



## TREKKING TO EVEREST BASECAMP

OCTOBER 5 - 23, 2018

### TRIP SUMMARY

#### HIGHLIGHTS

- Trekking through the Khumbu, world famous both for its sheer beauty and the hospitality of the Sherpa people who live there
- Visiting mountain villages, including Namche Bazaar and Tengboche
- Staying in tea house lodges and talking with the people who own them
- Gazing at the mountains you've only read about
- Chatting with the international trekking community
- Having your gear transported so you only need carry a daypack

## TRIP AT A GLANCE

<b>Dates:</b>	Oct 5 - 23, 2018
<b>Location:</b>	Kathmandu and the Himalaya, Nepal
<b>Cost:</b>	\$3,895.00
<b>Activities:</b>	Hiking
<b>Arrive:</b>	Arrive in Kathmandu on Friday, October 5 (you will most likely need to leave the US October 3)
<b>Depart:</b>	You can leave anytime October 23

### TRIP OVERVIEW

Himalaya! Just the name invokes images of ice and snow-clad peaks soaring miles into the heavens, as well as the high mountain villages en route. On this three-week trek we combine strenuous and invigorating hiking in one of the most beautiful places in the world with a chance to learn about Sherpa culture. And while the trekking is incredibly beautiful, it is the legendary warmth and hospitality of the Sherpa that make it special. Our challenging trek through the Himalaya to the Everest region is guaranteed to be the trip of a lifetime! Maximum group size: 12

### RATING

This trip requires being in excellent physical condition and having some hiking or backpacking experience. While any basically healthy woman can acquire the physical fitness necessary to enjoy this trip, please do not underestimate its difficulty. Not only are there some long days, it is a long time to be trekking and in a very different country. Previous high altitude experience is not necessary. What is most essential is a positive attitude, an open mind, and a sense of adventure. Women who do not have substantial previous hiking experience and excellent physical conditioning will find it difficult to both trek to the actual Everest Base Camp and climb Kala Pattar. This trip is rated 5 and requires a high degree of fitness. Adding some specific conditioning such as strength training, endurance training, and longer aerobic workouts is suggested. Conditioning should include training on hills, stairs, and/or a stairmaster, as well as hiking in the hilliest areas possible. Rating: 1 2 3 4 [5].

### WHAT'S INCLUDED

- An Adventures in Good Company guide, an English-speaking Nepali sirdar (leader) and all necessary trekking staff
- 18 nights lodging
- All meals except for lunches in Kathmandu and beverages and desserts during the trek
- All transportation during the trip including airport transfers and the flight between Kathmandu and Lukla
- Full day of sight-seeing in Kathmandu including entrance fees
- All staff gratuities

**Not included:** airfare to Nepal, Nepal visa, guide gratuities, two lunches in Kathmandu, desserts and beverages during the trek, alcoholic beverages, and emergency evacuation insurance.

# OUR ITINERARY

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

## DAY 1

### OCTOBER 5, FRIDAY



Welcome to Nepal! It's been a long journey but it will be so worth it! You will be met at the Kathmandu airport and transported to our hotel, located in the tourist area known as Thamel. Anything you forgot to bring, you can buy here (if the price for a name brand is too good to be true, it's probably too good to be true). We'll gather at 6pm to begin getting to know each other, and then go out for a Welcome dinner together at a Nepalese restaurant. Overnight Kathmandu, 4500 ft elevation

## DAY 2

### OCTOBER 6, SATURDAY



Today as we start to overcome jet lag and adjust to a very different time zone (yes, you will wake up early), we'll enjoy some sight-seeing in Kathmandu. We'll visit the giant Buddhanath Stupa, one of Asia's largest Buddhist shrines. From there we'll walk through neighborhoods to Pashupatinath Temple, one of the holiest Hindu Temples in entire South Asia. The temple is situated on the bank of the sacred Bagmati River, a tributary of the sacred Ganges. Admission to the temple is reserved for Hindus only, and we can have close up view of the temple from the other side of the river. Return to the hotel in the afternoon, our local partner will meet us to brief us about the trek and answer any questions we have about our upcoming adventure. There will then be time for last minute shopping for our trek and packing. Overnight Kathmandu, 4500 ft elevation

