

Trek Preparation Handbook



Annapurna Base Camp Trek Nepal – April 2019



Will 4 Adventure

Contents

Section 1: Introduction	page 3
• Risk and safety	
Section 2: Fitness	page 4
• General advice	
Section 3: Health – Before you depart	page 5
• Dental care	
• Immunisation	
Section 4: What happens once you land	page 6
• Location	
• Transfers	
• Money	
• Itinerary	
Section 5: Staying safe	page 8
• Personal security	
• Streets and transport	
• Drugs	
Section 6: Staying healthy abroad	page 9
• Air travel	
• Water and food	
• Personal hygiene	
• The sun	
• Women's health	
Section 7: Illnesses and accidents	page 11
• Common ailments	
• Bites and stings	
• Strains	
• First aid training	
• Avoiding Injury	
Section 8: Environmental factors	page 13
• Hypothermia	
• Altitude sickness	
• Earthquakes	
Section 9: Casualty evacuation	page 14
Section 10: Administration	pages 14 & 15
• Passport and entry visas	
• Suitable Travel Insurance	
• Document copies	
Section 11: Kit List	pages 16 & 17

1. INTRODUCTION

This document is designed to give you all the information you need at this stage to help you start preparing for your trip with us. If you have any questions after reading this handbook, please contact Will Legon at Will4Adventure, who will be happy to help you.



Risk and Safety

It is likely that participants will encounter many challenges during this trip. These include variations from the norm (e.g. food, climate, domestic hygiene and standards of public transport) and geographical extremes. The latter includes variations in terrain, and can also include river crossings and other obstacles which are, by nature, indefinable and not always foreseeable. It is impossible to eliminate risk completely, but it can be reduced to a minimum level within a given context.

An overseas trek carries with it more challenges than most normal trips overseas and should be approached with that in mind. The following important steps are therefore part of the process for preparing yourself for a trek in a developing world country.

Risk assessment

We regularly update both our generic and country-specific risk assessments, which cover such factors as weather, transport, terrain and health. The aim of this process is to clearly identify all possible areas of risk and then to establish what control measures should be implemented to minimise them. The Will4Adventure leader who accompanies you on this expedition is responsible for the implementation of these control measures and also maintaining ongoing risk assessments throughout the trip.

One key role of this document is to brief you for possible eventualities in accordance with our risk assessment management strategy.

Will4Adventure leaders

Leaders are selected for their suitability and experience. They are fully trained to assess risk and in turn to take possible precautions to protect you the client from danger. In addition, they are also trained and tested on their ability to deal with problems, accidents and health issues. The aim is to prevent problems occurring and to ensure that we can deal effectively with anything that might arise.

2. FITNESS

General

Fitness training is a vital part of the preparation for your trek. It is both important for your safety and for your enjoyment. Being physically prepared for the climate and conditions of your destination will ensure that you are able to take the next step, and that you are less likely to get ill.

Now is the time to start focusing on your fitness in order to build it up steadily. This does not need to involve lifting heavy weights or running marathons. However, it is very important that you start a realistic exercise programme that will help you prepare for your expedition and one that you will stick to.

Note: If you have any medical problems, please always seek advice from your GP before undertaking an exercise programme.

What should I do?

There are no hard and fast rules; you must work at your own pace and, most importantly, do it regularly and gradually. We recommend you should aim to be exercising 3 or 4 times a week for about 30 minutes. This could involve several activities such as jogging, swimming, cycling or playing a team sport. You will need to improve your general endurance and strength as well as cardiovascular fitness (heart and lungs).

Whatever you do, make it something you enjoy. If you currently play sport during the week, you will only need to do a couple more exercise sessions to build on this. It is essential that you get used to walking and carrying some weight in a day sack, so try to incorporate walks into your exercise routine, maybe at the weekend with friends or family. Start with short walks (1-2 hours) and gradually make them longer (3-4 hours). This is also a great way to break in your boots and to toughen up your feet! More information can be found here: [Get Trek Fit](#).

Summary:

- Exercise 3 to 4 times a week for at least 30 minutes a time
- Try joining a local sports team / walking group
- Join us on as many of our [free walking weekends](#) as you can
- Enrol on (and tell all your friends too) as many fun runs / charity runs – by doing so commits you to the training!

3. HEALTH

Dental check-up

Make sure you go and see your dentist at least 6 weeks before departure in case any dental work is needed. Trekking with toothache is no fun!

