



Nepal & Tibet

THE KHANGSUNG FACE OF MOUNT EVEREST

Trip at a Glance

- 4 Nights in Kathmandu
- 2 Nights in Lhasa w/sightseeing
- 17 Days Trekking along the Himalaya
- 1 Night in Dhulikhel
- Fly to Tibet/drive back to Nepal
- Incredible Views of the Himalayas
- Only carry your daypack during this trip

Days of trip: 28

USA-to-USA: 31 days

Arrival/Departure City: Kathmandu, Nepal

2008 Land Cost: \$4400 USD per person (this includes airfare from Kathmandu to Lhasa)

Single Supplement: \$465

2008

July 13 – August 09

September 14 – October 11

GROUP SIZE: 4 - 16 members

STYLE OF TREK: We'll be staying in hotels, lodges and tents for 17 nights of camping. Yaks will carry all our gear, meals will be prepared for you and you only need to carry your daypack with jacket, camera, two water bottles and other personal gear.

WHAT'S INCLUDED:

- Airport transfers in Nepal and Tibet
- B/B accommodations in Kathmandu (4 nights, double)
- Guided sightseeing tour in Kathmandu
- Flight from Kathmandu to Lhasa
- All transportation during trip in Tibet
- Sightseeing guide in Tibet, w/monastery fees
- Fully experienced English speaking guide
- Basic B/B lodging while in Tibet (double)
- Sightseeing in Tibet per itinerary, w/entrance fees
- Group camping equipment & staff (full board)
- Group medical kit
- Chinese visa & Tibet permit
- Group water purifier for Tibet

WHAT ISN'T INCLUDED:

- Nepalese multi entry visa \$80, can be purchase upon arrival
- Airport departure tax (Rs1100 = \$16)
- Lunch & dinner in Kathmandu (\$15 per day)
- Soft drinks, snacks, alcoholic beverages
- Any items of a personal nature, laundry, phone calls, e-mail, etc.
- Evacuation, travel or medical insurance
- Tipping of native staff (\$75 pp, depends on group size)

Difficulty: STRENUOUS 17 NIGHTS CAMPING

All travel is by bus or 4WD vehicle. Lodging will be the best available in each city. The trek will be difficult at times due to the high passes (18,000 ft.) and remote glacial location. You should be very fit and healthy. Hours walking each day (6 - 7 hours), over varied terrain. No technical skills will be needed or special equipment other than trekking gear. You will be fully supported and guided.

Overland journey along the North Side of the Himalayas in Tibet. Rarely seen views of Cho Oyu and Mount Everest, while traveling the old trade routes of the Tibetan nomads.

The Tibetan plateau is one of the most isolated regions in the world, with four of the world's highest mountains straddling its borders. Entry into this world of mystery allows each traveler the chance to glimpse into Tibet's past legacies, its myths and maybe even its future.

Our Khangsung Face of Everest trek is a once in a lifetime opportunity to travel through an area of Tibet rarely visited, and to see the Khangsung face of Everest – not visible from any other region. During this trek you will follow yak herders' trails and stay in nomad camps, getting right into the culture. This is true adventure without the number of tourists seen along many trails in other countries. The mountains you'll see during this trek are breathtaking and beautiful, so close you'll feel like you can touch them. If you're looking to do something unbelievable and so awesome you'll be talking about it for the rest of your life, then join us on this truly epic adventure.

Your journey will start in the capital city of Kathmandu, Nepal. Upon arrival, our friendly Nepalese staff will meet everyone and you'll be escorted to the Thamel district, where you'll be checked into one of the many three-star hotels. After check-in you'll be shown around. An early dinner will be planned to get everyone acquainted and to go over the details before the real adventure begins. During your stay in Kathmandu, a guided city tour will be planned and you'll have some free time to shop and check out life in this magical city.

On day 3, our journey begins with a sweeping scenic flight from Kathmandu over the majestic Himalayas to the "roof of the world:" Tibet. First we'll drive to the city of Lhasa, Tibet's capital. The next two days and three nights will be spent sightseeing with a visit to the Potala Palace, ancestral home to the Dalai Lama and a monastery of immense stature. Other sights of interest are Jokhang Temple, Barkhor Market, and the Drepung and Sera Monasteries. Everyone will have some free time to explore on his or her own while in Lhasa.

