



# Participant Information Package

for:

# Everybody to Everest Challenge!

## Base Camp Trek 2010

Benefitting:



You are about to embark on a life changing journey that will take you to the roof of the world where you will embrace the culture of the people who live there. You will reach new heights of personal contribution and making a difference, while challenging yourself physically as you climb to 17,500 feet to the legendary Mt. Everest Base Camp!

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## **About the Trek / What to Expect**

This is a hiking experience where you will be staying in lodges (with the exception of a few nights along the way and one or two nights in a tent at Base Camp). You will have porters to carry the majority of your personal gear and will have hot meals prepared for you. This is not a typical camping or backpacking experience and although it is in the Himalayas at the foot of Mt. Everest, it is by no means a cold weather climbing expedition. (*Leave that stuff to your crazy friends Paul & Denise*). Daytime temperatures while hiking are generally in the upper 50's and 60's with colder temperatures (below freezing) at night and as you reach higher altitudes. This is a very manageable experience for most people.

**QUALIFICATIONS:** This trek into Everest Base Camp is strenuous but does not require that you have any previous trekking or mountaineering experience. It does not require any technical experience; only that you be in good physical conditioning and be able to hike along a trail for 4-6 hours (sometimes longer) over hilly terrain with a light day pack. The itinerary is designed to give your body time to acclimatize to the higher altitudes. Paul and Denise Fejtek will organize several training hikes in local Southern California mountains where questions about gear, clothing, altitude, and nutrition/hydration will be all be addressed. If you aren't already regularly exercising you should be prepared to implement an aerobic training program several months before the scheduled departure date. This will make your Himalyan adventure much more enjoyable. Would you rather stop along the trail for a photo or an impromptu discussion with a monk, or stop to catch your breath because you're out of shape? If you have any questions about your health or ability to participate in a program such as this, please contact your doctor.

### **Itinerary Summary:**

Start your trip with a tour of Kathmandu's famous Hindu temples and Buddhist stupas. With seven United Nations World Heritage Sites in the valley, you can step back in time to the Golden Age of Nepal's art and architectural history, as well as see the richness of its modern daily life.

After exploring exotic Kathmandu, you'll fly in to the remote mountain town of Lukla and begin your trek, following an ancient Sherpa trade route to the area's famous Namche Bazaar. Beyond it, you will find traditional villages, rhododendron forests, terraced fields, and summer pastures for yak grazing--before moving into the stark landscape of glaciers and ice.

Our route will enable you to visit monasteries in the heart of Sherpa country, where you can observe the monks in their daily prayers. You'll also hike out onto the Khumbu glacier to visit the iconic Everest Base Camp, where climbers following the steps of Edmund Hillary and Tenzing Norgay prepared for their summit attempts. You can stand at the foot of the Khumbu Icefall, where climbers begin their own odyssey.

During climbing season (April/May), you will have a special opportunity to spend one (or two) nights at Everest Base Camp before beginning your descent.

You then return to Kathmandu for a day of shopping, rest, or walking the Old Quarter before a farewell evening celebration with a delicious multi-course meal of Nepal's finest cuisine.

## Detailed Itinerary

Included in the cost of your trip are scheduled group restaurant meals. Meals provided are listed as B (breakfast), L (lunch) and D (dinner). You will be responsible for those meals not listed.

### **Day 1 (Apr. 17): KATHMANDU** - 4,383 feet

Travel from your homeport to Kathmandu. The group Cathay Pacific flight departs LAX at 1:50 AM on April 16<sup>th</sup> – which is basically late Thursday night April 15<sup>th</sup>, please do not confuse yourself. All flights cross the date line and consequently a day is lost in addition to travel time. For those on the group flight arriving in Hong Kong early morning on the 17<sup>th</sup>, there will be a city tour organized to make use of your layover in Hong Kong. Tina Pauley will coordinate. Based on our current flight reservations, we will arrive late in the evening on April 17th, where your highly experienced, knowledgeable, English speaking guide will meet you at the airport. We will stay at the famous 5-Star Yak-n-Yeti Hotel or another quality hotel.