Recommended immunisations

Consult your GP 8 to 14 weeks before travel. Typhoid and hepatitis A are usually recommended to travellers to the developing world. You should also check to ensure that your tetanus, polio and diphtheria boosters are up to date. Other vaccinations such as yellow fever, cholera, rabies, and meningitis or Japanese B encephalitis may also be required: check with your GP. It is your responsibility to organise your inoculations. Last of all, when you go to seek advice from your GP, it may be helpful to take to them your itinerary with you. [More information for what immunisations you may need can be found here.](#)

Immunisations sometimes recommended:

Rabies

Rabies is common in the developing world, so it is important to remember that animals are not the same as domestic pets in the UK. It can occur following a bite or scratch from a rabies-infected animal. If you avoid contact with all animals, you are unlikely to get bitten. Once rabies develops, it is always fatal.

In countries where rabies is a risk, we strongly recommend that you are immunised against the disease before departing the UK. This is because it may be difficult to obtain treatment quickly enough after a bite when you are on this trek. If you have rabies immunisations before leaving the UK, you still need to have medical treatment after a bite from a possibly infected animal. However, you will have more time to obtain the necessary treatment.

Malaria

There is no risk of malaria in the city of Kathmandu and on typical Himalayan treks such as this one. There is a risk of malaria in areas of Nepal below 1,500m, particularly in the Terai district – so if you are extending your trip to include a visit to the Chitwan National Park you should seek advice on malaria prevention tablets.

References

Further information can be found at the [NHS FitForTravel website.](#)

4. WHAT HAPPENS ONCE YOU LAND

Location

The entry and exit point for this itinerary is Kathmandu; a wonderful city bustling with life coming at you from all directions. We'll be based in Old Thamel – a popular tourist quarter and a great base from which to buy trekking gear or to head out and to explore the ancient city sights.

The trek takes place in the Annapurna mountain range, home of Annapurna and Dhaulagiri – two of the world's mountains higher than 8000m. This range is a day's drive from Kathmandu and lies just to the north of Pokhara – a pleasant start point for our trek.

In order to access our destination we will begin our trek in the depths of a gorge festooned with dense bamboo, jungle and rain forests. This will eventually bring us into an amphitheatre of high peaks – seven of which top 7000m, complete with snowfields and glaciers. Throughout we will trek on a well established (though often stony and uneven) track fighting for space with donkey trains supplying the tea houses that wait us ahead.

The Gurung people that populate the southern flanks of the Annapurna are like all Nepalis - a friendly people. They are of a Tibeto-Burman culture and many are Lamaist Buddhists in religion, while others have adopted Hinduism. Please be extremely respectful of their sensibilities and always think twice before taking photographs of these people – by far you won't be the first to want to do so – and these people are not after all animals in a zoo.

Transfers

Airport transfers are included as a part of the itinerary. It does not matter what time you arrive, you will be met at the airport in Kathmandu. Once the hotel is arranged and confirmed, details of the name and location of this hotel will be provided to you before departure.

Note: for those of you travelling to and from Kathmandu outside of the itinerary dates, you will be charged a small surcharge of about £5 for each transfer required.

Money

The local currency in Nepal is Rupees. You will normally not be able to get any of these in the UK. However there is a bureaux de change at the airport in Kathmandu that will be able to change your Pounds Sterling for the local currency. In addition limited change facilities will be available at the hotel and readily around Kathmandu. ATMs can readily be found in Kathmandu also. Tips for our guide and porters will be gratefully accepted in any currency!

You will be able to hand Will the balance of your trip payment once you arrive at the hotel in Kathmandu. There is no need to hand any payment to anyone at the airport.



Itinerary

Should you wish to arrive earlier than the 8th November or stay on later than the 21st November please advise us asap if you should like us to help you organise any further sightseeing, transportation or hotel accommodation.

Note: one or two extra nights in Kathmandu can easily be arranged upon request and will cost around £25 per person per night – and are well recommended!

Day	Activity
1	Arrive Kathmandu. (nb Will arrives in Kathmandu at 1115 on the 7 th April)
2	Bus to Pokhara and final pre-trek preparation.
3	Commence trek.
4 - 10	On trek. Leaving Pokhara, we trek to Annapurna Base Camp via Poon Hill.
11	Finish trek, bus ride to Pokhara.
12	Day resting in the beautiful lake-side town of Pokhara.
13	Bus to Kathmandu.
14	A chance to have a final look around old Thamel before flying home.

Tips

You may wish to tip our guide and porters – this is entirely discretionary and as a guideline you may like to offer anything between £25 and £50. Your trek's leader will collect any tips on the last evening of the trek and distribute them equally amongst the local trek team.

