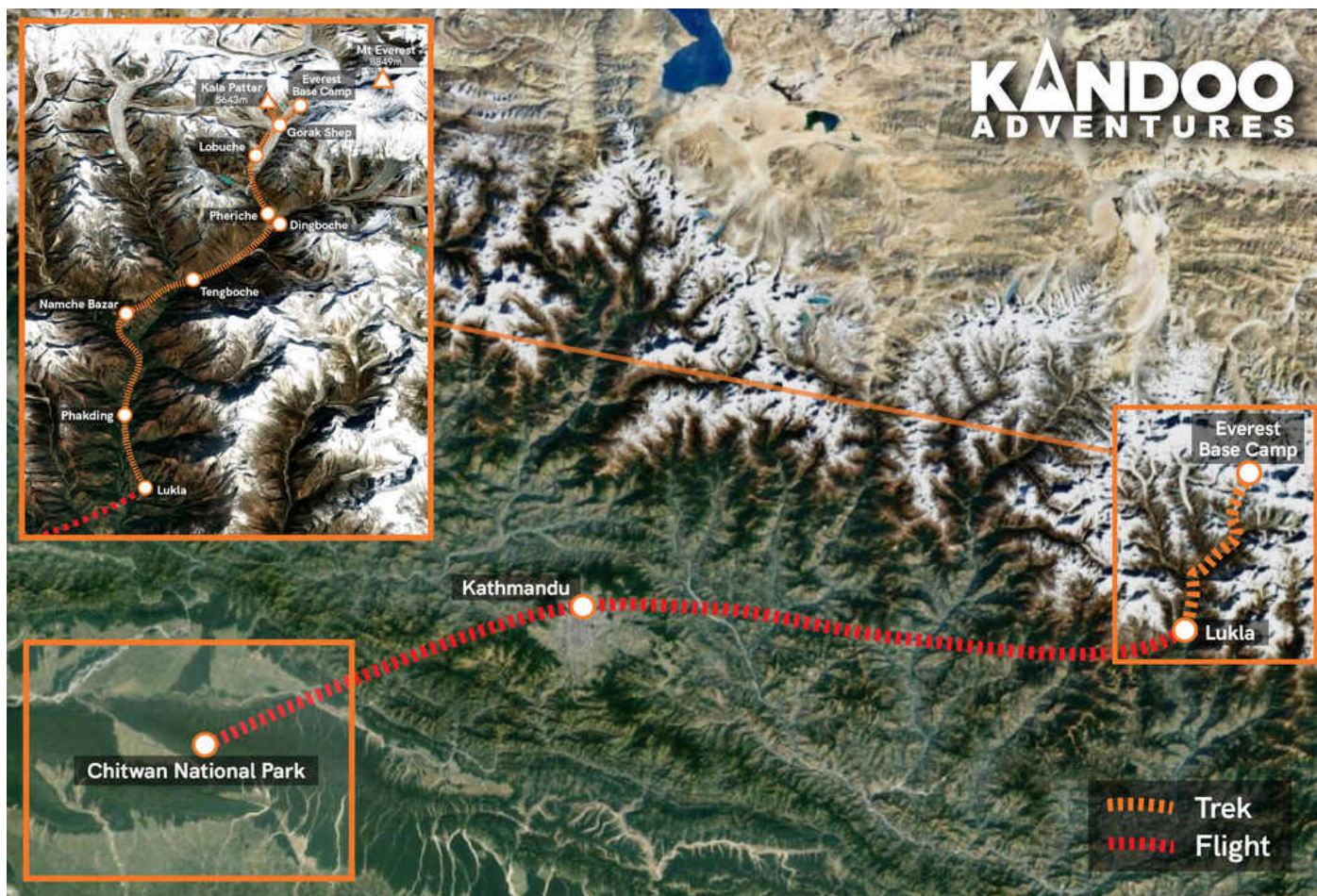
With over 12 years of experience helping our adventurers to reach the high passes and peaks of the Himalayas, you are in safe hands with our experienced Nepali team. The welfare of our local staff is a priority for us which is why we work closely with our guides and crew to ensure they are well equipped to give you the trip of a lifetime. As with all our adventures, when you trek in the Himalayas with us, your trip is fully carbon offset as standard.