## DAY 3

### OCTOBER 7, SUNDAY



Lukla/Phakding We leave early for the airport and fly to Lukla, the most renowned mountain airstrip in the world. The 40 minute flight is spectacular as we view the foothills all the way to snowline of the Himalaya, possibly including some of the world's highest mountains. We'll meet our trekking crew in Lukla (9,318 ft) and after packing our gear, we begin our trek with a fairly short day to Phakding to help with our acclimatization. For anyone interested we can take a side trip to a nearby monastery. There are no roads or vehicles in the Khumbu so you can expect to see numerous other people on the Lukla-Namche "highway". This is the most densely populated area in the Khumbu and we will go through numerous small villages Overnight Phakding, 3 - 4 hours trek, 8563 ft elevation

## DAY 4

## OCTOBER 8, MONDAY



Phakding/Namche Bazaar We continue trekking along the banks of the Dudh Koshi, crossing this roaring river on a variety of amazing bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply, part path and part steps (over 2200 ft). About halfway up the hill, a gap in the trees allows for our first glimpse of Everest. If the weather is clear, the top of the Southwest face will be just visible behind the long Lhotse-Nuptse ridge. A plume can often be seen stretching away from the summit. We continue on to Namche Bazaar, the gateway to the Khumbu region. Namche is the most prosperous and the largest town in the Khumbu. Thamskeru (6648m), Kwangde RI (6187m) and Khumbila (5707m) surround the natural bowl in which Namche sits. Overnight Namche Bazaar, 5 - 6 hours trek, 11,300 ft elevation

## DAY 5

## OCTOBER 9, TUESDAY



Rest and acclimatization in Namche Bazaar We'll take today off to allow our bodies to adjust to the rarefied atmosphere before ascending to higher altitudes. The secret of safe acclimatization is to 'climb high, sleep low' so if you feel like some exercise, it is safe to hike up the hill behind Namche to the airstrip at Syangboche, perhaps even all the way to Khumjung, or stroll across to the excellent museum behind the police post. Or if you prefer, you can visit one of the lodges for a freshly-baked cinnamon roll, spend time shopping or photographing, visit the Tibetan traders, or actually rest! Namche is a busy and bustling trading place and there is always plenty going on. Overnight Namche Bazaar, 11,300ft elevation

## DAY 6

## OCTOBER 10, WEDNESDAY



Namche Bazaar/Tengboche Today we really know we're in the Himalaya. As we set out for Tengboche, we'll enjoy superb views of Everest, Nuptse, Lhotse and Ama Dablam. Initially the trail has only short ups and downs and then goes gradually down to Sansa, the major trail junction to Gokyo valley or Everest Base Camp. Trekking through pine forests, we cross the prayer flags festooned bridge over the Dudh Koshi River, and then reach Phunki Thenga, a small settlement amidst the alpine woods. After having a relaxed lunch at Phunki Thenga, we gear up for a tougher climb steadily up to Tengboche. Tengboche is home of the world famous Buddhist monastery where the Rimpoche (lama reincarnate) resides. If we arrive in time we can choose to attend the daily prayer service. This is a cultural and religious center for the people of the Khumbu region, and for the trekker, it is also the place to see one of the best mountain panoramas in the world. Kwangde, Tawoche, Nuptse, Lhotse, Kangtega, and Ama Dablam all loom high above. Overnight Tengboche, 5 -6 hours trekking, 12,670 ft elevation

## DAY 7



## OCTOBER 11, THURSDAY

Tengboche/Dingboche With mountains as backdrop, the monastery at Tengboche looks even more spectacular in the morning. We'll choose the upper trail for better views on the way to Pangboche village. We pass through several Chortens and Mani walls, and small villages. Our lunch stop not only serves delicious food but also allows a fantastic close-up view of Ama Dablam. In the afternoon, we might walk north to Pheriche or take the eastward trail beneath the towering north face of Ama Dablam. From here onwards, the walk is fairly moderate as we enter the Imja Valley. The valley gradually unfolds as we approach the confluence of the Lobuche River. We descend into the river and begin the last and steepest climb of the day up to Dingboche. On arrival at Dingboche, we will see a beautiful array of fields enclosed by stone walls to protect barley, buckwheat, and potatoes from the cold winds and grazing animals. Overnight Dingboche, 5-6 hours trekking, 14,469 ft elevation