5. STAYING SAFE

Personal security

We spend time in the cities of Kathmandu and Pokhara. These are poorly developed towns, though in places very much adjusted to the tourist scene. Generally they are safe locations for people to wonder about at all times of day and night with a wonderfully relaxed feel about them. However at night time public street lights are often non-existent in Kathmandu and everywhere, most locals go to bed early relative to Western customs (hence it gets dark). In addition, in Kathmandu, we will be staying in the middle of Old Thamel which is like a maze – so take care not to stray too far from the hotel at night time and make sure you pick up a local map with the hotel marked on it so that you can at least ask people for directions back.

As with travel in any tourist city, be aware of pick-pocketing and bag-snatching, particularly in airports and should you take one - on public buses. Also at the airport local 'porters' will offer to take your bag for you – they are not employees of Will4Adventure and nor are they employees of our agent nor hotel where we stay. At best, they will expect a tip for carrying your bag: 100NR (£1) would be ample. Take particular care in Kathmandu: assaults and robberies can occur in the evening in poorly lit areas. Avoid walking on your own and don't carry large sums of cash. Always spend with small denomination bills and be discreet with any valuables.

Very rarely, a police officer may ask you for your id so it is advised that you should carry your passport at all times.

Streets and Transport

The streets of Old Thamel are narrow and at the same time packed with traffic and people traveling chaotically in all directions. From rickshaws to taxis and buses, something will be coming your way. The local custom is that the pedestrian always gives way. Keep your eyes and ears open for all that's coming your way.

If you should ever use a local taxi be sure to agree the price with the driver first. You're advised to check that you're happy that the driver is fully awake (they work long shifts) and that the front seats at least are equipped with seat belts. Never be tempted to take a ride on a motorbike or moped. In the event of an accident, there is no ambulance service like ours in the UK and your first port of call is likely to be the Accident and Emergency department of the local public hospital: stick to four wheels!

Drugs

Every now and then local dealers will offer you the opportunity to buy drugs – particularly hashish. We'd suggest that you don't take them up on this – apart from anything, these are sometimes sting operations where you will end up paying cash to get out of prison.

[Further information to staying safe on your travels can be found here.](#)

6. STAYING HEALTHY

There is a lot you can do to keep yourself healthy during this trip: remember being ill while overseas is very different from being ill at home.

Airline Travel

If you suffer from any medical conditions, or are on long term-medication, talk to your doctor about your travel plans and whether you need to take any special precautions when flying. Carry any regular medication in your hand luggage and ensure that you have more than enough for the whole expedition. Dress in loose, comfortable clothes and avoid heavy meals before flying.

Deep vein thrombosis (DVT)

DVT is a risk to all long-haul flight passengers and is potentially life-threatening. If you are concerned about travellers' thrombosis, you may wish to look at the [NHS website](#). In short, keep active on your flight, drink lots of fluids but try to steer clear of alcohol and caffeine.

Water and Food

Treat all water supplies with suspicion – do not put unpurified water into your mouth while brushing your teeth or having a shower. Boil, filter or disinfect all water for drinking with iodine or chlorine. You can buy chlorine tablets (and the neutralising tablets that come with them) at most outdoor shops. Maybe the best on the market these days are Lifesystems Chlorine Dioxide Tablets which don't need a neutralising tablet.

Bottled water is usually safe, though unkind to the environment and expensive, but make sure you check the seals on the caps.

Try to avoid ice cream, unboiled milk, salads, intricately prepared food (e.g. buffets), ice cubes in drinks, and shell-fish. As a rule of thumb, piping hot food, peeled food and food out of a sealed packet is usually safe. Remember it may be discourteous to refuse food, so be sensible about what food you accept. Always carry a bottle of purified water with you.

Personal hygiene

Use common sense and care. Try to keep as clean as possible and keep your feet clean and dry. Again, always wash your hands before handling food. Use anti-fungal foot powder if you are prone to athlete's foot. Avoid walking barefoot because of the danger of injury to your feet and parasites, such as hookworm. Brush your teeth in clean purified water. Decline injections unless, you are certain that the needles are sterile. It is very easy for wounds to get infected, particularly in hot, humid climates, so treat wounds early by cleaning and dressing them carefully.

The sun

UV rays can burn the eyes as well as the skin, so wear sunglasses when on snow or water. It is very important to drink plenty of fluids (not alcohol), particularly when you first arrive in a hot climate, or at altitude. It takes several days to acclimatise to high temperatures and humidity so make sure that you drink sufficient fluid to maintain clear looking urine and avoid overexertion.