This trip combines an iconic trek, cultural immersion and exotic wildlife to create the Ultimate Nepalese experience. Embark on the popular Everest Base Camp Trek set amidst the jaw dropping giants of the Himalayan massive. A day of cultural immersion will follow. Located east of Kathmandu, Bhaktapur is a UNESCO World Heritage Site, famed for its traditional art, historical temples and religious festivals. Durbar Square in Bhaktapur has many pagoda and shikhara-style temples grouped around a 55-window palace and is one of the most charming architectural showpieces of the Kathmandu valley.

End the trip with an exploration of the Nepalese jungle at Chitwan. The river plains and jungle at Chitwan are home to one of the few remaining populations of the rare Bengal tiger, one-horned rhinos and wild elephants. Observe the rainforest games at play to the tune of the Asian Openbill and Spotted Bush Warblers. Then board the plane back to Kathmandu for a night of relaxation in your hotel before departure.

## TRIP HIGHLIGHTS

- Take on the iconic Everest Base Camp Trek
- Look out for the elusive Bengal Tiger
- Immerse yourself in the chaotic cultural explosion that is Kathmandu
- Trip fully carbon offset as standard



# ITINERARY

## DAY 1

### ARRIVE IN KATHMANDU

All trekkers need to organise their own flights to Kathmandu International Airport (KTM). From Kathmandu Airport we will arrange a private transfer to your hotel. That night or early the next morning you will meet your local Kandoo representative and have a full pre-trek briefing.

Transport: **Private transfer**

Accommodation: **Hotel**

## DAY 2

### FLY TO LUKLA

The flight from Kathmandu to Lukla takes 45 minutes and is an adventure in itself with great views of the Everest region (from the left of the plane) and ending with a hair-raising landing on a steep mountain runway. After meeting our crew, we will start our trek by heading up the Dudh Koshi Valley on a well- marked trail to Phakding.

Hiking time: **3 - 4 hours**

Ascent: **1500 m**

Descent: **144 m**

Max. altitude: **2800 m**

Accommodation: **Teahouse**

Meals included: **Breakfast**

## DAY 3

### TREK TO NAMCHE BAZAAR

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park, which was set-up to conserve this fragile mountain environment. We then ascend steeply to Namche and along the way, if the weather permits, catch the first glimpse of Mt Everest. Namche Bazaar is the main trading village in Khumbu and has a busy Saturday market. It is a meeting place for the Hindu traders from the lowlands and Tibetan yak caravans that have crossed the glaciated Nangpa La. You can enjoy an Illy coffee and amazing brownies here!

Hiking time: **6 - 7 hours**

Ascent: **794 m**

Max. altitude: **3450 m**

Accommodation: **Teahouse**

## DAY 4

### ACCLIMATISATION IN NAMCHE

Namche is tucked away between two ridges and has lots of lodges, tea shops and souvenir shops. Today we will trek up to the Everest View Hotel at 3880m for our first view of Ama Dablam and Mount Everest. Following the 'walk high, sleep low' principle, this hike will really help with your acclimatisation

Hiking time: **3 - 4 hours**

Ascent: **430 m**

Descent: **430 m**

Max. altitude: **3880 m**

Accommodation: **Teahouse**

## DAY 5

### TREK TO TENGBOCHE

From Namche, the trail contours on to the side of the valley, high above the Dudh Koshi. We will get great views of Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal stopover for lunch. Here we can rest before making the steep climb to Tengboche, famous for its legendary monastery, the largest in the Khumbu.

Hiking time: **5 - 6 hours**

Ascent: **417 m**

Max. altitude: **3867 m**

Accommodation: **Teahouse**



#### DAY 6

### TREK TO PHERICHE

We descend through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This village is directly opposite Ama Dablam (6856m), and has exceptional views of the mountain, the gumpa, Mani walls and scattered pine trees. A further two hours walk brings us to Pheriche.

Hiking time: **5 - 6 hours**  
Ascent: **385 m**  
Max. altitude: **4252 m**  
Accommodation: **Teahouse**

#### DAY 7

### ACCLIMATISATION IN PHERICHE

A day for rest and acclimatisation. We also have an opportunity to wander up the valley to look at the Tshola Tsho lake and the perpendicular walls of Cholatse and Tawache. Our guide will take us up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Lhotse.

