

# Trip Notes

## Kanchenjunga Circuit Trek

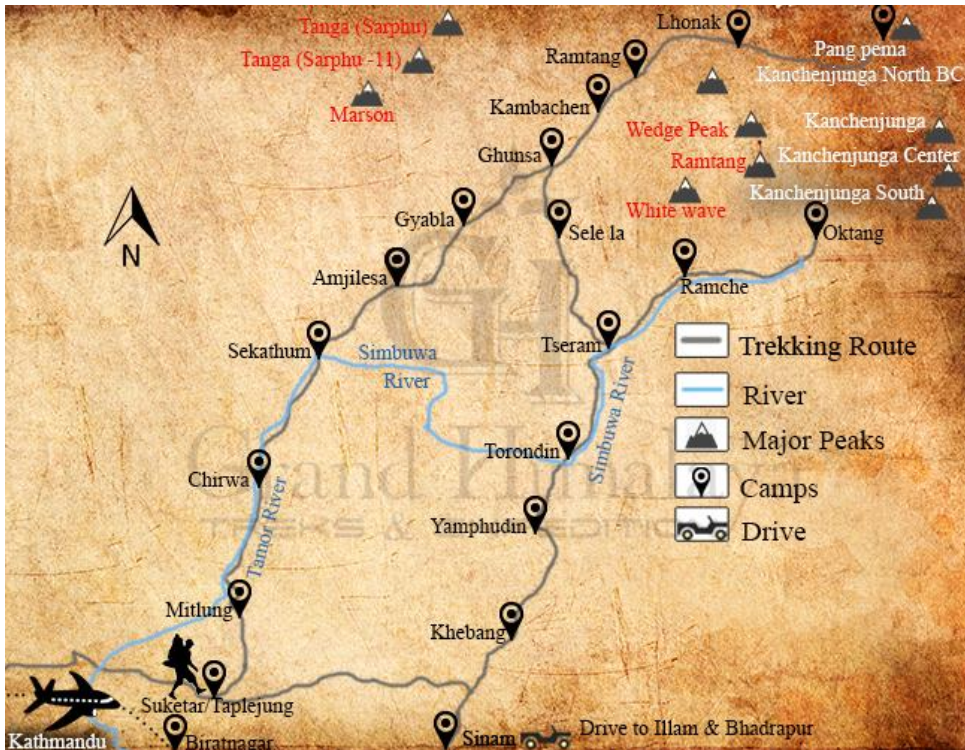


“Journey into the valley of sacred mountains,  
the Kanchenjunga.”

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## Trip Facts



### Duration

30 days from Kathmandu to Kathmandu

### Physical Grading: 3

He/she who is high altitude trekking or cycling, suitable for those with a high level of fitness and endurance.

### Trip style: Active

This trip is designed for outdoor adventurers who are ready to undertake some real challenge to the most technically demanding peak of the Himalayas.

### Service level: Basic

- ✓ Excellent value, competitive price

- ✓ For travellers preferring flexibility, convenience and the security of small groups
- ✓ Simple and clean accommodations and/or well-maintained campsites
- ✓ Highly experienced and educated Staffs, who are mainly the Sherpas from highlands of the Himalaya.
- ✓ Well designed itinerary by our experts, to suit from novice to experienced trekkers/mountaineers for the Himalayan adventure.

### Trip type: Small group

Group trips average about 12 travellers per departure, depending on the adventure. The maximum is usually no more than 16.

### Trek Timing

Autumn months (September-November) and spring (March-May) are considered as the best seasons for Kanchenjunga Circuit trekking. There is better visibility of the landscape during these months, the rivers are lower and the temperature is cooler on the first few days of the trek.

## Introduction

At 8,586m, Kanchenjunga is the world's 3rd highest mountain. Located in the far north eastern corner of Nepal, on the border with Sikkim, the surrounding region is less accessible than the Khumbu or Annapurna's and still sees few Western visitors.

Kanchenjunga has a special place in the hearts of British climbers and explorers. From Douglas Fresh field's initial circumnavigation in 1899, the first ascent in 1955 by Joe Brown and George Band, to the ground-breaking ascent of the North Ridge, by Doug Scott, Pete Boardman and Joe Tasker in 1979 - many chapters in British climbing history have been dedicated to "Kangch". Together with the huge bulk of Jannu, Chang

Himal's imposing North Face and the impenetrable ridges of Ratong, the mountain vistas on this trek are every bit as impressive as the peaks in the Everest region.