### **Day 2 (Apr. 18): KATHMANDU** - 4,383 feet

While we wrap up last minute paperwork with the Nepal government, we arrange for you to enjoy a city tour visiting the palaces, Durbar Square, Hindu temples and shrines, Buddhist stupas - or you can just relax at the hotel. A favorite destination is the Monkey Temple, a Buddhist temple situated on a small hill that offers panoramic views of the city. Or you can join the thousands of Hindus who venture to the Pashupatinath temple, one of the most famous Hindu temples in Nepal and the most famous Shiva temple in Asia. B, D

### **Day 3 (Apr. 19): KATHMANDU to LUKLA then hike to PHAKDING** - 8,700 feet

We fly on a twin-engine Otter to the Himalayan foothills where we begin our trek into the Khumbu region. The sights from the plane are amazing, providing dramatic views of terraced hills and the distant Himalayan giants. After landing in the village of Lukla (9,350 feet), we meet the rest of our staff and porters and trek for about two and a half hours to Phakding (net decline in altitude). Overnight in Phakding in your first of many quant Sherpa teahouses where you will have your own room and bed and enjoy the hearty meals prepared by your gracious Sherpa hosts. Hiking Time: 3 hours B, L, D

### **Day 4 (Apr. 20): NAMCHE BAZAAR** -11,300 feet

We continue trekking along the banks of the Dudh Kosi, crossing this majestic river many times on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply with breathtaking views to Namche Bazaar, the gateway to the Khumbu region. Hiking Time: 5-6 hours B, L, D

### **Day 5 (Apr. 21): NAMCHE BAZAAR** -11,300 feet

Today is a rest and acclimatization day in Namche Bazaar. Namche is a colorful village with many wonderful and interesting shops and vendors, fabulous food, and stunning views of the surrounding mountains. An early hike above town, before the clouds move in, reward climbers with a spectacular Himalayan sunrise and views of Mt. Everest, Lhotse (the 4th highest peak in the world), and the beautiful Ama Dablam. On the way down, we can visit the Sherpa Museum that houses an exhibit on traditional Sherpa lifestyle and a fabulous photography display by a local Nepalese naturalist. One room highlights the Sherpa traditions and in another, Sherpa high altitude climbers are presented. B, L, D

### **Day 6 (Apr. 22): THYANGBOCHE** - 12,887 feet

The trek continues along the rushing glacial waters of the Dudh Kosi with magnificent views of the mountains. We spend the night next to the Thyangboche (or Tengboche) Monastery, the

spiritual center of the Khumbu region. Inside this sacred monastery are incredibly ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas. With luck, our group will see the Lama perform a ceremony and hear the mystical chanting and music. Hiking Time: 5-6 hours B, L, D

**Day 7 (Apr. 23): DINGBOCHE** - 14,250 feet

From Thyangboche, the trail drops to Debuche, crosses another exciting suspension bridge on the Imja Khola, and climbs to Pangboche among thousands of mani stones. Our uphill trek continues, taking us to the quaint traditional Sherpa village of Dingboche with its exquisite views of Lhotse, Island Peak, and Ama Dablam. Hiking Time: 5-6 hours B, L, D

**Day 8 (Apr. 24): DINGBOCHE** - 14,250 feet

Today we take another rest and acclimatization day. There is the option of taking a light hike up the valley for a wider variety of photos of the valley and mountains of the Khumbu region. B, L, D

**Day 9 (Apr. 25): LOBUCHE** - 16,175 feet

Today's trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials called "chortens", symbolizing the many climbers who have perished on Everest. This is a sacred place that commands respect for the mountain and reminds climbers of the dangers they will face above Base Camp. You will see a large chorten for Scott Fischer who died in the 1996 Everest disaster, along with many others. B, L, D

**Day 10 (Apr. 26): GORAK SHEP** - 17,000 feet

After an early morning start, we ascend Kala Pattar (18,450 feet) and enjoy famous views of the Himalayas, without having to climb Everest! That evening we camp beneath Kala Pattar at Gorak Shep. B, L, D

**Day 11 (Apr. 27): EVEREST BASE CAMP** - 17,575 feet

In the event of bad weather, we have the opportunity for a second chance to climb Kala Pattar. Today we will also continue our trek to Everest Base Camp, where you will be greeted by Paul & Denise Fejtek and other climbers making their way down from higher camps getting acclimatized to the altitude and preparing for their summit attempts. Go to the [Beyond Base Camp](#) page to learn more about the climb to the summit. We'll spend the rest of the day at Everest Base Camp located at the foot of the magnificent Khumbu Icefall. Overnight in tents at Base Camp. B, L, D