Max. altitude: **4252 m**  
Accommodation: **Teahouse**

#### DAY 8

### TREK TO LOBUCHE

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach Lobuche

Hiking time: **4 - 5 hours**  
Ascent: **678 m**  
Max. altitude: **4930 m**  
Accommodation: **Teahouse**

#### DAY 9

### TREK TO GORAK SHEP – EVEREST BASE CAMP – GORAK SHEP

To reach our next stop, Everest Base Camp, we follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop for lunch at Gorak Shep before finally making our way to Base Camp itself (5364m). This takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier.

Hiking time: **8 - 9 hours**  
Ascent: **434 m**  
Descent: **200 m**  
Max. altitude: **5364 m**  
Accommodation: **Teahouse**

#### DAY 10

### ASCEND KALA PATTAR – TREK TO DINGBOCHE

A very early start is required to reach the top of Kala Pattar (5641m) for one of the best viewpoints in the Himalaya. From here we can see the face of Everest and deep into the Khumbu icefield. After lunch we then descend to Dingboche for the night.

Hiking time: **8 - 9 hours**  
Ascent: **477 m**  
Descent: **1281 m**  
Max. altitude: **5641 m**  
Accommodation: **Teahouse**

#### DAY 11

### TREK TO NAMCHE

From Dingboche we drop down again to follow the river. After crossing it we climb back up through birch and rhododendron forest back to Tengboche. From here we descend over the Dudh Koshi before making our way back to Namche.

Hiking time: **8 - 9 hours**  
Descent: **910 m**  
Max. altitude: **4360 m**  
Accommodation: **Teahouse**

#### DAY 12

### TREK TO LUKLA

Our final day's trekking follows the Dudh Koshi back down to Lukla. To celebrate our final night, we have dinner altogether this evening as a full team, it is customary for guests to buy dinner for the porters and guides on this night as a thank you for the support they have given you throughout the trek. There will also be an opportunity for you to hand out your tips for the support team during this meal.

Hiking time: **7 - 8 hours**  
Descent: **650 m**  
Max. altitude: **3450 m**  
Accommodation: **Teahouse**

#### DAY 13

### RETURN TO KATHMANDU

After an early breakfast, we will begin our return journey to Kathmandu.

Accommodation: **Hotel**

#### DAY 14

### FREE DAY IN KATHMANDU

A free day in Kathmandu to relax by the hotel infinity pool, do some souvenir shopping or visit some of the many temples the city has to offer.

Accommodation: **Hotel**  
Meals included: **Breakfast**

#### DAY 15

### BHAKTAPUR AND BOUDHANATH

This morning we are picked up from our hotel and head out on a cultural tour of Kathmandu and the surrounding temples. Located 13km east of Kathmandu, Bhaktapur is a UNESCO World Heritage site, famed for its rich culture, temples, and wood, metal and stone artwork and is still relatively untouched. It is the home of traditional art, architecture, historical monuments, pottery and weaving industries, temples, beautiful ponds, rich local customs, culture, religion and festivals.

Bhaktapur Durbar Square has many pagoda and shikhara-style temples grouped around a 55-window palace of brick and wood. The square is one of the most charming architectural showpieces of the Kathmandu valley as it highlights the ancient arts of Nepal. Boudhanath is a UNESCO World Heritage site, not only is it one of the largest stupas in the world, it is also the one of the holiest Buddhist sites in Kathmandu. The stupa's massive mandala makes it one of the largest spherical stupas in Nepal. At the end of our tour we are dropped back at our hotel ready for dinner and an early night in preparation for our flight tomorrow.

Transport: **Private transfer**  
Accommodation: **Hotel**  
Meals included: **Breakfast / Lunch**

#### DAY 16

### FLY KATHMANDU TO BHARATPUR

Early morning flight from Kathmandu to Bharatpur Airport and transfer to your lodge. You will have time to enjoy a spot of lunch before taking an afternoon village tour by ox cart to find out more about the local culture.

Transport: **Flight (0.3 hour)**

Accommodation: **Lodge**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 17

### CHITWAN NATIONAL PARK

An elephant safari is an ideal opportunity to see some of Chitwan's larger animals such as deer, rhinoceros, wild boar, monkey, leopard and sloth bear. If you're really lucky, you may get to see the Royal Bengal Tiger -sightings are very rare so keep your eyes peeled. In the afternoon you will explore the Rapti River by canoe. Don't forget to take your binoculars to spot some of Chitwan's amazing birdlife and also the two rare species of crocodile: the Marsh Mugger and the fish-eating Gharial. You will complete the day by visiting the elephant breeding centre located within the park.