## DAY 8



## OCTOBER 12, FRIDAY

Rest and acclimatization in Dingboche We spend our second day of acclimatization at Dingboche. A refreshing breakfast while admiring a looming Ama Dablam (6856m/ 22493 ft.) to the south is really fantastic. To better appreciate Ama Dablam, Lhotse and numerous other peaks visible from Dingboche, we climb the ridge on the north behind the village. This will be an ideal acclimatizing excursion. Upon this juncture, we can see three of the world's six highest peaks, Lhotse, Makalu and Cho Oyu. To the west, loom the towering peaks of Cholatse (6440 m/21,126 ft.) and Tawoche (6542 m/ 21,463 ft.). As we look northwest, we see an array of peaks rising at the head of the Khumbu Khola valley. The Lobuche West and Lobuche East peaks are most dominant along with Lhotse, which stands over 8500 meters (8501m/27,890 ft.). From a vantage point high on the ridge, we can scan the sweeping Imja Khola valley as well as the picturesque fields and pastures of Dingboche. Our hike is about four hours so there will also be time to rest in the afternoon. Overnight Dingboche, 4 hours trekking, 14,469 ft elevation

## DAY 9



## OCTOBER 13, SATURDAY

Dingboche/Dughla We start the day with a climb to Dughla through the Khumbu Khola valley. The walk along the arid terrace is rewarding with awesome views of mountains on all sides. As we come to a yak herder's place called Dusa, the valley begins to narrow and we continue through Phulung Karpo, the camp site of the first successful Everest Expedition in 1953. As we move on, the majestic view of Pumori (7138 m/ 23418 ft.) comes into view. As the trail descends and curves, Mt. Pumori disappears from view and we come across a roaring stream. After crossing a small wooden bridge, we ascend to Dughla. We can see the tip of Nuptse from here as well as Cholatse, Thamserku, and several other magnificent peaks. Overnight Dughla, 3- 3.5 hours trekking, 15,100 ft elevation

## DAY 10

## OCTOBER 14, SUNDAY



Dughla/Lobuche Beyond Dughla, we climb up the steep terminal moraine of the Khumbu Glacier. We pass through boulder-strewn slopes as we ascend Chupki Lhara, an eerie ridge top with dramatic mountain views. At the top of the ridge, we will find many stone memorials built to honor fallen climbers, including those lost in the May 1996 Everest storm such as Scott Fischer, and 10 times Everest summiteer Babu Chiri Sherpa (a Nepali mountain guide) who perished on a mission to climb Everest. As the trail drops to the Khumbu Glacier moraine, we find ourselves facing several great peaks - Khumbutse, Pumori and Mahalangur Himal. We are now in the vicinity of Everest but the great mountain still remains elusive. Mt Nuptse towers to the right as the trail crosses the Khumbu Glacier. As we pass along a murmuring stream leaving the Khumbu Glacier behind, we definitely will feel out of breath due to high altitude, if we haven't before. We could have gone from Dingboche to Lobuche in a day, but breaking it into two days will help conserve our strength for the arduous days ahead. Overnight Lobuche, 3 -4 hours trekking, 16,200 ft elevation

## DAY 11

## OCTOBER 15, MONDAY



Lobuche/Gorak Shep Early this morning, depending on conditions, we continue up the moraine trails to Gorak Shep, the highest settlement in the Khumbu. You can stop here or, after a break, continue on to the Everest basecamp area at the toe of the Khumbu Icefall. It will be a long day: the trail to base camp is challenging and affords magnificent views along the way. We may even see an avalanche! We aren't here during the main climbing season so Basecamp is likely to be fairly quiet, possibly completely empty, which means we are free to walk through it. Only upon reaching the camp do we really appreciate the Everest climbers who brave the hazardous route through the Khumbu icefall. Nuptse, Khumbutse and Pumori are the mountains we can view from the base camp; Everest actually is not visible from here. We'll spend this night in Gorak Shep. There is nothing like watching the sunset on the southwest flank of Mt. Everest from this spectacular vantage point. Overnight Gorak Shep, 3 - 3.5 to Gorak Shep, 5 - 6 hours trekking to basecamp. 17,598 ft elevation

