



## Trek 2017 Check List

1. Four passport pictures for visas and park pass into Sagarmartha National Park

2. Travel insurance with emergency medical evacuation is highly recommended.

-Travel Guard 1-800-826-4919 or any you choose

3. Three copies of passport.

-one to stay in the states

-one to place separate of your passport

-one to take on the trek (we put your original in a safe in KTM)

4. Travel medications/Vaccinations

-i.e. z-pack, allergy meds, Cipro

-[wwwnc.cdc.gov](http://wwwnc.cdc.gov) has some great advice for packing overseas and vaccinations you need.

## Guidelines for trekking

Lodge trekking is an enjoyable way to see the Himalayas. They offer basic but clean and comfortable accommodation.

### 1. Before departure on trek:

All tickets for International flights must be reconfirmed to be valid; if you have not yet reconfirmed your international flight from Nepal, please allow the Asian Trekking staff to handle this important matter for you.

It is definitely not advisable to take your passport and any valuable (jewellery, credit cards, excess cash and so forth) on trek if you have any kind of permit for the trek with you. Please leave these items in your hotel's safe deposit box or at the Asian Trekking office. Your permit (Sagarmatha National Park Permit and TIMS (Trekking Information Management System)) and copy of your passport are all the documentation you will need while on trek.

### 2. Preparation:

Check through the equipment list once more. If you discover any deficiencies it may be possible to purchase or rent the items in Kathmandu.

On the eve of your departure, remember arrangements for early calls, breakfast, hotel bill payment and storage of surplus baggage. Suitcases securely locked, can be left at your hotel for storage until your return. Make certain, they are shown to the reception staff and not merely given to the room boy.

The morning of your departure for trek Asian Trekking will send transport to your hotel at an agreed time to take you to the appropriate road head or to the domestic airport. It will usually be possible to start walking within an hour of arrival at the trek starting point. Wear your hiking clothes and keep your permit handy. Bring your personal clothing ready packed in a duffel bag destined for the porter baskets as well as your daypack filled with the day's necessities (filled water bottle, sweater, sun cream, camera and so on).

Passports, airline e-tickets and excess money can be stored in the hotel safe in Kathmandu. On trek please keep your money and camera with you at all times and never leave them unattended. Theft is not a major problem in Nepal but there are increasing temptations, which you should seek to minimize by not displaying your wealth.

### 3. Water:

It is advisable for you to bring your own mix powder juice for use in your water bottle. There is also available mineral water or boiled water, which you can buy along the trails.

### 4. Conservation:

A rapidly growing population increasingly pressures Nepal's fragile mountain environment. As visitors, it is our responsibility to minimize our impact. Deforestation is Nepal's greatest environment problem. We use kerosene as an alternative to wood where kerosene is easily available on treks. We do not make campfires, and we strongly discourage trekkers from buying wood-fuelled hot showers in lodges along the trail.

### 5. Baggage:

Please try to keep your baggage to a minimum weight. The weight limits for domestic flights are **10 kg and 5 kg for hand baggage per passenger**. Any sorts of filming equipment are not safe in the x-ray machine. You can keep it in the hand baggage. Any sharp materials or knives are to be put into check-in baggage.

### 6. Tipping:

Your trek staff, including the Trekking guides, may quite naturally expect some gratuity at the end of a trip and if you feel that they have been exceptionally supportive, you may be happy to meet those expectations. However, the following points should be remembered.

Porters and casual labourers engaged for the duration of the trek are similarly protected and paid adequately according to the prevailing rates. They need not be tipped except for a singular service like finding misplaced valuable articles such as a camera or a watch. A modest tip and a word of thanks on the spot, in the presence of the Sherpa Sirdar, will suffice.

Should you wish to tip a Guide and porter, the last night of the trek is the best time to do so. You might want to designate the amounts beforehand: for the guide and required porters. Please make the presentation personally to each individual.

Presents of clothing or footwear you don't want to take back home are always highly appreciated, especially by the porters.

Please remember, these will be entirely your own voluntary wish and are not mandatory.

## SUGGESTED PACKING LIST

### CLOTHING:

- 2-3 Trekking pants
- 1 fleece pant & shirt for sleepwear
- 1 water proof pant
- 2 sets of base layers, one heavy, one light
- 2 long sleeve technical shirt
- 1-2 short sleeve technical shirt
- 1 fleece/soft shell lightweight jacket
- 1 light weight rain jacket
- 1 light weight down jacket
- 5-6 light weight, medium and heavy wool trekking socks
- sock liners (helps with blisters)
- 1 mid or high top hiking boot
- 1 light hiking boot ( trail runners)
- 1 sandals (for bathroom and tea houses)
- under clothing
- beanies, hats, buffs
- gloves. (one light weight and one water resistant)

### Gear:

- trekking poles
- light weight sleeping bag with -20deg C \*(I rent mine in Kathmndu so I don't have to pack it,
- Sleeping bag liner (this is a must if you rent your sleeping bag)
- 2-3 water bottles, ones that can take boiling water (i use Nalgene)
- headlamp, small flashlight
- extra batteries for headlamps, camera