Accommodation: **Lodge**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 18

### FLY BHARATPUR TO KATHMANDU

You spend your last day in Chitwan on a bird watching tour to discover some of the 450 different species that abound. Look out for kingfishers, blue-throats, long-tailed nightjars, lesser adjutant storks, brown cranes and brown fish owl -just a few of the famous birds found in Chitwan. Transfer to Bharatpur airport for onward flight to Kathmandu.

Transport: **Flight (0.3 hour)**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

#### DAY 19

### DEPARTURE

We will collect you from your hotel and transfer you to Kathmandu Airport for your departing flight.

Transport: **Private transfer**

Meals included: **Breakfast**

### PLEASE NOTE

*The details in this programme are regularly updated but unforeseeable and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made. For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. Under no circumstances would this give rise to a refund or compensation.*

# TRIP INFORMATION

## DIFFICULTY

There are really just two things that make the Everest Base Camp trek tough. First, even with acclimatisation days you are pretty much trekking 5-6 hours a day for at least 12 days. You need to have hardened your body off to walking to cope with this.

Second, is the effect of altitude. By the time you reach base camp you will have lost almost 50% of the oxygen in the air and this makes any exertion tough. It is important, if you are going to cope with this loss of oxygen, that you train hard before you arrive for your trek, then do everything slowly. This is a 'tortoise challenge'!

The cultural day tour and elephant safari require little in the way of mountain fitness so these are given an easy difficulty level.

Looking for training advice or a training plan in preparation for this trip? We'd recommend checking out [Kate Sielmann](#) and her coaching programs that are specific to mountaineering and trekking training. [Find more details here.](#)

## FOOD & DRINK

In Kathmandu, if you choose to eat outside your hotel, use your common sense when selecting where and what to eat, drink bottled water and avoid ice in drinks.

At Kandoo we do not include all meals during your trek and instead, we allow you to choose whatever you like from the menu. Maintaining a good appetite at altitude is essential for a safe and enjoyable trek. Over the years, we have found that giving every traveller the option to choose their meals, rather than providing a restricted inclusive menu, is a much better way of ensuring everyone stays strong and healthy during their trip. This also means you pay a lower cost for your trek and have control over your own food budget (typically this will save you hundreds compared to an all-inclusive option).

The teahouses in the Khumbu region these days all offer a wide range of options from local Dhal Bhat (rice and lentil soup) to pasta, pizza and even chicken burgers and yak steaks. The menu will always feature something that takes your fancy regardless of your dietary requirements or preferences. We recommend a budget of £30 to £35 (\$40 to \$45) per day for meals and drinks. For examples of menus visit our [Nepal Trekking Guide](#).

One word of advice, place your meal order as soon as you can upon arriving at the lodge as it is strictly 'first ordered, first served', and the best lodges are quite busy at meal times.

Your lodge accommodation in Chitwan is booked on a **full board basis**. The lodge features a large dining room with an extensive buffet and a range of options for breakfast, lunch and dinner. A mix of international dishes and local Nepali cuisine is available. If you have special dietary requirements please inform us at time of booking, we will do all we can to make sure your needs are met.

## ACCOMMODATION

Your full day by day itinerary shows what is included in terms of hotel accommodation and meal basis. All of our pre- and post-trek accommodation is based in Kathmandu. Here your hotel basis is B&B, you can usually purchase snacks or meals at the hotel, which can be paid in Nepali Rupees or US Dollars. Check in time will be between 12:00 and 2:00 pm, depending on the hotel. If you arrive on an early flight into Kathmandu, you may have to wait until this time for your room to be available. Similarly, if you return at the end of your trek on an early flight from Pokhara, you will not be able to check into your room straight away. There is secure storage at the hotel for you to leave bags should you arrive on an early flight and wish to head into Kathmandu before check in.

Trekking in Nepal is more popular than ever. As a result, the standard of accommodation available on most of the trek routes has improved dramatically. Where there were once simple peasant huts, large hostels have been built featuring running water, indoor toilets (some en-suite) and electricity. However, while internet access, charging facilities and hot water are available, you will need to pay to use them - if you plan on using the internet and showering every day, then you should budget around \$10 per day.