Our itinerary approaches the North Base Camp first, trekking through deep ravines, forests of bamboo, rhododendron and larch pine to the Tibetan village of Ghunsa and the high mountains. We take care to spend time acclimatizing around Ghunsa and Kambachen, before continuing along the Kanchenjunga Glacier to spend a night at Pangpema, base camp on the north side. The views of Jannu, Kanchenjunga and Chang Himal are jaw dropping.

Then we cross the Mirgin La (4,550m) to Tseram. It is much more logical to cross the pass from north to south and this part of the trek is simply superb. Magnificent scenery and interesting walking. By now we're well acclimatized, and can enjoy the gentle walking up to Oktang and the awesome views of Ratong, the Kabru Peaks and the South Face of Kanchenjunga. We exit the mountain via an esoteric route, travelling through villages where the locals rarely see trekkers. Expect to be the focus of much attention! This is a long and committing trek in a region with little infrastructure. The trails are at rough and undulating, at times exposed and there are landslides to cross. Therefore to join this trip you need to be an experienced mountain walker, mentally prepared for consecutive days of tough trekking in an extremely remote part of the Himalayas.

Trekking to the North Base Camp first, then crossing the Mirgin La (Pass) from North to South to then visit the South Base Camp is, in our opinion, the best way of doing this trek.

## Trek Overview

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Kanchenjunga Region treks from Taplejung to Pangpema. The North Base Camp of Kanchenjunga via the delightful village of Ghunsa. The trek then crosses the Sinion La and Mirgin La pass to drop down to Tseram and trek to the south side of the mountain. The high point at Oktang provides outstanding view of the southern aspect of the world's third highest peak. Finally, we exit the mountains over the spooky Lamite Bhanjyang, a 3,500m pass affected by landslides each monsoon.

Over the following two days, we make our way to Taplejung. Ideally, we will fly via Biratnagar to the airstrip at Suketar, just two hours walk from Taplejung. However, the Suketar flight is often cancelled due to bad weather, so we may have to drive in 4 x 4 vehicles to the start of the trek. Over the next six days, we follow the banks of the Tamor River and Ghunsa Khola. The walking is never easy as it's often hot and humid in the lower jungle and slippery underfoot. The valley is steep sided and the trail climbs up through the trees, and then descends back down to river level. Eventually, we reach Ghunsa and cooler air. Ghunsa is a really lovely Sherpa village with a few trekking lodges and hydro-electricity. Time to do some washing; enjoy a shower and some shopping (there are Tibetan scarves, blankets and Jewellery for sale). There's a good acclimatization walk to be had which heads directly up through trees from the village. From Ghunsa, we trek to the north base camp via Kambachen and Lhonak, spending two nights at Kambachen below the imposing North Face of Jannu. There are tales of Snow Leopards in these parts and Blue Sheep can be spotted on the hillsides.

Pangpema, next to the Kanchenjunga Glacier, has a couple of porter lodges, but not much else apart from incredible views of 6,000m, 7,000m peaks and the wild North Face of Kanchenjunga. It's a remote spot where you can expect to feel very tiny against the vast backdrop of the mountains. We descend back down to the valley and then from Ghunsa, cross the Mirgin La, using a high camp on the pass at 4,300m. There are great views of the south side of Jannu and Makalu (the world's 6th highest mountain) from the pass and the walking itself is reminiscent of the Lake District. It's a big descent down to the camp site at Tseram and then easier, more open walking up towards Ramche and eventually the view point at Oktang. There are some stunning peaks on the south side of Kanchenjunga, as well as the dramatic South Face itself. From Ramche, we descend to Torondin to place us at the base of the Lamite Bhanjyang. The pass involves walking up through trees to

3,500m to an area of landslides. The terrain changes after every monsoon but by the middle of October, it should be stable with a route through. The entire mountain is literally falling down and although the route avoids the actual landslide area, there is no real path as such and it can be hard going under foot for a short section. We then make a big descent (back on a good, though potentially slippery Yak path) to Yamphudin.