**Day 12 (Apr. 28): EVEREST BASE CAMP** - 17,575 feet

**Extra day in Base Camp** giving you a chance to thoroughly explore the area, see expedition teams from around the world and get a taste of day-to-day life in this remote but bustling tent city. **Today will also be a rare treat for the Everybody to Everest Team to be invited to participate in the sacred Puja Ceremony.** The Puja is an important tradition of the Sherpa people where offerings and prayers are made for safe passage on the slopes of Chomolungma - Mother Goddess of the Earth. In what is otherwise considered a private ceremony for only Sherpas and climbers, Paul & Denise will be able to share this special ritual performed by the Lama, in the presence of their family and friends. B, L, D

**Day 13 (Apr. 29): GORAK SHEP OR LOBUCHE** - 17,000 feet or 16,175 feet

In the morning we will enjoy tea and breakfast in Base Camp while taking in the view of the Khumbu before saying goodbye and good luck to the climbers and leaving for our descent. We head down the glacier and return to Gorak Shep, our last night high in the mountains. B, L, D

**Day 14 (Apr. 30): PANGBOCHE** - 13,074 feet

**Day 15 (May 1): NAMCHE BAZAAR** - 11,300 feet

Today we trek back along the Dudh Kosi River through a magnificent rhododendron forest and past brilliant waterfalls. Shortly before reaching Namche, the trek takes us through a pine forest, where musk deer often graze in the early morning. Arriving in town, we may see lowland porters, highland Sherpas, and Tibetan people trading food and supplies during Namche's market time. We stay at the Zamling Hotel or similar with hot showers and a comfortable bed. B, L, D

**Day 16 (May 2): LUKLA** - 9,350 feet

Trek from Namche Bazaar to Lukla where we spend the night at the Khumbu Lodge. Hot showers are available. B, L, D

**Day 17 (May 3): KATHMANDU** - 4,383 feet

If the weather is clear, the morning flight back to Kathmandu will be a scenic and smooth farewell to the mountains. Free afternoon and evening to relax at hotel, buy souvenirs in Thamel, email home, etc. B

**Day 18 (May 4): KATHMANDU** - 4,383 feet

In the morning, we can watch Kathmandu rise in prayer along the banks of the holy river Bagmati at Pashupatinath, with burning ghats similar to the Ganges in India. Or we can visit the Buddhist temple of Swayambhunath and explore the temples in the city of Patan. Final celebration dinner! B, D

**Days 19 (May 5): DEPART**

Depart Kathmandu waving goodbye to the Himalayas and fly home with a camera full of breathtaking images and a heart full of culturally rich experiences that will change the way you look at life forever. B

*Important note on itinerary: Although we do our best to follow the schedule above, this itinerary is subject to change due to weather, route conditions, and other factors beyond our control. For example, should there be flight delays to Lukla due to weather, an extra night in Kathmandu may be required. Please be prepared for this possibility. Also, in this event, we regretfully will require you to pay for incremental lodging costs in Kathmandu.*

**Trip Cost:** \$2,700

*(Based on our group size we have been able to negotiate a lower price than originally estimated). We want to make this as affordable as possible, it works out to be \$142 per day and with everything that's included this is an incredible value!*

**Land Costs Include:**

Scheduled restaurant meals in Kathmandu

Round trip airport transfers

Scheduled hotel nights in Kathmandu

Roundtrip airfare from Kathmandu to Lukla

Lead guide (Sirdar) and assistants

Trekking permit required to enter Sagarmatha National Park

All meals and overnight accommodations while on the trek

Tent ~~and foam mat~~ provided for sleeping at Base Camp and other high villages where teahouse accommodations aren't available. **You must bring your own sleeping mat (s).**

Porter and pack animals  
Group cooking gear

**Land Costs Do Not Include:**

Items of a personal nature (personal gear, telephone calls, internet, laundry, etc.)