As our adventure continues, the next few days will be spent traveling, stopping to visit the cities of Gyantse and Shigatse, and monasteries of cultural value like the Tashi Lhunpo Monastery, seat of the Panchen Lama until his death in 1989. Finally, after a few days of sightseeing and exploration, we'll start our 17-day trek. Starting in the city of Kharta, we head toward the southern mountains that mark the border with Nepal. Our trek will take us over high mountain passes and towards the Makalu and Everest regions. Our trek will be fully staffed, with yaks and yak men carrying our loads. Once our trek is finished, we'll get back on the road and drive into the Rongbok Valley, home of the Rongbok Monastery and gateway to Everest Base Camp on the Tibetan side of Mount Everest. From Rongbok, the sheer north face of Everest is visible, showing the mountain's true grandeur. We will spend a few days here camping so that we can explore the base camp area.

Once finished with our visit to Rongbok and Everest Base Camp, we will head toward the border of Tibet and Nepal. Once over the border, we'll spend one night in rural Nepal at a lodge before finally reaching Kathmandu.

Now that you are back in Kathmandu, everyone will be free to explore on his or her own. You will have one full day before departure for home, and the group usually meets on the last night for a farewell dinner. The next morning, our staff will be ready to take you back to the airport for your flight home.

NOTE: This trip is designed for experienced hikers, used to camping and roughing it. You won't need to carry your gear, but will need to be fit enough to carry your daypack with 2 water bottles, camera, snacks and rain jacket inside. If you cannot carry a daypack, someone can be hired to carry it for you.

The Khangsung Face of Mount Everest

Day 01: Arrive KATHMANDU (4,264 ft)

Overnight hotel

On arrival at Kathmandu Tribhuvan International Airport, our staff will receive you and will escort you to the hotel, where one of our leaders or a Sherpa guide will give you a brief orientation of the hotel, Kathmandu, trek/camping, do's and don'ts and other related information that you might find useful while in Nepal. Our tour officer will ask for your international flight ticket and your passport for safe keeping and for reconfirmation of your outbound flight. Do not hesitate to do this, as this is one of our routine services and it will be in safe hands while you are on the trek; and of course after the trek, you will get it all back.

Day 02: A day in KATHMANDU

Overnight hotel (Breakfast)

It's time for your half day guided sightseeing tour in Kathmandu valley. The tour will be either in the morning or afternoon, depending upon your flight arrival (if its late in the evening, then we will do this tour in the afternoon instead of morning), to give you a chance to rest before you venture out of the hotel for our tour. Tonight you should get your bags ready for departure the next morning to Lhasa. Extra travel bags can be left at "claim check" with the hotel clerk, for safe keeping until we return.

Day 03: Fly from KATHMANDU to LHASA (11,972 ft)

(Breakfast, lunch & dinner) Overnight Hotel

Today's flight will take approximately 1 hr 10 minutes to reach the Gonggar airport near Lhasa. Our Tibetan representative will be waiting with our vehicles, and then it's a two hour drive to Lhasa.

Day 04 & 05: In LHASA

(Breakfast, lunch & dinner) Overnight Hotel

Guided tour in Lhasa. You will be engrossed with sightseeing and excursions of the **JORKHANG TEMPLE, BARKHOR MARKET SQUARE, POTALA PALACE, NORBULINGKHA PALACE, SERA & DREPUNG MONASTERY**. We'll tour the fabled city of Lhasa, a completely forbidden city until very recent times. Lhasa was the Holy Grail for many past generations of central Asian explorers. The city has of course been altered by the Chinese occupation and from the impact of foreign visitors. However, much of the original character remains and while jostling through the Potala with crowds of ethnic Tibetans, it is hard not to be captivated by this magnificent civilization. We'll visit the great monasteries of Sera and Drepung, both of which were extensively damaged in the Chinese Cultural Revolution, but are now being rebuilt. We will also visit the Jokhang and of course the Potala Palace. Lhasa is at 3,600m/12,000ft and provides an ideal acclimation for the first few days. The relatively comfortable hotel (the only one during our Tibetan stay) will give members some time to get to know each other.