Yamphudin is a big village with an upper (Sherpa) and a lower part to it. The first night, we stay in the upper village, before an easy day dropping down to the river and the lower 'suburbs'. It's then another reasonably tough trekking day over another pass, the Kedan La (2,070m), to arrive at the village of Khebang. Here, you can expect a warm welcome from the villagers, who rarely see Westerners. They have a book dating back to the early 1980's which has comments in it from those who have travelled this way. Most trekkers exit the mountains via Phumphe and Kunjari to the airstrip at Suketar. However, by trekking via Khebang and another camping spot to Mitlung, we walk through some really beautiful terraced villages, where the people are very interested to see you. As the flights from Suketar are infrequent and often cancelled due to bad weather, we have decided to trek out by this route, so that we can take half the journey on unsurfaced road to few hours. At Phidim, we are back on the tarmac road and drive via Illam where we stop for the overnight in a hotel. Next early morning we drive to Bhadrapur and take 40 minutes flight back to Kathmandu. We have the afternoon and the next day to explore Kathmandu and it's wealth of temples and shopping opportunities. The Shanekr Hotel is always a welcome and relaxing place to end the trip.

## Trek Highlight

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- ❖ Explore the ancient city of Kathmandu, Nepal:
  - Visit Swayambhunath (the monkey temple), a 2000 year old Buddhist Stupa
  - Visit the Bodhnath Stupa with its' 130 ft. dome
  - Visit the ancient Pashupatinath Temple with a holy cremation site.
- ❖ A short scenic flight to the plain city of Nepal, Biratnagar
- ❖ Experience the colourful cultures & Traditions of Eastern Nepal People
- ❖ Meet the true Gurkha people of Nepal (Limbu and Gurung), worldwide renowned for their sincerity and bravery in the UK armies.
- ❖ Panoramic views of world's 3<sup>rd</sup> highest peak, Mt. Kanchenjunga (8,586m) and its sister mountains.
- ❖ Visit Pangpema, the Kanchenjunga North Base Camp (5,100m)
- ❖ If you are lucky enough then you may spot Snow Leopards and Panda.

## Grand Himalaya on the trek

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Our aim is to provide you with safe, enjoyable and successful trips to Nepal. We provide all of our clients with a smooth and efficient service to maximize both your enjoyment and your chances of a successful trip.

The benefits of trekking with us in the Kanchenjunga region are:

A very well planned itinerary and acclimatization schedule based on our experience of leading Trekking and expeditions to Kanchenjunga since 2005.

We provide a good level skilled of sherpa support. Me, myself and most of our staffs are from Gunsu, kanchenjunga region, which means they possessed pretty good knowledge about the place and its people.

Our staffs are very professional in their field of work and will be walking, and assisting the members all the time.

We have neat and clean, comfortable camp sites, very often with separate tents for each team member, with folding backed chairs and tables in a mess tent and solar power.

Our amazing chef and the well trained kitchen crews will always feed you with the excellent food on the trek, with meals supplemented by western food.

We have high-quality mountain tents viz., Ozark-25 and North face with the reasonably thick foam mattress for each client.

## Travel Insurance recommendations

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# Travel Insurance



We recommend cancellation insurance to protect your investment.

We require participants to have travel insurance that covers medical expenses, evacuation and repatriation.

Please ensure that your chosen policy provides cover for the activities (Trekking and climbing with guide and roped up) and localities in which you will travel Nepal, to elevations up to (5,147m/16,560ft) above sea level).

## Emergency evacuation

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Helicopter rescue services are available. Evidence of insurance will be required by the evacuation services before the helicopter will fly. And it can be landed anywhere in the Kanchenjunga region. However, emergency evacuation cost is not included in your expedition cost. Most helicopters struggle above 5000m. Often a helicopter can only take one person at the limit of its operating altitude. There is no mountain rescue squad available, the victims have to be evacuated to a safe helicopter landing site preferably below 5000m.