Women's health

Periods may be affected by changes in time zone, lifestyle and diet. During a trek, periods can become irregular, much lighter or may even be missed. However, tampons and sanitary towels may not be readily available, particularly in remote villages, so take reasonable supplies. Dispose of used sanitary protection thoughtfully.

If you've had thrush before, take some pessaries, tablets or cream, just in case it recurs, and always wear cotton underwear. PH-neutral wet wipes (e.g. unscented baby wipes) can be very useful.

Contraceptive pill

Many women decide to start taking the oral contraceptive pill before going on a trip to the developing world, hoping to avoid a period while travelling. This may not always be a good idea and should be discussed with your GP. There are two important points:

- Diarrhoea may affect the body's ability to absorb the contraceptive pill, which may lead to an unexpected period.
- Theoretically, there is an increased risk of blood clots forming in the legs or lungs when women taking the contraceptive pill travel to high altitude (more than 4,500m or 15,000ft) for any length of time.

There are several other ways of controlling periods while abroad, and you may find information online to be of help and interest. Remember to discuss all these issues with your GP, or women's clinic, at least three months prior to departure.

7. ILLNESSES AND ACCIDENTS

The most common ailments on treks are sunburn, stomach upsets, coughs and colds, joint strains, muscle aches and blisters. Much can be done to prevent them.

Blisters

Blisters can turn an enjoyable walk into a very painful experience in a very short space of time. There are several things you can do to minimise the risk:

- Ensure that your boots fit properly and are well worn-in before you commence your expedition.
- Wear comfortable, well-padded socks (some people prefer to use two pairs).
- Keep your feet as dry as possible, and powder them in the morning and at night.
- Ensure that you cover a blister with a plaster, (“moleskin”, “compede” or similar) as soon as it starts to develop.

[More information on foot-care can be read here.](#)

Diarrhoea

Most people who travel to the developing world develop diarrhoea at some stage of their journey. Usually the illness is short-lived and requires no treatment other than fluids and electrolytes (e.g. Dioralyte) and rest. If you feel hungry, DO NOT starve. It is better to eat complex carbohydrates such as plain rice, pasta or potatoes – you need energy to fight the infection (but avoid dairy products and spicy food). Do not self-medicate (i.e. with Imodium) without consulting your group’s leader. If you develop bloody diarrhoea or have a high fever with diarrhoea, tell the group’s leader.

Colds and flu

Respiratory illnesses are likely after long flights or if you are run down and tired. If you get a cold or sore throat treat the symptoms – drink plenty of fluids, try to rest and take Paracetamol to help with aches and pains and fever. Coughs and colds are common in high, mountainous areas because of the cold, dry air. For autumnal treks have an up to date flu vaccine before departure.

Bites and stings

Dog bites

Dog bites are common in the developing world. Animals are not like domestic pets in the UK as they are often used for hunting or as guard dogs, so do not stroke or feed them. Almost all animal bites become infected; there is also a risk of developing rabies or tetanus. Clean any bite wounds thoroughly and seek urgent medical attention.

Snakes

Snakes are found in some countries, but the risk of being bitten is very remote. REMEMBER, snakes are not trying to bite you, they only bite when threatened. Most snakes move away when you approach. To avoid getting bitten:

- Wear boots.
- Use a torch at night.
- Keep away from snakes and do not try to photograph or catch them – this is how many people get bitten.

Strains and muscular aches

The commonest problems are sore knees and twisted ankles. The best treatment is rest – but this is not always possible. Muscle aches can be reduced by a high level of fitness before going on your expedition. Remember to warm up and stretch at the beginning and end of each day's activity. If you have problems, support bandages offer some comfort. Rest and elevation are also helpful in reducing swelling. Anti-inflammatory drugs such as Ibuprofen should not be taken: much better is paracetamol for pain relief.

First Aid training

The trek carries a comprehensive medical kit designed to cope with most common illnesses and minor injuries. Your leader will be trained in First Aid too. However Will4Adventure strongly advise you learn some first aid skills before departure: please email us if you would care to join one of our [Outdoor First Aid](#) courses.

Avoiding injury

Your safety is paramount and you must be wary of local transport because of the risks posed by poorly maintained vehicles, overcrowding and erratic drivers. Avoid walking alone around towns and don't display expensive items such as cameras, personal stereos, jewellery or watches.

Diving into shallow water is one of the more common causes of serious injury to travellers and many people drown when travelling overseas.