However, development is still ongoing, and as you get higher into the mountains the lodges become more basic. Furnishing is generally fairly spartan, and most rooms feature little more than a bench bed and a thin mattress, so your sleeping kit will probably see some early use. Showers are not always available and it tends to be just the communal areas that are heated.

The exception to that rule is Namche. Namche features some really great lodges, including the Hil-Ten (this is not a region that makes much of copyright infringement) and if you are in need of refreshment there both Illy and Lavazza coffee are available

Kandoo has a list of lodges that we prefer to work with, all of which are regularly inspected to ensure the best quality rooms available. Even at the worst, they are clean and well-kept. When the route is busy, we send a porter ahead to hire rooms for the night, as they cannot be reserved in advance.

During your visit to Chitwan you will be staying in **comfortable lodge accommodation** in twin or double en-suite rooms. Our accommodation offers a swimming pool, free WiFi and concierge service. All rooms have air conditioning, fridge, television and balcony.

## TRANSPORT

The general standard of driving throughout Nepal is poor and badly regulated. Roads in Kathmandu are very congested, many drivers are not properly licensed and vehicles are poorly maintained. During the monsoon season (June to September) many roads outside the Kathmandu valley are prone to landslides and may become impassable.

We insist on using a high standard of vehicle and driver for all of our transfers. In Nepal it is not a legal requirement to have seatbelts fitted in the back of vehicles, and while we try to use vehicles that do have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office.

### Flight changes during Peak Season

Please note that during peak season **domestic flights will depart from Ramechhap rather than Kathmandu**. Ramechhap is a 5-6 hour drive from Kathmandu and as this is a national alteration concerning all domestic flights to the Everest region, flight companies will provide transfer buses to Ramechhap from Kathmandu. The change has been implemented to put less stress on Kathmandu airport as the number of domestic flights to Lukla increases with the popularity of the region. This will **only affect trips to the Everest region** not Annapurna. If your trip overlaps the dates these are implemented, you may find that you fly into Lukla via Kathmandu but return via Ramechhap.

Unfortunately, in classic Nepalese style, the exact dates this will affect will not be released until a few months prior to the trekking season starting.



## **LUGGAGE**

### **Duffel bags**

You will be provided with a large duffel bag at the pre-trek briefing that will be yours to use for the duration of your trek. Your equipment will then need to be transferred into this bag. If you are travelling with a duffel bag then it is up to you which bag you choose to use for the trek, if you are travelling with a suitcase then this will need to be left at the pre-trek hotel and collected upon your return as our porters need the bags they carry to be flexible.

The internal flights operate an absolutely strict maximum limit of 10kg for your main equipment bag and a maximum of 5kg for your day sack. Your bag will be weighed before you leave the hotel to start the trek and if it is overweight you will have to take items out and leave them at the hotel. Your baggage will also be weighed by the airport staff so it is important that you do not exceed these limits whilst on domestic flights. Please note you will be given 2 litres of water on arrival in Lukla to fill your platypus or water bottles for your first day's trekking, so you do not need to carry water from Kathmandu. The porters can carry up to 15kg in the main equipment bag, so you can add items from your day sack once you reach Lukla.

All items must be packed in your main equipment bag. They should not be attached to the outside, as we are not responsible if items fall off when the bags are being carried on the trek.

In Chitwan, your luggage can be left in your room at the lodge whilst you go out on activities.

## HOW DO I GET THERE?

There are several ways to get to Nepal from Europe and the USA all of which involve an international flight to Tribhuvan International Airport which is the main airport in Kathmandu.

There are a lot of flights that fly to Kathmandu through the Middle East. Qatar, Gulf and Air Emirates offer daily flights from Europe and the US to Kathmandu, with a stopover at their central hubs. You must be careful though, as some of these layovers are very long indeed. Check the schedules carefully, and consider using Qatar. They seem to have the shortest layovers (at Doha) by a substantial margin.

The other alternative is to fly via Delhi, with BA , Air India or Jet and then catch a shorter flight up to Kathmandu. Again be careful of long layovers and be warned - some of the reviews for Air India are less than glowing!