## Emergency Contact

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Should you need to contact Grand Himalaya during a situation of dire need, here is the contact information furnished below:



1. Office Landline phone: +977 1 4474479 (10am to 5pm/ Saturday off)
2. Namgya Sherpa (Managing Director) Cell No. : +977 9851174471 (7/24)
3. Sonam Bhote (Marketing Director) Cell No. : +977 9851174472 (7/24)
4. Prem Gurung (Operations Director) Cell No.: +977 9851174470 (7/24)
5. Tendi Wongmu Sherpa (SalesManager) Cell No.: +977 9841427120 (7/24)

## Flexibility

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Whereas every effort will be made to keep to the original itinerary; changes may occur due to snow conditions, electrical storms, or other imponderables of whatever nature whether physical, climatic, human or political.

## Passport & visa

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A passport with at least 6 months validity beyond the duration of the trip is required and it is your responsibility to obtain your own visa (this can be obtained on the arrival at Kathmandu international airport at a charge of:

- Single entry visa valid for 15 days - US \$25
- Single Entry Visa for 30 days - US \$40
- Multiple entry visa valid for 90 days - US \$100.



You will need **one** passport size photograph for the visa. **(We will forward you the visa form once you booked for the trip).**

4 passport size photographs and passport details will also be required for the climbing permit (if climbing in Nepal) and these should be supplied to Grand Himalaya before the start of expedition on the **Post Box No: - 9935 Kathmandu, Nepal.**

*For more details, please check [Travel Tips](#) on our Website*

## Trip specific safety

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We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. The hotels we use in Kathmandu have a safety deposit box which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

## Upon Arrival in Kathmandu

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Upon your arrival at the Kathmandu Tribhuvan international airport, you look for a signboard of Grand Himalaya Treks & Expedition and you will notice our representative holding Grand Himalaya's board. He will welcome you with a garland and a bottle of mineral water, then assists you transfer to your respective hotel in Kathmandu in Grand Himalaya's Van/Coach.

On our every trip, we have all Airport pickup and drop shuttles included in the trip cost to protect you from any kind of hassles and tussles which is quite common to experience when you for the first time visit an alien country.

Please be aware of people wanting to help you with your bags as they will ask for money once you get to your van/coach.

## Accommodation in Kathmandu

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With Grand Himalaya trip cost, you will be accommodated in a 4 star category hotel in Kathmandu on B&B (Bed & Breakfast) basis. Team members will be accommodated on a twin share basis in large en-suite rooms. Single rooms are available if you prefer, for which a supplement is payable. However 5 star hotel accommodations will be arranged by

Grand Himalaya on your request for additional cost. Your early booking the trip along with deposit of 25% of the total trip cost per person is highly required to make necessary accommodations in Kathmandu and Lodges in related trekking region, domestic flight reservation for your trip.

**Important note:**

- Power cuts can and are a regular occurrence in Nepal, especially throughout Kathmandu. Although the hotel has generators there may be times when these won't work.

## Accommodation on trek

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Because it's a camping trek, we'll be sleeping in our tiny little castle, "Tent".

The food will be served in a snugly and spacious mess tent, well equipped with tables and backed chairs. There will be another mess tent for cooking meals for the entire team and for storing the food and vegetables.

We have well maintained, neat and clean campsites. Most often the members' tents are put up away from the kitchen mess tent and away from one another, so that you can have an uninterrupted slumber after day's exhaustion. Each and every member will have their own tent along with reasonably thick foam mattresses, unless there are couples willing to share the tent.

## Meals on the Trek

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This classic style of trekking are especially carried out in the isolated areas of Nepal, well furnished with the entire camping equipments along with the fresh food.

Our well experienced and qualified chefs will serve you with the Nepali versions of western recipes such as Italian pizza and pasta, American French fries and sandwich, Indian and Nepalese veg. curry rice, Chinese friend noodles and steam dumplings, Sherpas mix stew and Tibetan bread, and so on. Hot drinks, snacks, soup and desert are also in the list of our special menu. French toast, cornflakes, muesli, chapatti, scrambled and sunny side up fried eggs, accompanied by tea variety and fresh coffee are in the hit lists of our breakfast. And of course Nepali milk tea is served every day.

## Electricity Chargers

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### **Electricity**

230V

50Hz

### **Electrical Plugs**

European plug with two circular metal pins

Indian-style plug with two circular metal pins above a large circular grounding pin

### **Electrical Device Charging**

Most of our hotels en route on the trek, there will be pay electric devices charging facility.