Remember that many accidents occur while people are under the influence of alcohol or drugs. Take care!

8. ENVIRONMENTAL PROBLEMS

Hypothermia

Hypothermia (or exposure) is a potentially serious condition where the body temperature drops below 35°C. In extreme cases, with a dramatic fall in body temperature, the various organs of the body fail, which may ultimately be fatal. Heat from the body is lost very rapidly in cold, wet and windy conditions.

To prevent hypothermia it is essential to drink sufficient water to prevent dehydration. Dehydration reduces the body's ability to produce blood/plasma volume and in turn, heat. Adequate food is also needed to fuel the muscles and to maintain body temperature.

Wearing the correct clothing for the conditions is also extremely important. Follow the recommended clothing and equipment list carefully.

Altitude sickness (AMS)

At altitudes above 2,500m people can suffer from acute mountain sickness due to reduced amounts of oxygen in the air. Mountain sickness is characterised by headaches, breathlessness, nausea and difficulty sleeping. Most symptoms settle after a day or two, but it is important not to continue climbing when mountain sickness symptoms set in.

Drinking plenty of fluid and avoiding over exertion will help to prevent mountain sickness. *Occasionally, AMS can progress to high altitude pulmonary and cerebral oedema (HAPE and HACE). These can produce life-threatening problems such as breathlessness at rest, severe headaches, confusion and loss of consciousness. If these symptoms occur, immediate descent quickly improves the situation.*

The drug Diamox helps acclimatisation to high altitude and makes HAPE and HACE much less likely. You should consult with your GP about having this prescribed to you before departing for this expedition. However, on this trek it is very unlikely to be needed. If you do decide to take Diamox, try for two days at home to check that you experience no adverse reactions to it beforehand. More information on prevention of AMS and using [Diamox as a prophylactic drug can be found on the NHS Choices website](#).



Earthquakes

A review of the [Foreign and Commonwealth Office \(FCO\) website](#) would suggest that earthquakes are common across Nepal and that you should be aware of what to do in the event of an earthquake.

If you are indoors: stay there and move only a few steps to the closest safe place in the room – such as underneath a table and hold on, but away from other heavy furniture or appliances. Do not run downstairs or rush outside while the building is shaking.

If you are outside: get into the open away from buildings, power lines, trees, and anything else that might fall on you. Steer clear of narrow roads if you can.

If you are in a mountainous area: Watch out for falling rock, landslides, trees and other debris.

9. CASUALTY EVACUATION

Communications

As an emergency measure, all trekking routes are checked for the availability of communication systems. On this trek, telephone points exist within a day of each other, and in addition various park authority checkpoints are to be found randomly along the route. These combined with the emergency services of our porters form the basis of our communications. Rescue facilities are available in Pokhara and Kathmandu.

Medical treatment

The team leader will know where the nearest medical facility is at all stages of the expedition. Medical facilities in the developing world will rarely be of the same standard as those in the UK. In the event that illness or injury requires a team member to be moved to a more appropriate medical facility, or repatriated back to the UK, this will be done using the resources on the ground combined with our in-country agent and the British High Commission. It is vital that your holiday insurance covers you for trekking in the developing world and to an altitude of 4300m above sea level.

10. ADMINISTRATION

Passport

In order to enter your destination country, you will require a passport valid for at least six months after your expedition returns. If you need to apply for a passport, you should register your application as soon as possible. Go to www.ukpa.gov.uk for more information.

Entry visa

To enter Nepal, you will require a tourist visa. These can be obtained from the Royal Nepal Embassy, 12A Kensington Palace Gardens, London W84QU, [online](#), or more simply at the airport when you arrive. For the latter option, when you get there **you will need a valid passport, two passport size photos, a pen and up to US\$40 in cash** (depending on if you are there for more than 15 days or not). Getting the visa before you depart will mean you get through the airport about one hour faster in Kathmandu. For the purpose of this, you will need to know that our address in Nepal is: **Hotel Nirvana**, Gaurighat-6, Pokhara. [More details are here](#).

In addition if you plan to transit through Delhi or Bombay you may well need an [Indian visa](#): even if you are only spending 8 hours in the airport!

Suitable Travel Insurance

To be adequately protected by travel insurance, you will need a specialist policy that caters for the hazardous activities you will undertake on your trip with us. It is a requirement of our booking conditions that you have such a policy in place and you provide the details of it to us before you travel. The policy must include suitable cover for rescue and repatriation and emergency medical expenses.

