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*10*  
*Year*  
*Anniversary Trip*

*Cattara is thrilled to be celebrating our 10th anniversary this year! And we couldn't have done it without you, our loyal travelers, who have followed us (literally) to the far corners of the globe. We look forward to sharing many more fun and inspiring adventures with you in the years to come. Thank you!*

## Sacred Treks: Nepal: The Annapurna Sanctuary

October 21 – November 3, 2018 (14 days)

**A trek to the Annapurna Sanctuary, in the heart of the Annapurna Himal, is simply a spectacular journey, traversing a variety of terrain that showcases the full spectrum of Nepal's beautiful scenery. This ten-day trek takes you through dense bamboo jungles, magnificent stands of rhododendrons, and timeless lowland villages of the Gurung and Tamang clans to the glaciers and high mountains above treeline. Once at the Sanctuary, you'll have breathtaking 360-degree views of the highest peaks of the western Annapurna Himal. While here you'll also have the chance to take an optional walk to Annapurna South Base Camp (13,435') below the soaring, near-vertical south face of Annapurna. This trek is a great opportunity to get into the heart of the Nepal Himalaya. Join us for a truly unforgettable experience! In addition, you'll fly prayer flags as a tribute to the lives and memories of those who have faced breast cancer. And best of all, you'll be helping to raise funds for Breast Cancer Prevention Partners.**

## FUNDRAISING CHALLENGE

\$5,000 Please see page 6 for more information.

## TRIP DETAILS

Moderate to strenuous ▶ 10 days hiking at medium elevation (max. 13,435'); 5 nights camping, 4 nights mountain lodges, 4 nights hotels

## ITINERARY

(You will need to leave the U.S. on Oct. 19 or 20 in order to arrive in Kathmandu on Oct. 21.)

### **Day 1, Oct. 21 ▶ Arrive In Kathmandu, Nepal**

Arrive in Kathmandu by mid-afternoon on Day 1 (plan on arriving by 3:00 p.m.). A Cattara representative will meet you outside the customs and immigration area outside the airport. He or she will escort you to the centrally located Shangri La Hotel, a 15-minute walk from the Royal Palace and the bustling Thamel market. Besides a nice garden area, the hotel also has a good restaurant and several shops. Later in the afternoon there will be a briefing on the trek arrangements. This evening, you'll enjoy a "Welcome" dinner with the group.

D...Shangri La Hotel

### **Day 2, Oct. 22 ▶ Explore Kathmandu**

Morning tour of some of Kathmandu's remarkable temples and religious monuments. In the afternoon you can explore Kathmandu at your leisure. Your guide, Cathy Ann, will be happy to share information on interesting places to visit.

B...Shangri La Hotel

### **Day 3, Oct. 23 ▶ Begin trek / Tirkhedunga (5,067')**

After breakfast, we'll transfer to the airport and take a scenic flight to Pokhara (2,800'), located about 100 miles west of Kathmandu. If you sit on the right side of the plane, you may enjoy "peak" views of the western Himalaya: Buddha Himal (21,950'), Manaslu (26,759'), Lamjung Himal (22,905'), and the Annapurna range with its spectacular group of four peaks—Annapurna I (26,545'), Annapurna II (26,040'), Annapurna III (24,786'), and Annapurna IV (24,688'). Upon arrival, we'll be met by our Sherpa guide and crew and drive for an hour to the trailhead at Nayapul, set by the river. Here we set off on foot and hike to Birethanti, then ascend to the village of Tirkhedunga (5,067'). (About 3 hours hiking.)

B,L,D...Camp

*Note—the following trek itinerary serves as a guideline and camps may vary depending on conditions at the time and the decision of the leader and the trek Sirdar.*

### **Day 4, Oct. 24 ▶ Ghorepani (9,429')**

It's uphill all the way to Ghorepani today—some 3,000 steps!—as we follow a long and winding stairway of stone steps, the best example of this type of trail in the country. We'll get an early start and pass the settlement of Ulleri and have a lunch stop at Banthanti. From here it's a gradual climb

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through rhododendron forest to Ghorepani, with its collection of many lodges. (About 6 hours hiking.)

B,L,D...Mountain Lodge

### Day 5, Oct. 25 ▶ Tadapani (8,759')

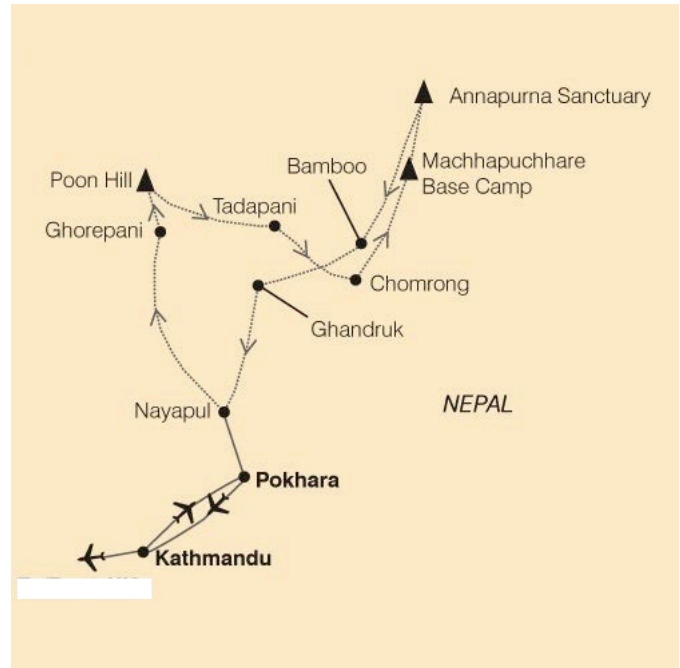
We arise early for a one-hour hike to Pun Hill (also known as Poon Hill) for stunning views of Dhaulagiri and the Annapurna range—a spectacular sight as the early morning light tinges the peaks in hues of pink and rose. We return to camp for breakfast, and then descend through a moss-covered rhododendron forest to the Deurali pass. Crossing two streams, we ascend to Tadapani. (About 5-6 hours hiking.)