## Time Difference

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GMT is less than Nepal by 5 hours 45 minutes

## Mobile phones, Internet and Wi-Fi connectivity

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Trekking is a wonderful break from the wireless world, but in the towns and cities out here, it is now your choice whether you disconnect or stay connected.

Check your mobile phone roaming services prior to leaving to know whether you might have service.

### *Nepal - Kathmandu*

Most overseas roaming-enabled mobile phones work in Kathmandu and Pokhara. You should be aware that occasionally an SMS (text) message sent to you will arrive 20 times. You can send messages out, normally without problem. Blackberry services and GPRS etc are now available. Local SIM cards can be bought from corner shops and start at around \$8 (cheap!), and refills by scratch cards, very easy and convenient. You need an UNLOCKED phone to use a local SIM. Internet cafés litter Thamel and other tourist haunts, so checking your Yahoo, Gmail etc. is easy and cheap. For laptop users there are more and more free Wi-Fi cafés.

### *Kanchenjunga Region, Nepal*

Kanchenjunga region is still one of the backward and isolated part of Nepal, there is no mobile phone network coverage in this area. So it's a must to take with you a satellite phone for emergencies. Now there is an internet cafe at Gunsu village and landline phone too.

## Feedback

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After your travels, we want to hear from you! Your feedback information is vital to us to enhance the quality of our services and adventures. Please help us to improve our services by filling the feedback questionnaire, which will be provided to you at the end of the expedition. The best quality service is our foremost priority.

*“What is the shortest word in the English language that contains the letters: abcdef?”*

*Answer: feedback. We believe that feedback is one of the essential elements of progress.”*

## Short Itinerary

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**Day 1:** Depart home country

**Day 2:** Arrive Kathmandu and transfer to hotel (Overnight in hotel)

**Day 3:** fly to Biratnagar (Overnight in hotel)

**Day 4-26:** Fly to Suketar & commence trek

**Day 27:** Fly from Bhadrapur-Kathmandu

**Day 28:** Leisure in Kathmandu (Sightseeing tour on request)

**Day 29:** Depart Kathmandu

## Itinerary disclaimer

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The itinerary is the strongest part of our trip. Stick to it and you will have little altitude related illness problems, go one day harder and you can be in big trouble. In our decade long experience as a guide and leader, we have tested these programs out several times. Sometimes they will seem slow but it's about enjoying the trip not pushing hard and having a headache all day. You need a very good reason to go faster. Going slower is Ok, just