Day 07: Drive from LHASA to SHIGATSE (12,792 ft)

(Breakfast, lunch & dinner) Overnight Hotel

After breakfast we'll drive to Shigatse, where we'll visit the very large complex of Tashilunpo monastery. This is the traditional residence of the Panchen Lama and contains an 89 ft. high gold plated Buddha, known as Matria (the future Buddha). The hotel in Shigatse is quite large and comfortable. We'll plan to spend the afternoon sightseeing at the Tashilunpo monastery and the local market.

Day 08: SHIGATSE to SHEGAR

(Breakfast, lunch & dinner) Overnight Hotel

Departing Shigatse we connect to the Kathmandu/Lhasa highway (Friendship Hwy) going over a 13,120 ft. pass. For a few hours we'll pass farm fields and villages as our route diverts north towards the Sakya Monastery. The monastery of Sakya has a long and colorful history, which is beyond the scope of this summary, but its inhabitants ruled all of Tibet from 1200 to 1350AD. We'll spend the rest of the day visiting the monastery as our staff gets things ready for the trekking part of our trip.

Day 09: Drive to KHARTA (12,300 ft)

(B, L & D) Overnight camping

Today our adventure really starts to take shape, as we go from the arid glassy plains of the Tibetan plateau to the green Kharta Valley. The Kharta Valley has the highest known forests in the world and it is very fertile land. Unlike the rest of the area, the rains from Nepal's monsoon reach this valley and have given it the lushness of Nepal's foothills. The final arrangements will be made for our departure tomorrow, donkeys and yaks will be hired along with packing food and extras for the next 13 days of total wilderness.

Day 10: Trek to YUERBA

(B, L & D) Overnight camping

Now we start the trekking phase of our trip by heading westward along the crystal clear Kharta Chu River. This beautiful, inhabited valley has many villages and good campsites. Today will be a short walk to Yuerba, which sits on a small rise above the river.

Day 11: Trek to LHATSE (6 hrs)

(B, L & D) Overnight camping

We continue our trek heading west along the Kharka valley, until entering the Karma Valley, which eventually leads to the Khangshung Face of Mt. Everest. We'll go through the large village of Lhundrubing to a campsite.

Day 12: Trek over the Langma La 17,548 ft. (7 hrs)

(B, L & D) Overnight camping

Today will be a very difficult day as we head over the three-tiered Langma La. We'll cross the first tier in 1.5 hrs (altitude gain of 1000 ft.), then walk along a broad, level, rocky shelf with a 1 km long glacial lake. We'll climb 550 ft. to another giant shelf then a final 500 ft. to the top of the Langma La for truly magnificent views of the Himalayas. To the southwest rises massive Makalu (27,758 ft.), with its four sharp jagged peaks. Mt. Everest is to the right of Makalu and is less impressive at this angle. Spread out to the west like an amphitheater of jagged snow peaks and glaciers, three great glaciers converge in the deep, green valley below. The pass will descend southward through grassy uplands and a couple of small lakes, until reaching a huge boulder with a cave beneath it. This will be our camping spot for the night.

Day 13: Trek to DROGPA (5 hrs)

(B, L & D) Overnight camping

After breakfast we'll head down the valley, stopping near the edge of a bluff overlooking three valleys: the Langma La, Karma, and the Chog La to the east. Across the Karma Valley are the astounding cliffs of Chomo Lonzo, which reach nearly 26,000 ft. We'll walk through grassy meadows and rhododendron scrubs along the way to our camping site.

Day 14: Trek to PETHANG RINGMO (5 hrs)*(B, L & D) Overnight camping*

Heading west up the Karma Valley by following the river, we reach glacial moraines and landslides that make the going difficult. But once around a bend in the trail, you'll finally get to view Everest properly for the first time. It looms large at the head of the valley beyond the Kangshung Glacier. After 3 hours of hopping across boulders and over moraines, we'll reach the Kangshung Face base camp (16,400 ft.). This large, grassy area with stunning views of Mt. Everest and Lhotse is known as Pethang Ringmo.