Airfare to Kathmandu

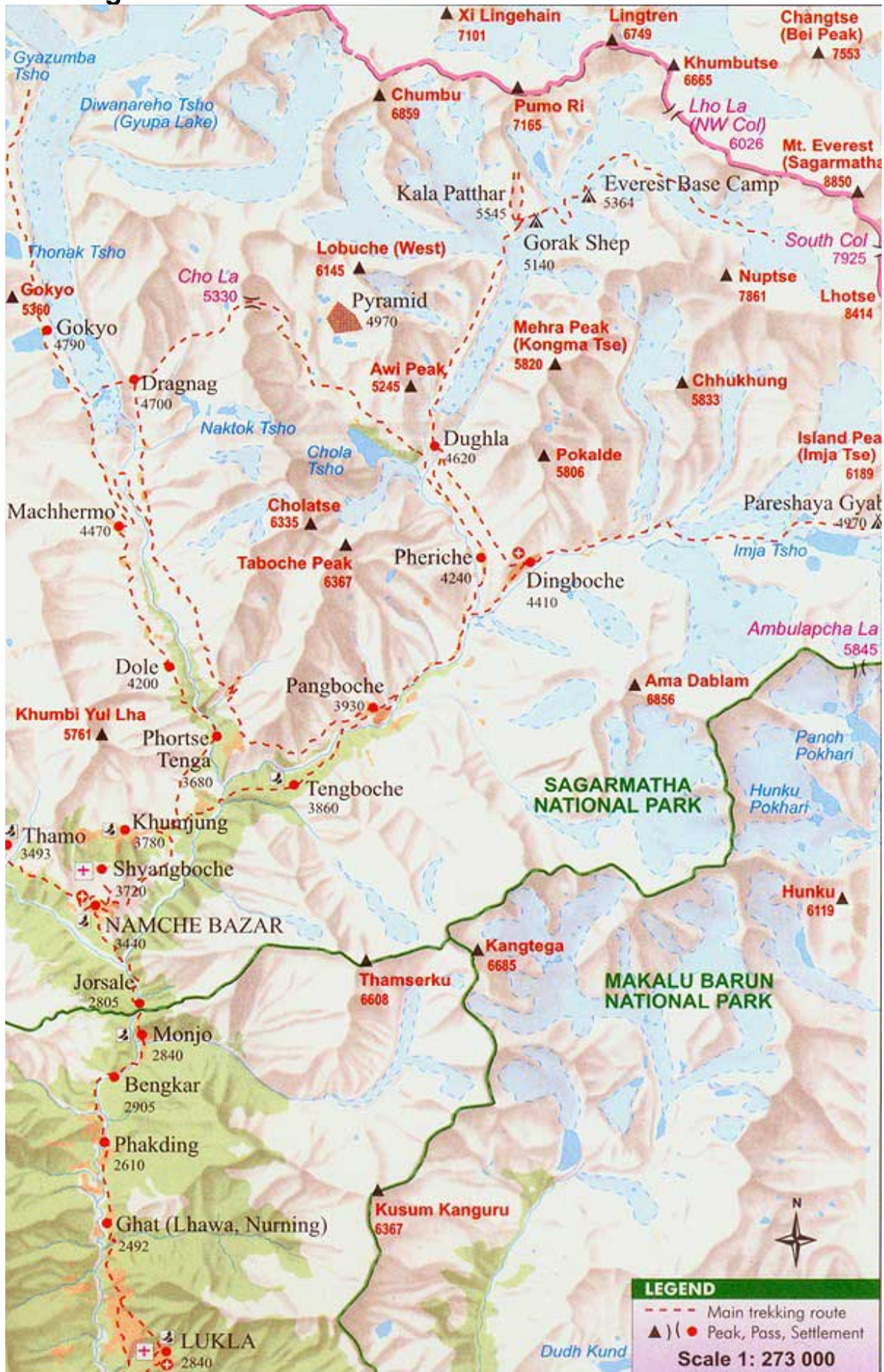
Staff/guide gratuities

Non-scheduled meals while in Kathmandu and lodging in case of flight delays to Lukla

Trip cancellation insurance & medical rescue insurance

Miscellaneous charges at teahouses for snacks, certain beverages (i.e. beer, soda) and electrical charging (where available). Make sure to get Nepalese Rupees in Kathmandu to pay for these items (and possibly souvenirs) while on the trek.

# Trekking Route



## Nepalese glossary:

**Adi Buddha:** The primordial Buddha, in existence for all of eternity, creator of the 5 Dhyani Buddhas, who in turn created the universe of human beings.

**Ama Dablam:** Majestic mountain in Khumbu with a perennial hanging glacier resembling a pearl necklace, thus the translated name means “Mother and Pearl Necklace”.