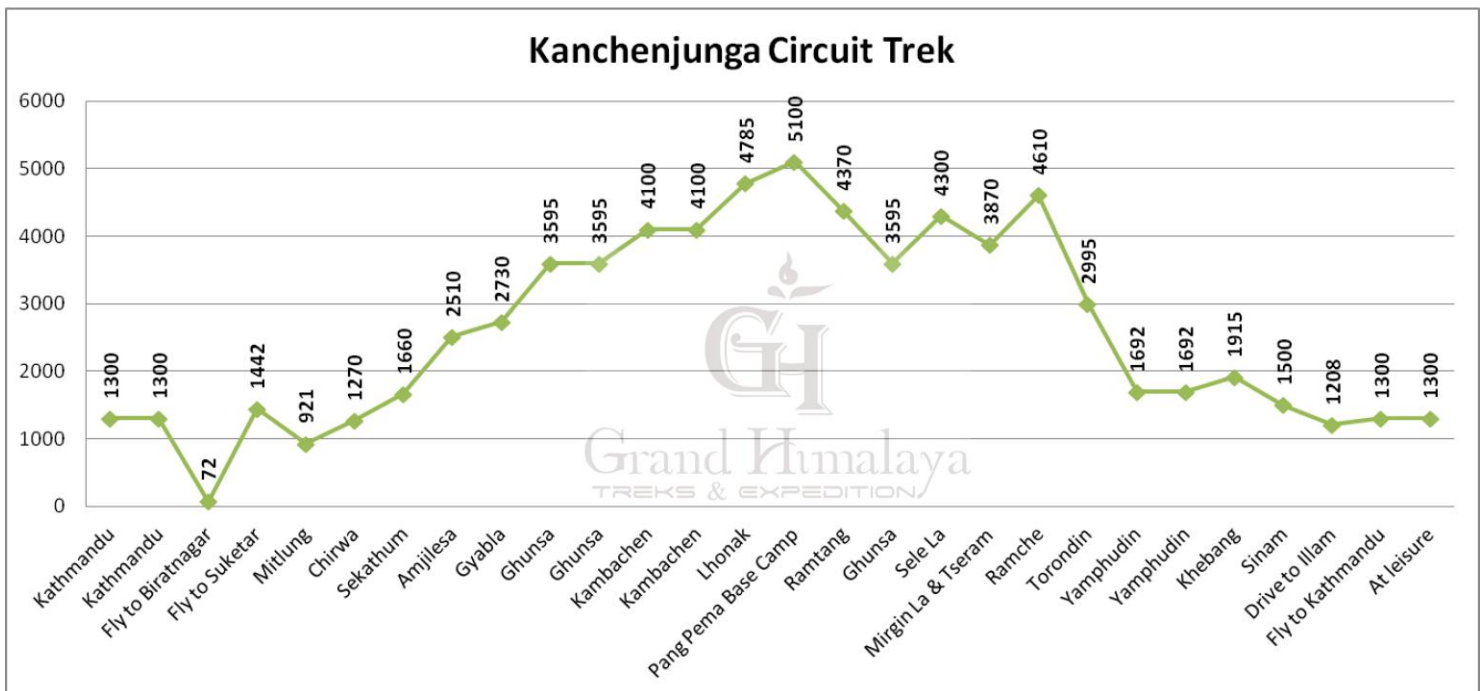
watch your overall progress. Shifting up one day instead of having a rest day can mean headaches and you then have to have a rest day later anyway!

Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions and the health of climbers can all contribute to changes. The trek Leader/Guide and cook will try to ensure that the trip runs according to plan, but an easy going nature will be an asset! Issues that result in changes to trip finish dates, hotel or air tickets requirements etc need to be communicated to grand Himalaya HQ ASAP.

Furthermore, our Trip Notes is a general guide to the trek and region we are going to visit.

Any mention of specific destinations or flora and fauna is by no means a guarantee that they will be visited or come across.

## Altitude Profile In Meters



## Includes and Excludes

### Trek cost includes

- Three night hotel accommodation in Kathmandu in 3 to 4 star category hotel. Breakfast is included. Accommodation is on a twin share basis.
- Half day sightseeing tour in & around Kathmandu (largest Buddhist stupa in the world at Bouddha-nath and most important Hindu temple in the valley at Pasupati-nath).
- Domestic flight Kathmandu-Bhadrapur-Kathmandu.
- A BUS Transportation from Kathmandu to Taplejung for local staff and all the supplies for the trek

- Transportation Bhadrapur to Taplejung private Mini bus/Land Cruiser/according to group size(In the event of bad weather, it is possible to drive to Taplejung direct from KTM)
- Private bus transportation from Medibung to Illam and Bhadrapur next day for all team.
- Trekking permit & all Conservations fees and government taxes.
- All pickup and drop transportation from airport to airport both domestic & international.
- Meals during the trekking period three times a day Breakfast/Lunch/Dinner tea/coffee/hot drinks. Prepared by our well trained Nepali chef.
- Set of Oxygen, mask and regulator for medical use only.
- A comprehensive medical kit (bring your personal first aid kit).
- An experienced Sherpa guide & appropriate number of Sherpa staff.
- Appropriate number of porters.
- A well trained cook & appropriate number of Kitchen boys.
- Good quality two men tent with sleeping mattress. Tent will be on twin share during the trek
- Group dining tent with table /Chairs and solar light inside plus toilet and shower tents.
- Cultural celebration meal either at Nepali Chula restaurant or similar after the trek with all the local staff.
- All local staff & porters properly insured & equipped.

## **Trek cost excludes**

- International & home country domestic airfares, transfers en route & excess baggage
- Your personal insurance. Medical, mountain rescue & repatriation cover is obligatory.
- Your personal expenses e.g. phone calls, laundry, alcoholic beverage, mineral water.
- Your Nepal entry visa fee (**USD \$40** available on entry) Valid for 30 days.
- Main meals (Lunch & Dinner) in Kathmandu apart from celebration meal in Kathmandu.
- Excess baggage above 15 kg will be charged USD \$1 per kg.
- Tipping to the guide & local staff (USD\$ 200 per person).
- Each member is responsible for his/her own first aid supplies.
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary.