*If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.*

### Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

### [eC02 Flights Calculator](#)

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## BUDGET & CHANGE

The **Nepali Rupee** is a closed currency so you will not be able to buy this before you arrive. If travelling from the UK or the US, it is advisable to travel with your home currency **and exchange this in Kathmandu**. It is very important that bills be new (less than 1 year old), crisp and untern. We recommend changing currency in Kathmandu rather than at the airport as you will get a much better exchange rate. There are exchange kiosks less than a 5 minute walk from the hotel and your guide will be happy to assist you in finding these should you need them to. Alternatively all the hotels in Kathmandu will change small amounts of money for you.

We recommend that you take local currency on the actual trek with you, as the teahouses prefer local currency. You will also get a more favourable exchange rate in Kathmandu than in the mountains. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

In Kathmandu a meal for two at a mid range restaurant will cost ~\$20. A taxi will generally start on a base rate of \$0.45 and then charge \$0.4 for every km. Or you can ride the bus which will be around \$0.15 for a 5km journey. Souvenirs in Kathmandu are generally on the cheaper side too. Whilst on the trek, we recommend that you budget £30 - £35 (\$40 to \$45) per day for meals and drinks.

You may also want to be prepared to pay for the cost of a helicopter which can fly in bad weather (around US\$300-500 per person), in the case of your flight to or from Lukla being postponed due to bad weather conditions.

Our recommended guidance for spending budget in Nepal would be between \$500-800 (depending on the length of the trip and your meal preferences) on top of your tips, to give you ample money for souvenirs and treats.

## TIPS

We realise that tipping may not be a common practice in all countries but for Nepal it is a **standard practice** that all operators support. The decision on how much to tip should be determined by how well the team served you while you were on the trek. Tips are always discretionary and if you are not happy with the service you have received you do not have to pay tips. Tips can be made in US dollars or Nepali Rupees. It is very important that US bills be new (less than 10 years old), crisp and untern.

We are members of the Trekking Agencies Association of Nepal and the Nepal Mountaineering Association, and follow their guidelines when recommending tip levels for guides and porters. We would suggest you budget \$200 per trekker for your tip contribution on this route. The group tip can be given to your porters and guides during your celebratory meal in Lukla on the final night of your trek. You will then say goodbye to your porters the following morning.

Please also budget for tips for your city guides - 1000NPR (\$8-10) for the guide and 200NPR (\$2-3) for the driver.

For your team in Chitwan we don't provide a recommended amount but the decision on how much to tip should be determined by how well the team serve you whilst you are there.

# FORMALITIES & HEALTH

## PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Nepal. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling. You must carry your passport on the trek with you, as it is required for internal flights.

## VISA

Most visitors to Nepal (including nationals from the UK, Europe, USA and Australia) require a tourist visa to enter Nepal. To secure a visa you will need to present proof that you have a return ticket, and proof that you have sufficient money to support yourself during your stay in Nepal. Visa can be obtained online at: <https://uk.nepalembassy.gov.np/visa/>. Visas are valid for 6 months from the date of issue, so do not send off your application too early.

The other option is to queue and pay for a visa on arrival at Kathmandu Tribhubhan International Airport. This will need to be paid for in cash. We highly recommend securing a visa before departure as this will ensure you have no problems passing immigration, as well as speed up the process of clearing immigration. You will need at least one blank visa page in your passport. Certain nationalities not mentioned above must apply for a visa in advance, so check with your local Nepalese Embassy or online at: <https://www.immigration.gov.np/page/visa-on-arrival>.

For most of our trips, you may be ok with a 15 day tourist visa which costs USD30 (around GBP25). However, if you are adding any extra days in Kathmandu you would then require a 30 day tourist visa which USD50 (around GBP40). Visas can be extended once you are in Nepal, but overstaying your visa is taken very seriously, and can result in your being detained or not allowed to leave without paying a fine. In Kathmandu airport they will assume you are paying in your home country currency so make sure you have the amount you need for your visa, or to extend your visa, in cash in your home currency. For smaller currencies, USD will be the best replacement.

## VACCINATIONS

The standard vaccinations required are diphtheria, tetanus, typhoid and hepatitis A, but you should always consult your doctor or travel clinic for the most up to date advice.

## INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. For the Annapurna and Everest Regions, we recommend cover up to 6000m of altitude. If you are climbing Mera Peak or Island Peak you will need cover for trekking up to 7000m of altitude.

Please take a copy of your insurance policy to the pre-trek briefing, as the guide will need to collect your insurance details. We also ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.