**Bahal:** Term used to designate a Buddhist monastery.

**Bhati (bhatti):** Tea house where packers and hikers stop to rest.

**Bhotia:** Generic term used to designate people from the north face of the Himalayas who are physically and culturally related to Tibetans.

**Chang:** Tibetan beer made from rice and fermented millet.

**Chapati:** Type of bread made from wheat flour, in the form of a wafer.

**Chautara (chaudara):** Low stone wall constructed along the trails to allow the packers to put down their loads without having to bend down.

**Chiya:** Tea mixed with milk and sugar that is very popular in Nepal.

**Chomolungma:** Tibetan name used to designate Everest, which means *Mother Goddess of the Earth*.

**Chörten (stupa in Sanskrit):** Tibetan term designating a Buddhist monument that contains sacred relics or texts that serve to sanctify and protect the premises where they are erected; the shrines must be walked around toward the left.

**Dal:** Lentil soup; the main source of protein in Nepal.

**Dalai Lama:** Spiritual leader of Tibet, incarnation of a Buddhisattva, the closest person to the state of Buddha, who has given up reaching nirvana in order to help humanity.

**Dai:** Word used by Sherpas to designate a brother.

**Dal Bhat (dhal bhat):** National Nepalese dish composed of white rice and vegetables sprinkled with lentil soup.

**Deval:** Temple in Nepalese.

**Dhyana:** Meditation.

**Didi:** Word used by Sherpas to designate a sister; often used more generally to designate a woman.

**Doko:** Woven bamboo basket that is carried on the back.

**Ek:** Number “1” in Nepali, a symbol of unity.

**Gaon:** Village in Nepalese.

**Ghanta:** Ritual bell of Tantric Buddhism that evokes the sound of the dharma (Buddhist law)

**Ghât:** Wide stairways with platforms erected along the banks of rivers in Nepal; used for ritual bathing and for cremations.

**Ghural:** Type of deer found in the Himalayas.

**Gomchen:** Buddhist hermit.

**Gompa:** Tiny Buddhist monastery.

**Gorak:** Type of black and white spotted crow that is seen everywhere in the skies of Solu-Khumbu.

**Haat Bazar:** Saturday market at the Namche Bazar.

**Kanni:** Shrine in the shape of an arch erected at the entrance to a village to keep harmful spirits at bay.

**Karma:** A type of law of cause and effect, according to which the positive or negative actions that are performed will influence the quality of the next life after reincarnation.

**Kata (khata, khatag):** Silk scarf that Buddhists place around the neck of a dignitary or a loved one as tribute and a sign of respect.

**Kumari:** Living goddess, peaceful incarnation of Kali.

**Lama:** Tibetan priest who is either a monk or married (village lama).

**Lupka:** Piece of fabric in the shape of a small flag flying in the wind, on which a Buddhist prayer or invocation is printed.

**Mani :** Stone engraved with sutras (Buddhist prayers); a mani wall (also called a mendan) is a mosaic of manis that must be walked along to the left; anyone who walks along the mani wall is required to recite the prayers that are inscribed. Stone on which the Buddhist mantra “Om Mani Padme hum” is inscribed.

**Mantra:** Sacred syllable written in psalm to promote meditation.

**Mo-mos (momos):** Type of Tibetan ravioli stuffed with meat and vegetables, served boiled or fried.

**Prayer mill:** Rotating cylinder that contains mantras that are “spoken” when the mill is turned.

**Namaste:** Nepalese salutation meaning “Hello”, “Welcome”, “Safe travel”, “Pleased to meet you,” etc.; the exact meaning is “May all of your qualities be blessed and protected by the gods.”

**Nirvana:** Deliverance, release of the being from the cycle of rebirth in the Buddhist religion.

**Om Mani Padme Hum:** Fundamental Buddhist mantra that can be translated as: “Greetings to you, eminent jewel of the lotus flower”.

**Puja:** Religious offering or prayer.

**Rakshi:** Alcohol made according to custom from barley, rice, or corn.

**Rimpoche (rinpoche):** Incarnate or praying monk at a large monastery, the reincarnation of his predecessor; the word means Precious Master.

**Sagarmatha:** Nepalese name for Everest, signifying the mountain whose head touches the sky.

**Sherpa:** Local Buddhist mountaineer. Sherpa with a lower case "s" designates a mountain guide. The feminine term is Sherpani.