Day 15 - 16: REST DAY - PETHANG RINGMO (5 hrs)*(B, L & D) Overnight camping*

We'll spend one extra day here to take advantage of the many possible hikes the area has to offer. It is possible to walk farther along the glacier to the west by climbing up a 19,548 ft. ridge (3 hours). From here, Mt. Everest is only 5 km away, and to the southeast is a striking amphitheater of peaks dominated by Lhotse.

Day 17, 18, 19, & 20 Trekking back to KHARTA*(B, L & D) Overnight camping*

It will take us four days to trek back to our starting point in Kharta. We'll be making a loop that will take us a different direction back to our waiting vehicles.

Day 21: Drive to PHADRUCHI*(B, L & D) Overnight camping*

Now we are headed for the North Face of Everest. This is the most traveled area to see Mt. Everest from within Tibet. Our camping site for tonight will be in Phadruchi.

Day 22: Hike to EVEREST BASE CAMP (17,056 ft.) 2-3 hrs*(Breakfast, lunch & dinner) overnight camping*

Today we'll take the short walk (less than 3 hours) to the official base camp, where climbers prepare for their bid on Mount Everest's peak. During our walk we'll stop for a short visit to the old hermitage caves en route our destination at Everest base camp. After a visit to the hermit caves, our walk continues for another hour and a half on the gravel, rocky track with the last 20 minutes climbing over rocky dunes, towards Everest base camp. As we head towards our camp for the night you'll see a guest-house built by the Chinese Government perched on top of the moraine hill with majestic views of Mount Everest behind. Our camp will be situated near a small stream, which sometimes can be wide and spread out across the ground near the camp. After a wonderful morning walk, we'll have time to marvel at the surrounding scenery and take sunset photos of the highest mountain on the planet.

Day 23: Rest day at BASE CAMP for local exploration*(Breakfast, lunch & dinner) Overnight camping*

After breakfast, an optional day hike will be led just on top of the nearby hills for more glamorous views, or a walk towards the Rongbuk glacier following the expedition route for some time. Since the day hikes are optional, some people will just want to sit back and enjoy the scenery, maybe catching up on their journals.

Day 24: Drive to NYALAM (11,808 ft.), via town of Old Tingri. Drive 6 hours*(Breakfast, lunch & dinner) Overnight lodge*

After a great time visiting base camp, we'll pack up for the morning drive, which leads past the trail that we had walked, following the Rongbuk River for some time. We'll pass a number of isolated settlements and villages, as well as fields of barley and yellow mustard. After climbing on the winding road for an hour, we'll reach the top of Lama-la pass at 16,793 ft. The jeep track will descend for another hour, arriving back to the main Kathmandu-Lhasa highway at Tingri. This scenic drive continues with a brief stop Tingri and another at the top of Lay-Lung la. Upon reaching this high spot, a

panoramic view of Himalayan peaks (Langtang, Dorje Lakpa, Shishapangma, Gaurishanker and many more) can be seen from the east. After a brief stop here, our journey continues on the Lhasa-Kathmandu highway. The drive passes through interesting countryside, villages and farm fields until we reach Nyalam for the night.

Day 25: Drive to NEPAL at DHULIKHEL. 4-5 hr drive.*(Breakfast, lunch & dinner) Overnight Hotel*

This will be our last day in Tibet. From Nyalam, the drive passes through Nylam, and then the road narrows through the huge river gorge, following the Bhote Koshi River most of the way towards Nepal's border. The drive is breathtaking, with beautiful waterfalls, alpine forests of silver firs, pines and rhododendrons trees dotting the surrounding landscape. Finally arriving at the border town of Zhangmu, here you can change any leftover Remimbuan Yuan for Nepali currency. Here at the check post after finishing the passport visa formalities, the same vehicle takes us to near the official border at the friendship bridge. After bidding farewell to the Tibetan drivers and the guide, we walk over the bridge back into Nepal and the village of Kodari. After the Nepali formalities, we'll board our waiting bus for another 3-4 hour drive to Dhulikhel, which is just an hour from Kathmandu. Dhulikhel, an old Newari town perched on the rim of the outer Kathmandu Valley, is one of the best locations for more Himalayan mountain views. Since we'll be staying the night, you'll have time to marvel at the surrounding beauty in the comfort this mountain resort.

