

# ESSENTIAL INFORMATION

## NEPAL: TREKKING IN THE SHADOW OF EVEREST

### PASSPORT AND VISA INFORMATION

Your passport needs to be valid for **at least six (6) months** after your journey ends, and should have a minimum of one (1) blank visa page for entry and exit stamps.

**A tourist visa is required for U.S. and Canadian passport holders for entry into Nepal.**

There are currently two options available as outlined below. A&K recommends a visa on arrival.

**Visa on Arrival:** A tourist visa can be obtained on arrival at Tribhuvan International Airport (KTM). The current fee for a multiple-entry visa valid for 15 days is USD \$30. A multiple-entry visa valid for 30 days is USD \$50. All fees are subject to change without notice and must be paid in cash in U.S. dollars. Carrying two passport-size photos is also recommended.

**Visa Stamp:** A visa stamp in your passport can be obtained either by applying directly to a Nepalese consulate or through a visa processing service. While there are additional costs involved in using a visa service, this option is available for guests who prefer assistance in the visa process.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at [visacentral.com/abercrombiekent](https://visacentral.com/abercrombiekent) or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

### YELLOW FEVER VACCINATION & MALARIA PREVENTION

A yellow fever vaccination is only required to enter Nepal if you are arriving from, or have transited through, a yellow fever-endemic area in South America or Africa. The CDC and WHO each provide a current list of all affected countries. If vaccination for yellow fever is necessary, you must carry an International Certificate of Vaccination provided by your physician; you may be denied entry without it. If your physician advises against receiving the vaccination because of your personal medical history, he or she can provide you with the necessary documentation for the country/countries you are visiting.

You may be travelling to an area of malaria transmission. We strongly advise that you speak with your doctor or travel clinic regarding your itinerary, individual risk assessment and options for mosquito bite prevention and antimalarial drugs. We recommend filling any prescriptions before you depart.

### LOCAL HEALTH & SAFETY PROTOCOLS

A Mount Everest Base Camp Trek is an active program involving long, strenuous hikes and steep ascents. A robust level of fitness is necessary. Due to the high elevations you will encounter during the climb, you may experience altitude sickness. Please consult with your doctor and discuss your plans to participate in this type of journey.

### CASH & CREDIT CARDS

Cash transactions can generally be made in either U.S. dollars or local currency. U.S. dollars should be recently issued bills in smaller denominations. Major credit cards are accepted on a limited basis, mainly in the larger shops, hotels and restaurants. Access to ATM machines is available in Kathmandu but limited in rural areas.

### PACKING LIST & BAGGAGE RESTRICTIONS

Porters can carry a maximum load of 44 pounds (20 kilograms) per person on the trek. Please take only what you need for the trek and leave the rest of your luggage at your hotel, where you can reclaim it at the end of your journey. Personal daypack loads are generally between 18 and 25 pounds (8 and 11 kilograms).

Please be aware that laundry services are not available during your Mount Everest Base Camp Trek.

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to collect and manage your luggage for you.

### Clothing

The items included in this list have been chosen to maximize your comfort and safety while hiking on the mountain. Please read through the entire list very carefully. If you have any questions about items on the list or about the suitability of your own equipment, please contact A&K, or a reputable mountaineering equipment dealer.

### For The Upper Body

**T-shirts:** Three T-shirts that you don't mind getting dirty while on the mountain. Synthetic shirts are best.

**Upper Body Layers:** For climbing the mountain we recommend you have three warm layers for your upper body. Items should be made of wool, fleece, down, synthetic or pile. Cotton items do not provide adequate insulation and are completely useless when damp. Make sure all layers fit comfortably over each other and supply good insulation. A good combination is a lightweight top, heavyweight top and a pile, down or synthetic down jacket or waterproof jacket.

**Thermal Jacket:** Down or synthetic down (not essential as long as you have a good waterproof jacket and at least 2 good zip-up fleeces/vest).

**Waterproof Jacket:** Made of Gore-Tex or waterproof nylon that has been "seam sealed."

**Lightweight Tops:** Two or three. Wool, fleece, synthetic or thermal wear.

**Heavyweight Tops:** Two or three. Wool, fleece, synthetic or thermal wear (zip-up type is recommended).

**Wind Shirt:** Nylon wind shell (not waterproof) roomy enough to fit over all upper body layers. (Not necessary if you are using the Gore-Tex raingear listed above.)