In case of emergency, most insurance companies demand that you get their permission before medical assistance or helicopter evacuation is called for, or they will not cover the cost. Obviously, even with modern communications, given the remote parts of the world we travel to, this might not be possible. Please make sure that your insurer agrees to pay for any search, rescue or medical treatment even if it has not been possible to contact them beforehand.

You may already have an Annual Policy that covers you for your trip, or you could contact one of the following insurers:

[The BMC](#)

[The Post Office](#)

[Columbus Direct](#)

[STA Travel – premier policy](#)

[Dogtag](#)

[Snowcard](#)

[IHI](#) (Trekking only)

[Global Rescue](#) (Medical evacuation/assistance only. A separate policy to cover cancellation, curtailment, baggage, personal effects etc also required.)

Other insurance providers are also available.

Safety Back Up Systems

In the event something does happen there are three sets of people that are able to help you (so long as you do all of the things listed below). In the first instance that will be your team's leader and guide. Secondly there is our in-country agent in Pokhara who will be in liaison with the third port of call – the British Consulate in Kathmandu. So please do as much of the following as you can.

1. Please complete as much of the emergency contacts form which will have been emailed to you.
2. Scan a copy of the main page of your passport and save it in an email to yourself or somewhere that you can access online. If you do not have e-flight tickets – you should do the same with those too.
3. You may like to register with this service: **i-trak** - <https://www.i-trak.com/home.aspx>. If you lose your luggage en-route this service will help track and reclaim your lost luggage. Attach these tags to your luggage and log your details onto their website before you travel. **But as a minimum - wear your boots (and any other kit) on the flight.**

11. KIT LIST

General

Useful advice, including links to retailers, can be found in this [article on what to pack for a trek here](#). Essentially, when you join us for this trek you will require clothing and kit suitable for travel and general sightseeing in-country. You will specifically need the following kit for the trek. Please note that porters will carry your main baggage *which should weigh no more than 10Kg*.

Guiding principles

- Think about where you are going and how the climate might be. This should be the best guide on what you need to pack.
- Manmade and wool-based fibres wick sweat away from the body. Cotton absorbs and holds on to sweat.
- Lighter colours reflect sunlight better than darker shades, and are therefore cooler.
- Layers are good for controlling temperature.
- Comfort – if it isn't comfortable, be it boots or rucksacks, don't buy it. You won't use what you don't like. Try everything on in the shop before parting with cash.

Individual Kit List for the Trek

Base layer

1 x	long sleeve shirt with collar
2 x	wicking thermal shirts
3 pairs	thin liner socks
2 pairs	heavy duty walking socks
3 pairs	underwear
1 x	thermal leggings

Warmth layer / Trek-wear

1 x	fleece jacket
1 x	insulated jacket
2 x	gloves or mitts
1 x	fleece or wool hat
1 x	trek trousers
1 pair	pair shorts or equivalent



Protective layer

- 1 x wide brimmed hat
- 1 x waterproof jacket
- 1 x waterproof trousers (light-weight)

Equipment

- 1 x bathing costume
- 1 pair walking boots (wear these on your flight)
- 1 pair trainers, flip flops or sandals with ankle straps
- 1 x large rucksack with wp liner
- 1 x day-sack with waterproof liner
- 1 x 3 / 4 season sleeping bag
- 1 x sleeping bag liner
- 1 x torch with fresh batteries
- 2 x 1 litre water bottle
- 1 pair sun glasses (good quality – UV a and b reflective)

Documentation

- 1 x passport & flight tickets
- 2 x passport pictures for visa
- 2 x passport pictures for trek permit
- \$40 US for visa at airport

Health and Hygiene

- 1 x washing / shaving kit
- 1 roll toilet paper
- 1 x antibacterial hand wash
- 1 x sun block / high factor sun cream
- 1 x tube lip sun block, (no sharing!)
- 1 x travel towel
- 1 x small bottle of foot powder
- 1 x personal first aid kit to include
 - antiseptic cream
 - assorted plasters
 - blister kit
 - antihistamine for allergies
 - 10 x rehydration sachets i.e. Dioralyte
 - paracetamol
 - Sudafed or equivalent
 - personal medication (Ventolin inhalers etc.)
- Sufficient sanitary products (females)
- Sufficient chlorine water purification treatment and neutralisers

Ancillaries

- 1 x small penknife
- 1 x camera
- 1 x money belt
- 1 x cheap waterproof watch
- 1 x book
- 1 x sense of humour, good line in conversation, philosophical outlook etc ...
- 1 pair walking poles