**Sirdar:** Main organizer of a trek.

**Stupa:** Hemispheric Buddhist monument that houses relics, and that must be walked around in a clockwise direction.

**Tempo:** Small, three-wheeled vehicle used as a means of locomotion in Kathmandu.

**Thar:** Wild goat of the Himalayas.

**Yak:** Massive horned bovine covered in long dark hair and used for carrying heavy loads throughout the Khumbu valley. A female yak is a “nak”. Trekkers should be advised to stay on the uphill (inside) part of the trail as these animals pass and do not expect them to smell nice either.

***Yeti:** A large human-like mammal covered in thick fur that lives in caves and haunts the higher regions of Nepal. Some Sherpa villagers claim to have witnessed this beast (similar to Big Foot or the abominable snowman) attack and kill their farm animals in the areas you will be trekking.*

## Fundraising / What's Expected of Me?

You will be joining a like-minded team of individuals seeking to explore the cultural and natural beauty of Nepal while making a meaningful contribution to those who may be physically unable to do the same. Since 1994 the Challenged Athletes Foundation (CAF) has been helping physically challenged individuals by providing funds for prosthetic limbs and other adaptive equipment necessary to live an active lifestyle.

Each member of the **Everybody** to Everest Challenge team will be raising funds for CAF and thereby providing opportunities for those less fortunate than us to use their **bodies** to fully participate in life, compete in sports they love, actively enjoy the outdoors and explore the world as we are about to do. We understand that these are challenging times financially for many and therefore have not set a minimum fundraising amount required for you to participate in this adventure. We simply ask that you commit to what you feel is a reasonable goal and then do your very best to let as many of your friends, family, and work associates know about your endeavor to reach the Mt. Everest Base Camp in support of CAF. We will provide you with all of the tools to easily accomplish this whether you've done fundraising before or not. You will have your own fundraising page on the CAF website that you can personalize with your own message and a photo of yourself if you wish. We will provide a sample email message about the Everybody to Everest Challenge that you can send out with a link to your personalized fundraising page. We are also setting up a website specifically for the Everybody to Everest Challenge that will feature photos and brief profiles of each of the Base Camp team members. This site will also include information about CAF, details about the trek, and eventually a Blog so your supporters can follow your progress as you head to Nepal and steadily make your way all the way up to the Mt. Everest base camp at 17,500 feet!



For more information about the Challenged Athletes Foundation, their various programs, events, athlete profiles, and other details please visit:

<http://www.challengedathletes.org>

## Fundraising Incentive Prizes

This is a charitable endeavor in its purest form. You will be paying the cost of your trip on your own (between \$2,600 to \$2,800 based on our group size). These funds will be used for no other purpose than paying for your food, lodging, guides, and direct trip costs. You and your donors will have the personal reward and satisfaction knowing that 100% of the donations collected will go directly to CAF to help those in need.

**However**, in addition to the personal satisfaction you will receive, we thought you might also like to have some extra incentives. Immediately below are three of the “Top Tier” prizes that will go to the top fundraisers for CAF. It works as follows: the #1 fundraiser gets first pick, #2 gets second pick, etc. **If one of the Top Tier Fundraisers elects to take advantage of the 20% CAF Travel Assistance Incentive (notification deadline for this election is March 15<sup>th</sup>), they will not be eligible to receive one of the Top Tier prizes.**

The following pages also show some really cool outdoor gear that we have available and are offering for various shorter duration contests. Outdoor Research and REI are both in full support of CAF and our Everybody to Everest Challenge and we appreciate their donations of gear.

Free Roundtrip Airfare from Los Angeles to Kathmandu!  
**\$1,195.00 Value**



**\$1,000 Marriott Gift Card**  
To be used at any Marriott location worldwide!



### **Expedition Swan Down Sleeping Bag**

**Retail Value: \$525.00**

Superior four-season warmth with this lightweight 750-fill goose down sleeping bag. Water-resistant/vapor-permeable Pertex® Endurance nylon shell; ripstop polyester lining, patented Exped welded-baffle construction.



### **Equinox Convert Pants – Short**

**Retail Value: \$75.00**

These lightweight, quick-dry nylon pants have zip-off legs that can quickly be removed to turn full-length pants into comfortable shorts as the weather turns warmer. Drawcord cuffs make it easy to pull legs off over boots. UPF 30+ sun protection keeps you covered when rays beat down and a DWR finish sheds moisture from morning dew on foliage. Articulated knees and a gusseted crotch allow easy high stepping and clean strides.