# HEALTH

## Malaria

There is no risk of malaria in Kathmandu and on the majority of Himalayan treks that we operate, due to the altitude. However, there is a risk of malaria in areas of Nepal below 1,500m, particularly in the Terai district, the lowland region of Nepal adjacent to the Indian border. This region includes Chitwan National Park, so if you are planning a safari extension to your trek, you need to plan anti-malarial medication for this part of your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts at dusk and dawn when the mosquitos are active, and by using a DEET based mosquito repellent.

## Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many trekkers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Your route into the Annapurna Sanctuary has been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

## Diamox

There has been a lot of research on Diamox that shows it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start trekking to prevent altitude sickness, not once you are on the trek and symptoms have developed.

## Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would so you should drink at least 3 litres of fluids every day while trekking. Even when you do not feel thirsty you have to drink this amount as a minimum, preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow trekkers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

# EQUIPMENT & CLOTHING

## EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

We recommend that wherever possible you use your own gear for your trek as this is the best way to ensure your comfort and enjoyment. We recognise though that the cost of some items is very high and this may not be possible.

### Duffel bags

You will be provided with a large duffel bag at the pre-trek briefing that will be yours to use for the duration of your trek. Your equipment will then need to be transferred into this bag. If you are travelling with a duffel bag then it is up to you which bag you choose to use for the trek, if you are travelling with a suitcase then this will need to be left at the pre-trek hotel and collected upon your return as our porters need the bags they carry to be flexible.

We do not have other gear available for rental but there are many places offering gear for rental in Kathmandu and we can recommend a number of places for you. The quality of rental gear is very variable and it is your responsibility to check carefully the condition of any item you rent. We accept no responsibility for the quality of equipment hired. An indication of the likely rental costs is below.

- Four Season Sleeping Bag - \$2 per day
- Down Jacket - \$2 per day
- Trekking Poles - \$1 per day

Most of the rental shops close around 8pm, so if you are arriving on a late flight the day before the trek starts there will not be an opportunity for you to visit a rental store. If you are planning on renting equipment, you need to make sure you have allowed sufficient time at the beginning of your trip.

All rental equipment is included in your overall trekking bag weight, so make sure you have allowed for this when packing your bag at home. A sleeping bag will weigh around 2kg.

## **CLOTHING TO BRING**

### **HEADGEAR**

- Warm beanie style hat – knitted or fleece
- Buff - Essential to prevent the cold air reaching your lungs and causing "Khumbu cough"
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

### **UPPER BODY**

- Thermal or fleece base layer (x2)
- Long sleeve shirt/tshirt – light or medium weight, moisture wicking (x3)
- Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)
- Fleece or soft shell jacket (x2)
- Insulated jacket – down or primaloft
- Lightweight water/windproof hard shell outer jacket
- Gloves – lightweight, fleece or quick drying fabric
- Waterproof Gloves or mittens – heavyweight, insulated, water resistant

### **LEGS**

- Leggings – thermal or fleece base layer (x1)
- Trekking trousers – light or medium weight (x2) – convertible trousers work well
- Waterproof hard shell trousers – ski pants work fine (x1)
- Gaiters

### **FEET**

- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around the teahouses and in Chitwan
- Micro-spikes – may be required for snowy conditions (can be bought locally)
- Mid-weight trekking socks (x5 pairs)
- Breathable, high-wicking liner socks (x3 pairs)
- Thermal trekking socks for upper reaches of your trek (x1 pair)

## **EQUIPMENT TO BRING**

### **GEAR**

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Sleeping bag (4 season or -10 Deg C) and compression sack
- Trekking poles
- Water bottle or hydration bag – must be able to carry 1.5-2L of water
- Microspikes

### **OTHER ACCESSORIES**

- Sunscreen - high SPF
- Lipbalm – high SPF - ESSENTIAL in Nepal!!
- Toiletries, including wet wipes and hand sanitiser – please carry all rubbish back off the trail
- Toilet paper - you won't find any in the toilets, but it is available to buy at most teahouses
- Camera and spare batteries
- Plug adapter, for charging devices in teahouses and hotels
- Personal medication and first aid kit
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes
- Microfibre towel for wiping hands and face each day
- Ear plugs, if you are a light sleeper
- Pee bottle, useful for late night toilet needs
- Dry bag (only required if your main duffle bag is not waterproof)
- Binoculars
- Insect repellent



# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