## DAY 12

## OCTOBER 16, TUESDAY



Kala Patthar/Lobuche/Dughla Today is the high point (literally!) of our trip. We start early in the morning to catch the dramatic views from Kala Patthar and witness the first light of day caress the peaks of the mountains, particularly Mt. Everest. However, we need to be prepared for an early morning departure, amid predawn darkness and cold temperature (5 - 15 degrees F). Further, there is always the potential for chilly winds which are quite common. Familiar peaks such as Khumbutse and Changtse tower to the east even as Everest begins to reveal itself. During the ascent to Kala Patthar, we can pause to catch our breath at several outstanding view points from where we can snap great pictures. After several hours of ascent, we reach Kala Patthar. From Kala Patthar, we scramble up to the top of a rocky outcrop marked by cairns and prayer flags. A mind-blowing Himalayan panorama unfolds before our eyes as they wander from one mighty massif to another. We definitely want to take the time to imprint this vista into our mind's eye so that it lasts a lifetime. Upon return to Gorak Shep, we'll share a celebratory lunch together. We descend in the afternoon and arrive at Dughla in time for a well-earned night's rest. Overnight Dughla, 8 - 9 hours trekking, 15,100 ft. elevation

## DAY 13



## OCTOBER 17, WEDNESDAY

Duglha/Debouche Since we are no longer worried about acclimatizing, our descent down the Khumbu is much faster. Continuing the descent from Duglha, we reach the village of Pangboche, the barley-growing center of the Khumbu area. Beyond Pangboche the trail descends past some magnificently carved Mani stones to the Imja Khola, which we cross via a steel suspension bridge high above the river at a spot where it rushes through a narrow cleft. Finally we reach Debouche, a nunnery at the base of the mountain on which Tengboche sits. We'll enjoy breathtaking views of the sunset and sunrise, as well as a magnificent view of Everest. Overnight Debouche, 5 - 6 hours trekking, 12,533 ft. elevation

## DAY 14



## OCTOBER 18, THURSDAY

Debuche/Namche Bazaar After breakfast, we continue to retrace our steps with a short steep climb to Tengboche through a forest of birches conifers and rhododendrons. We then continue through the hillside blanketed by rhododendron and juniper trees. After crossing the prayer flag festooned bridge over the Dudh Koshi River, the trail follows the Dudh Koshi gorge, ascending rapidly through the pine forests. The path eventually reaches Sansa where we have lunch. After lunch we continue our trek to Namche Bazaar. After passing a Chorten, we reach the army camp at of Namche Bazaar. Here we'll stop to take a long last look back to Lhotse, the tip of Everest, and Tengboche as tomorrow we'll descend further and they will no longer be in sight. Upon reaching our lodge, we'll enjoy a hot shower and undoubtedly will sleep deeply. Overnight Namche Bazaar, 4.5 - 5.5 hours trekking, 11,1300 feet

## DAY 15



## OCTOBER 19, FRIDAY

Namche Bazaar/Phakding This morning after breakfast we retrace our steps down the steep Namche hill, along the Dudh Kosi and out of Sagarmatha National Park. The air feels rich with oxygen as we descend. Although we are traveling the same route down, the views are completely different. We reach Phakding in time for lunch and some afternoon rest. Overnight Phakding, 3 - 4 hours trekking, 8,563 ft elevation

## DAY 16

## OCTOBER 20, SATURDAY



Phakding/Lukla Compared to what we have just accomplished, the rest of our trek is relatively easy and we'll have time to notice the impressive faith in Buddhism and the culture of prayer stones and prayer flags as we walk through the Sherpa villages. At Lukla we'll celebrate with dinner, say goodbye to the staff that has taken such good care of us, and undoubtedly have mixed feelings about the end of the trek - happy to have completed it safely and somewhat sad to say goodbye to the simplicity and beauty of the last 2 weeks. Overnight Lukla, 3 - 4 hours trekking, 9,300 ft elevation