Day 26: Drive to KATHMANDU (Breakfast) Overnight Hotel

After breakfast, our drive continues for an hour to Kathmandu, passing through the town of Banepa and several scattered little farm villages until we join the busy Kathmandu road. Once back in the Thamel neighborhood of Kathmandu, everyone will be checked back into the hotel. The remainder of today is unscheduled.

Day 27: Free day in KATHMANDU*(Breakfast) Overnight Hotel*

A free day in Kathmandu is planned for today. Please let our staff or tour officer know if you would like to go on another short tour in and around Kathmandu Valley, or hot air ballooning. Usually the group gets together for a farewell dinner.

Day 28: Transfer to AIRPORT for INTERNATIONAL DEPARTURE.

After breakfast, you should be packed and ready to leave your room at the agreed upon time to go to the airport. You need to arrive at the airport 2.5 hrs before your departure. You will need to have your departure tax (Rs1100 in local currency), confirmed airline tickets and passport handy. Our tour officer will take you to the airport for your final departure. You will pay for your departure tax inside on the left at a window that says "BANK". Take the receipt, your tickets and passport and any carry-on or other luggage to the check in counter for your airline. Once your bags are checked in and you have your boarding pass, go upstairs and fill out a departure slip, then go through immigration. Now you just have to wait for your flight.

NOTE: Please remember that itineraries may be changed to meet the specific needs of each group, weather concerns, or political developments.

HOW MUCH MONEY SPENDING MONEY WILL I NEED IN NEPAL & TIBET?

As you look over what “isn’t included” I have added some of the costs you will need to pay for: like Nepalese visa (\$30 USD), multiple entry visa (\$50 USD) lunches and dinners in Kathmandu and Tibet, etc. I tell most clients to bring \$500 in USD’s. This \$500 should get you through your trip. Of course all this depends on your shopping habits. I advise clients to exchange \$100 USD upon arrival in Kathmandu and that usually gets them through their first few days in Kathmandu, along with necessities up to the border. Once you are in Tibet you will need to exchange USD for Yuan. It is suggested you exchange \$250 USD at this time. If you need more money once you are in Lhasa, you can exchange more or go to a bank for a cash advance. Please bring USD, not Travelers Cheques.

Also you will need to tip staff and that usually costs somewhere around \$100 USD per person, depending on the group size. You will be advised on what to tip by your group leader.

Once back in Kathmandu there are ATM machines that dispense Nepalese currency, or you can go to the bank for USD.

VISA FOR NEPAL

During your last flight into Kathmandu, the crew will hand out Nepal visa application forms. Fill the form out and have it ready with a passport size photo (b/w or color), passport and \$80 USD in exact change for a Multi-entry Nepal Visa. Please make sure your passport will not be expired within 6 months of your planned arrival home. You’ll also need to have at least 3 blank pages in your passport.

VISA FOR TIBET

This will be arranged for you. No Chinese visa is needed, so do not apply for one.

Tippling of Staff

Each person should plan to tip the trekking staff. If you set a side \$100 USD, this should be enough to tip all the staff. Each member of the group will put in the kitty their \$100. Your EMS guide will explain the tipping scale, if you want to give away items of clothing or a larger tip to an extra special staff member that is fine and should be done discretely.

Tribhuvan International Airport, Kathmandu, Nepal

Nepal has only one international airport. This is a modern airport with daily flights from Thailand and other countries. If flying from the east coast, you have a couple of choices, either going through Heathrow, LAX, or a direct flight to Bangkok from JFK.

If you can’t book the first date for arrival, it’s better to come earlier, or one day later. You will be responsible for any changes that incur an increase in cost. If you need assistance with your travel plans, please contact us.

Single Supplement Fee

Anyone traveling alone should be prepared to pay the Single Supplement fee. The single supplement fee is usually set for guests requesting a private room or tent. Single supplemental pricing depends on the direct lodging costs and other costs (more staff) to carry extra tents.

If you join a group departure and aren’t coming with another traveler, we will do everything we can to match you up with another traveler on the same trip, but in the event that no suitable match is found, you must be prepared to pay the single supplement fee.