## **Booking Conditions**

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A deposit of 25% of the total trip cost is payable at the time of booking and the final balance due 8 weeks before the start of the trip. The act of booking implies that you have accepted the ethos of the trip and any objective or subjective risks associated with it.

## **Cancellation**

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Should you wish to cancel your booking please inform us immediately in writing by email or letter. The following charges will apply, as a percentage of the trip:

- ✓ More than 42 days before departure – 25% of total cost
- ✓ 42 to 29 days – 50% of total cost

- ✓ 28 days to 15 days – 75% of total cost and
- ✓ 14 days or less – 100% of total cost.

These cancellation charges go to paying, amongst other things, outside Guides that have been contracted in, hotel or airline deposits, staff wages, setting up costs etc.

## Note

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No refund if any member breaking from the group due to illness or otherwise and not utilized any services. Medical evacuation costs, extra accommodation or any other fees associated with early departure, change of itinerary, or breaking from the group due to illness or otherwise. The cost may need to be paid by clients at the time and may be able to be claimed back from your travel insurance company.

## What to take

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This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. Please note that between every 2 members there will be 1 porter/mule and your trekking gear will be carried by the porter/mule in a water-proof duffel bag that we will provide you. The maximum the porters/mule is allowed to carry in Nepal is 30 Kg/22lbs, which means the average weight of each member's duffel bag shouldn't exceed 15Kgs. Besides, the airlines company that flies to the trekking areas of Nepal has a similar policy of allowing 15Kgs of luggage and 7Kgs of hand baggage for free, for every passenger.

Some of your luggage can be left in Kathmandu (the hotel may charge a storage fee), but you will need to take all your trekking gears with you.

## Be a safe Trekker

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1. Keep your eyes on your team mate while trekking and try to cohere with the group at all times. Trekking tracks in the Himalayas are often connected with caravans and nomads trail, trails to the villages nearby the trekking route, domestic and wild animals trail, etc. These off the trekking track can often mislead you and consequently, people could wander off the track towards the hazardous door.
2. Try not to ascent rapidly especially first few days of the trekking, no matter how physically tough you are. I presume trekking in the Himalayas is entirely different than trekking in the Alps and Andes. Keep your eyes all around you when trekking because there is an utmost possibility of seeing wild lives and some other interesting sites, rather than speeding up towards the next camp and end up holding your heads rest of the day.
3. Drink plenty of plain fluids at least 4 liters a day. Keeping yourself hydrated after day's exhaustion is a must which can prevent you from having AMS (Acute Mountain Sickness). Avoid drinking alcohol once you hit high altitude, which is above the altitude of 3500 meters. Make yourself habit of drinking water, tea, soup, juice and so on, instead of alcohol. Drinking alcohol at high altitude has been scientifically proved to be making your body more susceptible to AMS.
4. Make sure you do not overload your daypack as this could cause pain to your shoulders/back. The heaviest item in your daypack should be your water, so your daypack should get lighter as the day goes on. If your daypack feels uncomfortable at any point, stop and readjust it.

5. Ensure that your feet and other extremities are kept warm and dry at all times. There have been cases of people not adequately dressed getting frost bite at high altitude due to the freezing temperatures. Remember, although the temperatures at the top may not seem cold, wild chill can reduce this temperature even further. Always be prepared with something to cover your face, warm gloves and thick walking socks.
6. We advise that you take some plasters/a blister prevention kit with you to keep your feet in good condition. Don't lace your boots too tightly/loosely and if they feel uncomfortable readjust them and apply plasters when necessary.
7. Keep your head torch in your daypack, always. You never know when and where you end up walking in the dark.
8. Walking poles can aid your trek, providing additional support and balance. Walking poles also helps to significantly reduce knee strain, particular during decent.
9. Your guides and sherpas are very much experience about the places you are trekking. So we always recommend you to follow their instructions and help yourselves by helping them to create a magnificent plus successful trip.