**Thermal Gloves or Mittens:** One pair of heavy mittens and a light pair of gloves will be adequate for both occasions when needed.

**Mitten Shells:** One pair to go over your mittens. These are for use against the wind.

### For the Head and Face

**Pile or Wool Hat:** A versatile balaclava type, that can convert from hat, to head band, to ski mask, to neck scarf, is excellent.

**Scarf/Neck gaiter:** To wrap around your head, face, neck for added warmth.

**Sun Hat:** Wide-brim or baseball-style caps are essential for protection from the sun and for wearing around camp. Bring several.

**Sunglasses (or glacier glasses) AND Ski Goggles:** Essential for eye protection from sun, wind and altitude. Bring a good quality pair, preferably with an IREX protection rating of 100. Attachable side shields are recommended.

**Sunscreen:** The sun is strong at altitude. Bring plenty of complete sun block with an SPF rating of 30 or higher.

**Lip Balm:** With SPF rating of 30 or higher.

**Bandanas:** (Optional) Tied around neck for optimal sun protection. They can also be used for cleaning glasses, or as washcloths, etc. They dry very quickly.

**Eye Drops:** To help keep eyes moistened and relieve irritation from wind and dust.

For the Legs

**Quick Dry Hiking Shorts:** One pair. Good for hiking at lower elevations on the mountain.

**Long Underwear Bottoms:** Two pair. Wool, synthetic or thermal wear.

**Trekking Pants:** Two pairs of dark-colored, lightweight pair that fit loosely and are comfortable. These may be worn over the long john bottoms. Also good for use in camp. Jeans are NOT a good choice.

**Rain Pants:** Bring a good pair of rain pants of Gore-Tex or waterproof nylon fabric that has been "seam sealed".

**Wind Pants:** (optional if you have Gore-Tex rain pants.) These are used often on the mountain for protection against wind. They should be breathable nylon and roomy enough to fit comfortably over wool or pile pants.

**Fleece/sweatpants:** A thick-pair is recommended for chilly evenings.

**Undergarments:** Thermal wear is recommended. Wear properly fitted undergarments to avoid excessive sweating and provide protection from the cold out. For nightwear, mid-weight silk thermals are best for sleeping.

For the Feet

**Thin Socks:** Three to four pairs of quality cotton mix for hiking in low country.

**Thick Socks:** Four pairs for trekking at high elevations and cooler evenings. Heavy wool or synthetic socks to wear for warmth with hiking boots. These should be changed every day to prevent unnecessary humidity build-up in your boots.

**Hiking Boots:** One pair lightweight hiking boots. Boots should be well broken-in, waterproof with good ankle support and plenty of toe room for long descents, and large enough to be comfortable with one liner sock and one heavy wool or synthetic sock. A leather or Cambrelle lining is best  
Note: it is suggested that you pack your hiking boots with your carry-on luggage or wear them on the plane. In the event your checked luggage is delayed you will, at least, have your own boots with you. Boots would be very difficult to rent on-site.

**Running shoes/sandals:** (Optional) Running shoes/sneakers can be worn in camp after a day of hiking and for hiking at lower, warmer altitudes. Flip-flop-type sandals are suggested for showers while on the trek.

**Sleeping Bag and Liner:** On the mountain temperatures can fall to as low as 0° degrees Fahrenheit at night and the lodges can be chilly. It is advised to bring a warm bag and liner for

comfort. Down-filled bags are recommended. You may also choose to bring a silk, cotton, or fleece sleeping bag liner to add warmth and keep your sleeping bag clean.

Sleeping bags, liners and stuff sacs (previously used, clean and in good condition) are also available for rent in Kathmandu.

**Camping Pillow (optional):** Pillows are provided, but you may wish to bring your own, especially if you are allergic to certain materials or require a certain type of pillow.

#### For Drinking

We recommend that you bring with you from home a “camel” type backpack with a built in water bladder, and also 2 two liter wide-mouthed plastic water bottles (Nalgene or similar brand) to be filled each day with drinking water. Water bottles made from synthetic materials that are resistant to boiling and freezing are recommended.

#### For Carrying Your Gear

**Lightweight Frameless Daypack:** A medium size comfortable pack is adequate to carry personal gear (camera, snacks, water for the day, warm clothes etc.) The pack should fit properly and comfortably and have a good waist belt that transfers some of the weight to the hips. As noted in the “For Drinking” section of this document, a “camel” version with a built-in water bladder and side pockets is recommended. Please note that personal daypack loads are generally between 18 and 25 pounds.