Early Departure from Itinerary

Since trips travel to many different locations, any change from the itinerary might not be possible. If you have an emergency, we’ll assist you with necessary transportation and reservations to return home. Any changes will be charged accordingly since this will mean that you diverted from the original itinerary. We do have local staff at our disposal to assist us with any arrangements.

Calling & E-mailing Home

While in Kathmandu you can use the local internet cafes to write or call home. We don’t suggest you bring a laptop because there are plenty of internet locations. It is best to tell your family that they shouldn’t expect a call or e-mail once you depart on the trek. Remember at times you’ll be in very remote locations and loved ones should not expect calls or e-mail. We do have a satellite phone for safety, but not as a phone service. Once you sign up for the trip, instructions will be given for your family in case of emergency. However, remind them it might take several days for any news of an emergency to catch up with you. Therefore, it is best to have your family talk about this before you sign up.

Travel Insurance – Medical, Trip interruption and Cancellation

We STRONGLY advise all our travelers to purchase travel insurance. Make sure that the company you choose provides emergency medical, trip interruption and cancellation coverage. Please remember that if you cancel your trip with us and don’t have cancellation insurance, you’ll be subject to our “Refund Policy” and this could mean that you won’t be compensated if not insured. You should purchase your insurance once you sign up for the total trip price including flights.

We recommend **Insure My Trip**. This company has a wide range of insurers to choose from within one convenient website. Their website can be found at: www.insuremytrip.com.

Other contact information is:

Phone: (800) 487-4722 / (401) 773-9300

WHAT TO DO NEXT?

- 1) Contact us for the necessary forms to sign up for this trip.
- 2) Fill out and mail in Application, Medical and Release forms, along with \$500 deposit per person.
- 3) Call your travel agent for flight into Kathmandu, Nepal. If you do not have a travel agent give Swie a call at Nova Travel 800-646-6682, or e-mail: swie@novatravel.com. You must arrive before or on the first day of your trip. If you need to arrive before the first date of the itinerary, contact our office and we can arrange extra nights at the hotel, the same will be done for your departure. These extra costs will be your responsibility.

NOW WHAT HAPPENS?

- 1) A deposit receipt will be sent you to with a packet containing, packing list, Q & A page, list of inoculations needed and other important information.
- 2) We will also call you to go over your paperwork to make sure you understand the details of the trip fully.

TRIP PAYMENT SCHEDULE

A deposit of \$500 per person is required to reserve a spot on our trips. All payment must be made in full, 60 days before departure. See our refund policy in detail on the Booking Conditions and Liability Agreement Form.

QUESTIONS ?

If you have any questions, or help with deciding if this trip is right for you, please give us a call Monday – Friday from 9 – 7 eastern time. Or you can e-mail info@emstrek.com and we’ll get back to you within 24 hours with an answer.

EMS PACKING LIST

This list includes the minimum clothing necessary to travel on this trip. Each person is restricted to a 28 lb. luggage limit (which includes your sleeping bag) for the trek. Remember that cotton isn't the best choice in clothing of any kind for a trek, because it robs your body of warmth and dries slowly.

We'll go over your equipment in equipment before departing for Tibet. You will be able to leave your travel clothing behind at the hotel.

For the FEET

- Hiking Boots** - One pair of medium weight hiking boots, well broken in and waterproofed and proven not to give your feet any blisters. Don't bring old worn out boots that don't have good soles, or broken shoelaces.
- Gaiters** - Make sure your gaiters fit over your hiking boots and are full length and waterproof.
- Camp Footwear** - One pair of sneakers or Teva-style sandals, or Coc's slip ons.
- Socks** - 5 pairs of socks made of synthetic materials or wool blend. Next to the skin, some people like thin polyester or polypropylene socks to transport perspiration from the foot to the outer socks.
- Down booties** - One pair of down booties to wear at night or around camp (Optional)