*We the entire family members of Grand Himalaya would like to wish you safe and successful trips.*

## Important to note

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- Please read the 'Checklist' section of this trip notes for additional details of what you need to bring for the trek on this trip.
- You will need to bring a comfortable medium sized day pack to carry the things that you will need during the day. This should have a waist strap or (better) a padded waist belt.
- The weather is subject to change in high altitude so layered clothing is recommended throughout the year.

## ✓ Essential gear checklist

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### Personal Clothing

- |   |   |
|---|---|
| <input type="checkbox"/> 1 pair of 3 season walking boots, must be well fitting & comfortable | <input type="checkbox"/> 1 suit of Thermal top & bottoms Icebreaker are recommended |
| <input type="checkbox"/> 1 pair of Trainer (approach) shoes                                   | <input type="checkbox"/> 1 suit of Wind proof jacket with hood (Gore-Tex)           |
| <input type="checkbox"/> 2+2 pairs of Warm woollen socks plus thin cool max socks             | <input type="checkbox"/> 1 Suit of Waterproof jacket & trouser                      |
| <input type="checkbox"/> A warm woollen base layer  | <input type="checkbox"/> A fleece jacket & trouser with side zips                   |
| <input type="checkbox"/> 2/3 Cotton or Cool max T-shirts                                      | <input type="checkbox"/> 1 Warm hat woollen which covers your ears.                 |
|   | <input type="checkbox"/> Thick Gore-Tex & thin fleece gloves                        |

1+1 Sun & snow Glacier glasses 100% UV protection with side flaps and a hard-sided storage case (i.e. Julbo/Cebe). 1 pair extra sunglasses (Also with UV protection in case your 1st pair breaks or lost)

1 Down jacket (available for hire in Kathmandu at charge of \$ 2 per day) if required.

1 – 4 season sleeping bag (available for hire in Kathmandu at charge of \$ 4 per day) if required.

1 Rucksack 50 litre

3 Walking trousers must be warm & comfortable

1 pair of Sandal

1 Shade hat or baseball cap

1 Small duffel bag for luggage storage in Kathmandu

1 Kit bags

1 Fleece scarf or neck gaiter

Good quality Camera to capture the memorable moments of your life in the Himalaya.

Swim suit while you in Kathmandu hotel

### **Personal Equipment**

4 season sleeping bag -20C

Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))

1 Head lamp with enough spare batteries (Petzl or Black Diamond)

1 pair Gaiters for boots appropriate to type of boot

2 Water bottle (1 litre Nalgene) with wide mouth

1 Hydration bladder with drinking tube for lower altitude - (optional).

1 pair warm gloves Fleece or wool

1 pair Foldable Trekking-poles

2 Lip guard. At least SPF 20.

Pocket knife (Swiss knife)

1 set - Personal first-aid kit with Ibuprofen, Amoxycillin, Ciprofloxacin, Immodium, Diamox, Stemetil, Paracetamol and any other doctor recommended medications. Blister on the feet are quite common problems during the walking or trekking period. So it might be good idea to have some appropriate plasters, there are few different shape of Compeeds available now a days.

### **Other Personal Gear**

Valid Passport and passport size photos

Fanny pack or wallet for travel documents, money & passport

Favourite snack foods

Paperback books, Sudoku book, cards, Walkman, iPod etc

Personal toiletries as necessary

Small padlock for duffel bag is also essential during the trek

Towel

2/3 packets wet wipes for cleaning hand and face are useful

100ml Anti-Bacterial Hand Hygiene (Hand Sanitizer) Gel

Water purification Iodine tablets or Polar-pure crystals.

## Equipment supplied by us

- ✓ 1 **Grand Himalaya** Kit bag (water proof) will be provided to you in Kathmandu for the trek. This will be included in your trek cost. Your travelling kit bag can remain at the Hotel in Kathmandu with spare clothes for after the trek.)
- ✓ Satellite phone if you are travelling in a remotest part of Nepal (pay for air time used: USD \$5/minute)
- ✓ Group medical kit (for altitude illness, trauma, reserve antibiotics)

**NOTE:** You must have all of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment (If forgotten) but don't rely on it.





# Grand Himalaya

TREKS & EXPEDITION

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