## DAY 17

## OCTOBER 21, SUNDAY



Kathmandu 4,500 ft. We prepare to fly out early. Back in Kathmandu by early afternoon, there's time for hot showers, shopping in Thamel, and relaxing at our hotel. Overnight Kathmandu, 4500 ft elevation

## DAY 18

## OCTOBER 22, MONDAY



Kathmandu 4,500 ft. As is customary, we have put in an extra day here in case weather has delayed our return. But there is plenty more to see in Kathmandu and the day will not go to waste. We'll make a 40 minute drive to Bhaktapur, one of the three medieval principalities of Kathmandu valley and the best preserved one. Bhaktapur, with its Durbar Square and beautiful temples, intricate wood carving in the balconies and windows, fabulous stone sculptures, and clean, brick paved streets gives the impression of being an open air museum. There will be some time for last minute shopping or sightseeing before going out for our Farewell dinner at a Kathmandu restaurant.

## DAY 19

## OCTOBER 23, TUESDAY

Home, or on to your Next Adventure! We will get you safely to the airport three hours before your scheduled flight and on your way.

# ADDITIONAL TRIP INFORMATION

## GETTING THERE

The arrival airport is Tribhuvan International Airport (KTM) in Kathmandu, which is serviced by many major airlines. You will be met at the airport no matter what day you arrive if you are staying at the trip hotel and have made reservations for any pre-trip nights through AGC. Detailed instructions for reserving pretrip rooms and how to meet your transport will be included in the PreDeparture.

**If you would like help with any travel plans we recommend** our travel agent Barbara Nelson, Scan East West Travel, at [bnelson@scaneastwest.com](mailto:bnelson@scaneastwest.com) or call 206-395-7836.

## ACCOMMODATIONS

- Four nights at a 3 star Kathmandu hotel
- Fourteen nights in lodges along the trail. The lodges are very rustic, with two (occasionally three) beds per room and bathrooms down the hall or occasionally outside. Some bathrooms are squatting-style pit toilets. There is no heat in the rooms, so warm sleeping bags are essential. Dining rooms in the lodges will range from large airy windowed rooms with tables and Tibetan-carpet-covered seats around central heaters to roadside cafes.

Overall food variety on the trek is limited, with few fresh vegetables and no fruit. This is even more true for vegetarian and vegans; options are available but the variety of foods is limited. If you are concerned about having enough protein during your trip, please bring some plant-based protein sources such as nut butter, instant dried hummus, or high-protein energy bars. If you cannot eat gluten or if you have other dietary restrictions, you will need to bring some supplemental food with you. Please call the office so we can help you plan.

## WEATHER

Weather for Kathmandu in October is quite pleasant with daytime temperatures average at 67°F. The average low in Kathmandu during the evening is around 57°F. Namche Bazaar is at a higher altitude so it is cooler with daytime averages around the mid 50s and nighttime temps down to the high 20s. The average rainfall for October is quite low since the Monsoon season has just ended. However, the possibility of rain is always a consideration. As you go up during the trek, temperatures will drop accordingly. For example, you can expect the average high in Tengboche (elevation 12,687 ft) to be in the low 50s with an average lows in the low 30s. Because the air gets thinner, you will also find that you get cold more easily.

## TRAVEL INSURANCE

WE STRONGLY RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH COVERS YOUR COST IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP for medical reasons, trip delay, lost baggage, and other unforeseen emergencies. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. In order to avoid disappointment and expense in the event that you must cancel your trip we strongly urge you to purchase some type of insurance coverage. You can also sign up for it online at [Travelex Insurance](#). To get the best rates, use 20-0016 as your location number on the Get A Quote page.

# PACKING LIST

## FOOTWEAR

- 1 pair Mid- weight hiking boots, well broken in.
- 1 pair comfortable walking shoes – athletic shoes, Keens, or Tevas/Chacos
- 3 - 4 pair Hiking socks: wool or synthetic equivalent (Thorlo, Smartwool, Ultrex, or Teko)
- 2 -3 pair thin liner socks: silk or synthetic equivalent (**optional -- not everyone uses sock liners**)