**Pack Cover:** Something waterproof to cover your pack with when hiking in the rain. Otherwise, bring a large plastic bag to serve as an inner liner to prevent the rain from getting between the backpack and the back.

**Medium Soft-Sided Duffle Bag:** With lock for mountain gear. This will go into our mountain bag that the porters will carry. Framed backpacks and suitcases cannot be used, as the porters who accompany you on your climb will not carry them.

**Large Soft-Sided Suitcase or Duffle Bag:** Large enough to hold your non-mountain gear. This will be stored at your hotel where you can collect it after the climb.

**Plastic Bags:** Several, to double bag your sleeping bag and clothes on the mountain. Depending on the season, it can rain for longer periods than one might anticipate. Clear bags are recommended to make it easier to see the contents of the bag for later use as opposed to having to rummage through the whole bag.

**Walking Sticks or Hiking Poles:** Especially helpful during sustained descents.

#### For Personal Health and Comfort

**Toiletries:** Toiletries are provided. However, if you require additional toiletries bring enough for all of your needs for the entire trip but keep simple and light.

**Ear Plugs:** To protect against wind and to insure peaceful rest.

**Flashlight and Headlamp:** A small, powerful flashlight. A headlamp is also very useful. Be certain to pack some extra batteries as well.

**Trail Munchies:** (Optional) Although plenty of snack food is provided, trekkers like that taste of home in their pack. Touted as an important accessory by those who have brought them in the past.

**Additional Hot and Cold Drink Mixes:** (Optional) Coffee and tea are provided during your trek. However, if there are any specific flavors, teas or beverages that you prefer from home (such as

Gatorade powder or your favorite herbal tea), we suggest that you bring these along for your own comfort.

**High Energy Snacks:** (Optional) Energy snack bars and occasional chocolates are provided for you during your trek. However, if there are any specific high-energy snack bars, chocolate bars, trail mix; peanuts, granola and other such snacks from home that you would like to have, please bring these along for your own comfort.

**Face Masks and Hand sanitizer :** (Optional) Hand Sanitizer will be provided for you throughout the journey. However, some guests prefer to bring 1 small bottle or tube of anti-bacterial hand sanitizer gel for quick and more personal access.

**Entertainment:** (Optional) Playing cards, books, MP3 player etc. are very useful during down time and leisure time in camp and/or days when you reach camp early.

**Camp Towels:** One towel and a bar of soap for washing up in camp.

**Hand Towels:** Small ones are fine.

**Towelettes:** Such as "Wash 'n' Dry" for general hygiene are also recommended.

#### **Insect Repellent**

**Spare Pair of Prescription Eyeglasses:** For those who use contacts, the glasses will come in handy during periods of high wind and/or of dusty conditions.

**Simple Travellers' First-Aid Kit:** Containing any basic items that you feel may be needed, including anti-diarrhea tablets and rehydration drink mix packets. Take along a small supply of bandages and anti-biotic cream, cold/flu tablets, throat lozenges, small scissors, tweezers and thermometer. If you require a particular medication or prescription take an adequate supply to last through your entire trip, as it may not be available locally. On the mountain, you are likely to need moleskin for blisters and a good supply of pain relief medicine for altitude headaches (we strongly recommend checking with your physician with regards to which pain relief medication is best suited to you and for use at high altitudes), as well as any high-altitude medications prescribed by your physician.

#### **TIPPING GUIDELINES**

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars).

|  | <b>Tailor Made Journeys</b>   |
|--|---|
| Head Trek Guide (Sirdar)   | \$350 per person, total –<br>Gratuities are to be presented to the Head Trek Guide (Sirdar) on the last day of the trek and will be shared among the staff. |
| Local Guides (for any sightseeing aside from the base camp trek) | \$20 per person, per day (full day)   |
| Drivers  | \$10 per person, per day (full day)   |
| Airport Transfer Drivers   | \$5 per person, per transfer  |
| Hotel Porters  | \$2 per bag   |

|                                    |                             |
|------------------------------------|-----------------------------|
| Housekeepers                       | \$2 per person, per night   |
| Included Meals                     | Included                    |
| Restaurants or Room Service on Own | 10-15% unless already added |