For the BODY

- Long Underwear** (top and bottom) - 1 pair, made of CoolMax, polypropylene, or other synthetic (no cotton blends)
 - Underwear** - 5 pair, synthetic (no cotton blends)
 - Bra/Sports bra** - two, synthetic (no cotton blends)
 - Shirts or Tops** - one short and two long sleeve shirts
 - Fleece Pullover and Pants** - 200 weight Polartec® or Powerstretch® tights and top
 - Jacket** - One warm jacket with Down, Hollofill or similar high loft insulation. This layer fits underneath your rain and wind parka.
 - Fleece Jacket** - One / a lighter fleece jacket to be worn during the day, or for layering
 - Hiking Pants** - Two pair
- Some people like the kind that you can zip the legs off. These are good for warm afternoons. Please, no jeans.
- Shorts** - One pair
 - Gortex/Waterproof Rain Parka and Pants** This is considered the outer layer (rain gear). The parka should be waterproof with hood and pit zips. The pants will go over fleece pants or long underwear, and must be waterproof (side-zip style is optional).

For the HANDS

- Gloves** - 1 pair of liners/1 pair of warm gloves
- Make sure that your gloves liners can fit inside mittens or other heavier gloves.
- Hand Warmers** - Two sets of chemical hand warmers

For the HEAD

- Headgear, a.k.a. Hats** - During the day you'll need a hat with a brim to protect your face from intense sun, and at night a fleece or wool hat for warmth.
- Balaclava** - For high altitude trips, A head layering system works best: first a Capilene balaclava, then a neck gaiter, and finally a baseball hat or fleece hat.
- Sunglasses** - Two pair / One pair with dark lenses, the next pair should be glacier glasses, with side shields. All treks that travel over 10,000 ft. or mountaineering trips require glacier glasses, this is a very important piece of equipment. The eye is particularly vulnerable to the brilliance of mountain skies and reflections off snow. Sunglasses must be worn at all times during the day. When purchasing sunglasses, try them on and look in a mirror: if you can see your eyes while wearing them, choose another pair. Glasses should have no more than 8% light transmission and make sure they have 100% UV protection.
- Headlamp** - One / Bring extra batteries and bulbs. Headlamp must be bright enough to see at night or in case of emergency. Small flash light is useful.

PERSONAL EQUIPMENT

- Water Bottles** - Two bottles/We prefer wide mouth 32oz Nalgene brand. Camelback type hydration system, only for hikes, not on mountain, the water tube will freeze.
- Bandanna** - Two / since there isn't a lot of toilet paper to go around we can use your Bandanna to blow your nose. Also is good to hear as a neck over for sunburn, and over mouth for dust.
- Sunscreen and Lip Protection** - One tube of sunscreen and two chapsticks, both SPF 30 and not older than 6 months/You should carry these with you during the day.
- Insect Repellent** - One bottle of insect repellent cream in a tube/No spray cans.
- Baby Wipes** - Amount depends on time traveling. One large container will last 3 weeks. Make sure these are stored in a zip lock plastic bag, they sometimes leak.

Camp Towel - One, large/This will be for drying after showering. The brand I use is called "Pack Towel," and can be purchased at EMS. These must be washed before use, so check out the instructions.

Hydration Mix - Plan water doesn't replenish the electrolytes lost while sweating, working hard hiking, or during very hot weather. It can also get pretty boring to drink for three weeks. You should purchase something like Gatorade, to put into your drinking water while on trek or safari. Gatorade can be purchased in small one-day packets.

Toiletries - Toothbrush, toothpaste, shampoo, dental floss, lotion, fingernail clippers, etc.

Try to find organic brands that won't hurt the environment. Women must remember to bring sanitary napkins or tampons. Your toiletries should all fit into a small kit. Don't bring large bottles of shampoo or other items, you can purchase small size bottle specifically for travel use. If you're traveling on this trip with a friend, it is then possible to share things like toothpaste and sunscreen.

Small Knife - Don't bring the Alien tool or something big, just a simple folding knife is fine.

Toilet Paper - Hotels will have toilet paper and we carry TP while trekking, but you might find our TP a bit ruff, so bring one roll of very soft TP. Keep in zip lock bag. **Optional**

Ear Plugs - 2 pair / Good for blocking out barking dogs or a snoring tent mate

Trekking Poles - One pair telescopic poles with baskets at the bottom. **Optional**

Waterless Hand Cleaner/Sanitizer

One small bottle to carry with you during the day. Most people assume that they'll get "the toilet two step," because of the food, or from the water. However, much of the time, it was your own hands that made you go running for the bathroom.