OUTDOOR RESEARCH

DESIGNED BY ADVENTURE™



### **Horizon Shirt**

**Retail Value: \$55.00**

Lightweight and easily packable, this breathable and quick-dry polyester shirt keeps you cool and comfortable on balmy summer afternoons with a relaxed, comfortable cut that fits just like your favorite worn-in shirt.



OUTDOOR RESEARCH

DESIGNED BY ADVENTURE™



### **SoDo S/S Shirt**

**Retail Value: \$60.00**

This wind-resistant button-up will keep you protected from intense summer rays with UPF 30+ sun protection. Lightweight, breathable fabric allows body heat to escape when humidity and temperatures rise. Quick-dry nylon makes this the perfect shirt for trips when space is limited and you need to easily make the transition between mid-day hiking and an evening in town.



**Men's Eternal Jacket**  
**Retail Value: \$130.00**

Water resistant/breathable bonded soft shell fabric, polyester face, brushed cozy fleece interior.



**Women's Insight Jacket**  
**Retail Value: \$99.00**

Stylish double-weave, stretch soft shell fabric, nylon face, dual drawcord hem adjustments



**REI Traverse Shocklight Trekking Poles**  
**Retail Value: \$79.00**

Provide quiet stability and support while you hike. Lightweight design with spring-loaded shock absorbers to reduce fatigue.

## Equipment List

# Mt. Everest Base Camp Trek & Kala Pattar Equipment List

### Footwear

- Running or tennis shoes.** 1 pair to wear in evenings and around camp to allow your boots to dry.
- Light hiking boots.** 1 pair of sturdy hiking boots in which you should wear a light synthetic sock under a warm heavy sock comfortably, either wool or synthetic. Boots should be very water repellent.
- Wool or Synthetic Socks. 3 pair** heavyweight wool or synthetic socks (wool is warmer) to be worn over the liner socks. When layering socks, check fit over feet and inside boots. Remember to keep one fresh, dry pair of socks available at all times. It is very important to buy new socks regularly as they lose their cushioning over time. Socks with padded shins are especially nice with boots.
- Liner Socks. 3 pair** of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.

### Clothing

- Light trekking pants.** Convertible pants with zip-off legs are convenient.
- Extra trekking pants or lightweight fleece pants.** To be worn in layers when colder or in evenings.
- T-shirts.** 2 short-sleeved + 1 long-sleeved, all dry-fit/synthetic. One white for intense sunny days and one dark for faster drying gives the most versatility. 1 cotton t-shirt for evening.
- Bandana.** Bring 2 or more bandanas for face masks and other tasks.
- Synthetic/Soft Shell jacket.** A full-zip version is easier to put on and has better ventilation than a pullover.
- Insulated Down jacket.** Medium to heavy weight with hood.
- Hard Shell jacket w/ hood.** We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain. **This is your blue "OR Revel" Everybody to Everest Team Jacket – make sure you remember to pack this for cool team photos!**
- Lightweight Long Underwear. 2 pair,** tops & bottoms, Capilene, other synthetic or wool. **No Cotton.** Lightweight is preferable as it is more versatile (worn single in warmer conditions and double layer for colder). Zip-T-neck tops allow more ventilation options.
- Hard Shell Pants.** Waterproof, breathable. Any side zipper length is fine as long as you can get them over your boots.
- Underwear.** 3-4 pairs of synthetic underwear. Women - synthetic sport bras only, no cotton.

### Handwear

- Liner gloves.** Windstopper-type, thin wool or synthetic. Useful alone on mild days or as a layer inside other gloves.
- Fleece/Soft Shell gloves.** 1 pair. A heavier fleece will do a better job of keeping hands warmer when wet than lighter polypropylene or Capilene.
- Shell Gloves w/insulation.** 1 pair. Insulation does not need to be removable. A good quality ski glove is sufficient.

### Headwear

- Headlamp (LED Style), spare bulbs and batteries.** For use at night in tents. Bring extra batteries!
- Sun hat.** The sun can be intense at high altitude. A hat with a good visor provides protection for the nose and eyes. Baseball hats work well. A Buff is recommended to reduce the amount of dust inhaled while trekking and reduces the chance of infection.
- Wool/fleece ski hat.** 1 lightweight.
- Neck Gaiter or Buff (optional).** Buff is preferred for covering the face or head.
- Quality Sun glasses.** 100% UV, IR, high quality optical lenses designed for mountain use, side covers and leashes can be helpful. If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses.