## CLOTHING

- 1-2 pair comfortable, lightweight, synthetic hiking pants (Supplex, or nylon/polyester/spandex blend). Zip-off pants are ideal
- 1 pair (top and bottom) lightweight long underwear such as Capilene or polypropylene
- 1 pair (top and bottom) mid-weight long underwear (polyester fleece)
- 1 Mid – weight fleece jacket
- 1 Pair warm fleece pants
- 1 warm down or synthetic-fill jacket
- 1 lightweight long-sleeved shirt for sun protection (a button-up is easy to put on/take off.)
- 2-3 T-shirts (made of synthetic material or lightweight wool, 1 can be a tank top if desired)
- 1 wide-brimmed hat for sun, rain, and high fashion
- 1 rain parka and rain pants: coated nylon or a waterproof/breathable fabric like Gore-tex.
- 1 windproof jacket (your rain parka could be used for this as well)
- 1 wool or fleece hat and balaclava or neck gaiter. A second lightweight hat is also handy.
- Warm mittens / lightweight gloves (wool or fleece) with waterproof overmitts.
- Underwear/night wear
- 1 set travel clothes to leave at our hotel in Kathmandu for after the trip

## EQUIPMENT/ESSENTIALS

- 1 daypack (see 'notes on packing list for size recommendations)
- 1 pack cover  travel alarm/watch with alarm
- 1 sleeping bag rated 20° - 25° F (down is recommended)
- Pair of trekking poles (required)  1 roll TP (purchase upon arrival)
- Passport and a photocopy of your passport**  Insect repellent
- Sunscreen and lip block with SPF of at least 15  2 bandannas
- Sunglasses (100% UV blocking) and retention strap  headlamp/small flashlight
- 2 liters water carrying capacity (water bottle or hydration system).
- Several large ziplocks for sorting dirty/wet clothes, etc and enough large plastic bags to protect clothes in your duffle while on trek.
- Duct tape (wrap some around poles or water bottle)

## TOILETRIES (small everything)

- Small camp towel
- Toothbrush, small toothpaste, dental floss, shampoo, hand sanitizer, camp soap, moist towelettes, sanitary supplies and a zip- lock plastic bag, contact lens paraphernalia
- Personal "patch kit"/ medications. (See 'notes on packing list' for recommendations)
- Individuals allergic to insect stings must bring an epi-pen.**

## OPTIONAL (not required, personal preference)

- Small journal and pen  Camera and film/memory card  Favorite snack(s)
- Book and/or small game  Ear plugs (for a good night's sleep)  Short gaiters
- Electrical adaptor/converter)  Utility core, clothespins
- 1-liter Nalgene/hard sided bottle (optional, but can be helpful to cool just-boiled water)

## NOTES ON PACKING

During the trek, your luggage is carried by porters. It needs to be soft-sided and a sturdy duffel is best. It will go inside a sturdy water-resistant nylon-bag which is lined with a heavy duty plastic bag. Packing your gear in compression sacks/stuff sacks/packing cubes will be very helpful in keeping your gear organized.

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

**Daypacks:** Your daypack should be large enough to hold the following items: 2 liters of water, rain gear, snacks for the day, sun screen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 30 – 40 Liters (1800 and 2400 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

**Pack Cover:** These are waterproof/resistant, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty, plastic bag to line your pack to protect the contents from rain – your pack however will get wet using this method. Purchasing a pack cover is highly recommended.

**Footwear:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**Clothing:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**Rain Gear:** You will need a parka or jacket made of a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not acceptable.

**Sleeping bag:** Bring a sleeping bag with down or synthetic insulation, wrapped in a heavy plastic bag (a Hefty garbage bag works well) inside its stuff sack. Weight and bulk are some of the factors to consider in sleeping bags. Consider packing your sleeping bag in a compression stuff sack. This will decrease the amount of space your sleeping bag takes up in your pack. Bring a bag rated 20 - 25 degrees F.

**Hydration:** Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to

use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water. Bringing a separate hard-sided is helpful for cooling just boiled water and giving you something to drink out of in the lodge.

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. It is very common to get colds and/or diarrhea on the trek.

**Trekking Poles:** Trekking poles are required for this trip. They contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions> .

**Short gaiters:** are optional but highly recommended for keeping your socks clean (reducing the chance of blisters), keeping debris out of your boots (another blister preventive measure), and most importantly---if it rains they keep your socks dry and prevents wicking water down into your boots.