Camera - If you're thinking of purchasing a new camera, try to buy one that takes double A over the counter batteries, not rechargeable ones.

Books, Tape Player, Journal, Cards, etc. - On all treks there will be time to read, listen to music, and reflect on your day. Because of weight allowances make sure whatever you bring is lightweight and won't break. All extra gear will be left back at the hotel.

SLEEPING EQUIPMENT

Sleeping Bag - High quality with hood rated to zero degrees F. If you don't already own a sleeping bag we suggest purchasing a down bag because of weight.

Foam pad - One full length closed cell foam pad. Optional if you want more protection **Optional**

LUGGAGE and gear to CARRY STUFF

Large Cargo/Duffel Bag w/TSA approved lock – one large 6000 cubic inch bag

All your gear should fit inside this bag. Make sure your bag has been waterproofed or treated, with no holes, or broken zippers. This bag will go on the trek with you and shouldn't have wheels or other hard plastic handles. You should bring a small bag to leave extra clothing at the Hotel while out trekking.

Day Pack w/rain cover - Your daypack should have some type of internal support to help carry the weight. The best size backpack is a 2500 to 3000 cu in. There should be places to strap on your trekking poles and for your water bottles. Your pack must fit you correctly and feel comfortable with a weight of 10 - 15 pounds. We suggest you go for a hike with some weight inside your pack to make sure it fits properly. If you don't have a back that you think will work, visit your local EMS store for help with choosing a new pack. The experts at EMS can help you with purchasing a new pack. EMS also has "women" specific backs that fit a woman's body.

Compression stuff sacks - These help to maximize space. I usually use three stuff sacks: one for my hiking clothing, technical clothing and socks and underwear. In addition, this protects your clothing from getting that popped bottle of shampoo all over everything.

Trash Bags - Four 32 oz. 3 ply garbage bags. These can come in handy to cover your daypack during a downpour or for dirty clothes. In addition, you can put your stuff sacks into a bag to keep things dry.

Money Belt - to wear under your pants.

PERSONAL FIRST AID AND DRUG KIT:

We will have gauze, tape, aspirin, medicated soap, antibiotic ointment, antacid tablets, some antibiotics, painkillers, eye treatments, anaphylaxis kit, Imodium, and Diamox. Because of liability problems, prescription drugs will only be dispensed in emergencies. We suggest you bring the following medical items. Please discuss this with your physician.

*** These drugs are recommended by Peter H. Hackett, M.D., in his American Alpine Club publication "Mountain Sickness Prevention, Recognition and Treatment."*

• **Intestinal disorders:** Compazine**, 25mg rectal suppositories: for severe nausea, vomiting. Imodium to decrease diarrhea and cramping. Tetracycline, Cipro or Bactrim antibiotics: for initial treatment of severe diarrhea. Activated charcoal has proven to be an effective first stage treatment.

• **Cuts and scrapes:** It's wise to bring a supply of "Band-Aids" to treat those abrasions that sometimes occur.

• **Infections:** Antibiotic ointment for cuts and abrasions. Erythromycin or Amoxicillin tablets for skin or soft tissue infections.

• **Blisters:** It is wise to bring your own small supply of blister treatment items to insure that you avoid letting any blister get out of hand, "Second Skin" and moleskin are recommended

• **Headaches:** Tylenol and Tylenol with codeine** to help relieve possible altitude headaches. Nothing stronger than codeine should be taken for fear of masking potential severe altitude problems while on the mountain.

• **Insomnia: Halcion**** 15mg tablets. In high altitude, mountaineering restlessness is not uncommon and sleep is very important. Halcion is a light sleeping pill, we do not recommend using any sleeping pills above 15,000 feet. We have also found Melatonin to be very helpful for jet lag.

• **High Altitude Sickness:** Diamox** (Acetazolamide) 250mg tablets to be taken twice a day from arrival in Arusha. This drug is widely used in high altitude mountaineering and is highly recommended.