### Personal Equipment

- Four Season Sleeping bag.** High quality with hood rated to at least 0°F (-10°F to -20°F if you sleep cold). Down is lighter and less bulky, but more expensive than synthetics. Another option is to bring two +20°F sleeping bags and can be used one inside the other at Base Camp. Compression sacks are very convenient and will save space and packing effort compared to regular stuff sacks.

- Sleeping pad(s).** Foam pad such as a “Ridge Rest” for nights in tents. An optional 2<sup>nd</sup> pad for extra comfort such as an inflatable “Therma Rest” or “Exped Syn Mat”. If only using one mat, make sure it is foam, or bring a repair kit for inflatable mat.
- Backpack.** A day pack big enough to carry water bottles, camera, lunch and extra clothing. 3,000 cu.in. max.
- Adjustable 3 section Ski/Trekking Poles.** ~~Optional but recommended.~~
- Water Bottles:** 2 Wide mouth bottles, 1 Liter capacity + Camelbak/hydration system (2 liter capacity)
- Pee Bottle. Optional,** but very useful.
- Pee Funnel for women. Optional**
- Sunscreen.** SPF 30 or better, 2 small tubes. Make sure that the sun screen is not older than 6 months. Sunscreen older than six months loses half of its SPF rating.
- Hand/Foot Warmers. Optional** Recommended if you easily get cold hands and feet 1-3 pairs.
- Lipscreen.** SPF 30 or better, at least 2 sticks. Not older than 6 months.
- Camera.** Bring extra batteries and memory card. Charging is available at some lodges. You must pay for this on your own at a rate of approximately \$5 per hour (availability & prices vary)
- MP3 Player.** (Optional) Flash memory only players since hard drive players do not work at high altitude (above 15,000ft). Chargers can be used at some lodges along the way. An optional item for the tech junkie is the Solio solar charger.

### Traveling

- Duffle bags w/ travel locks.** 2, one large duffle for transporting and one smaller duffle for storing gear. These bags are needed to transport your clothing. Your second small duffle containing clean city/travel clothes will be stored during the trek. Your large duffle should be heavyweight material and will be carried by Sherpas or yaks. The weight limit of your large duffle is 15 kilos (33 pounds). No hard suitcases or wheeled luggage! Make sure to have your CAF luggage tag attached to your bag as they will be used to keep track of group gear.
- Plastic bags** – 3 to 4 trash bags - These will be used to keep all of your clothing & gear inside your duffle dry. Also, several large Ziploc bags are handy for storing & organizing your gear. Stuff/compression sacks are also useful.
- Travel clothes.** You will need street/casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag.** Include toilet paper, soap, small towel (chamois-type works well), toothbrush, ear plugs for sleeping (silicon recommended), Wetwipes 1-2 per day and hand sanitizer: 1 large (8oz) and 1 small (2oz) bottles. Small bottle can be refilled from larger bottle. Hand moisturizer. Women – feminine hygiene products.

### First Aid

- Personal first aid kit (small and simple).** Aspirin, Moleskin, Adhesive tape, Band-Aids.
- Drugs/Medications/Prescriptions.** Climbers should bring Mupirocin (Bactroban) cream, excellent topical antibiotic for scrapes and cuts. Ciprofloxacin (Cipro) 500mg tablets for traveler’s diarrhea and for urinary tract infections. Loperamide (Lomotil) or Immodium for diarrhea. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity. Check with your doctor before taking any medications.

### Miscellaneous but Important

- Passport and 2 photo copies of passport.** Reminder – your passport MUST be valid for at least 6 months from the date of your return travel.
- Water purification.** Iodine tablets in case drinking water is not available.
- Airline ticket/copy of your itinerary**
- Money & ATM card** Most people will want to obtain \$200-300 US Dollars worth of Rupees (approx = to 15,000-25,000NPR) from an ATM in Kathmandu and also bring about the same amount (\$200-300) in US Dollars for backup. US Dollars are generally not accepted along the trek, however you should be able to exchange some dollars in Namche Bazaar if you are in a bind.

### **Good trekking!**

This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. We encourage you to shop around, do research, use your experience and the listed features to find the best gear for you. If you have questions please give us a call.