B,L,D...Mountain Lodge

### Day 6, Oct. 26 ▶ Chomrong (6,759')

We hike down through a beautiful forest to Kimrong Khola, then climb steeply through scattered hamlets to Chomrong, a Gurung village that is the highest permanent settlement in the Modi Khola Valley (*khola* means river). There is a tremendous view up the canyon to the northwest of Annapurna South, which appears to tower above the village, and spectacular views of Machhapuchhare across the valley. (5-6 hours hiking.)

B,L,D...Camp



### Day 7, Oct. 27 ▶ Doban (8,628')

A steep trail leads down to the Modi Khola, which we cross, and then we climb steeply through mixed bamboo and rhododendron forest to Kuldi Ghar. Another steep descent brings us to “Bamboo,” a very wet area surrounded by thick bamboo (*ningalo*) forest. The locals use this bamboo to make the *dokos* (baskets) and the mats on the floors and the walls of the local houses. Continue ascending through the thick forest to reach Doban. (6-7 hours hiking.)

B,L,D...Camp

### Day 8, Oct. 28 ▶ Machhapuchhare Base Camp, “Annapurna Sanctuary” (12,204')

From Doban we climb steeply, but with occasional drops down to cross tributary streams. We cross a ravine (an avalanche area) just beyond Hinko and climb through large boulders as the valley widens and becomes less steep. The “gates” to the famous sanctuary between the guardian peaks of Hiunchuli (20,782') and Machhapuchhare may be seen ahead, and are soon passed at about 11,700 feet. As the trail continues into the sanctuary, it crosses two avalanche tracks on a narrow trail that huddles up against the cliffs. Once we get to camp and have a chance to settle in, we can spend some time exploring the surrounding area. (6 hours hiking.)

B,L,D...Mountain Lodge

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**Day 9, Oct. 29 ▶ Optional walk to Annapurna South Base Camp**

We spend most of the day around the sanctuary, reveling in the mountain and glacier views, and can take a walk to Annapurna South Base Camp (13,435'). This base camp was used by Chris Bonington's famous 1970 Annapurna South Face Expedition, which made a spectacular ascent on this route. Return to Machhapuchhare Base Camp. (5-6 hours hiking.)

B,L,D...Mountain Lodge

**Day 10, Oct. 30 ▶ Bamboo Camp (7,675')**

We return down the trail through the damp gorge to a thick bamboo forest where we camp for the night. (5-6 hours hiking.)

B,L,D...Camp

**Day 11, Oct. 31 ▶ Ghandrung (6,000') via Chomrong**

We descend to Chomrong, followed by a climb up to a ridge with a spectacular view of Annapurna South, Hiunchuli, Machhapuchhare, and Annapurna III. We then make a gradual descent to the sprawling village of Ghandrung, a rich Gurung farming village with neatly terraced fields standing high on the west bank of the Modi Khola. (8 hours hiking.)

B,L,D...Camp

**Day 12, Nov. 1 ▶ Pokhara (2,800')**

Descend a long and steep set of stone stairs to the Modi Khola. Following a trail along the Modi Khola, we reach the road head at Syaulebhatti where our vehicles will meet us and transport us back to Pokhara. (2 hours hiking 1 hour driving.) Overnight at Temple Tree Resort, a beautiful oasis in which to relax after our trek.

B,L,D...Temple Tree Resort

**Day 13, Nov. 2 ▶ Return to Kathmandu**

Fly to Kathmandu and transfer to the hotel. The afternoon is free to rest or do some last minute shopping. On tonight's agenda—a festive farewell dinner with the group!

B,D...Shangri La Hotel

**Day 14, Nov. 3 ▶ Fly home**

Transfer to the airport and depart on homeward-bound flights.

B...

**(You will arrive home on Day 15, November 4)**

**LAND COST**

\$4995 per person (10-14 members)

\$5295 per person (6-9 members)

\$270 internal airfare (Kathmandu-Pokhara-Kathmandu). Subject to change due to increases in fuel costs. Cattara will book and issue these tickets for you.)

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\*Should you choose to pay with credit card there will be a service charge of 3%, the fee we incur from the bank.

Single Supplement—\$650 for requested singles or forced singles. If you prefer single accommodations, you must pay the Single Supplement Fee. If you wish to share accommodations, we'll try to match you up with a roommate. If that's not possible, we will still have to charge the full single supplement.

### LAND COST INCLUDES...

- Expert leadership of Cathy Ann Taylor
- Accommodations in hotel in Kathmandu and Pokhara
- All trek arrangements, including tents, foam sleeping pads, community camping and commissary equipment, services of camp and commissary crew, including camp and cook staff
- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Airport transfers
- Sightseeing as noted in the itinerary
- Additional guides and porters where necessary
- Trek Permits

### LAND COST DOES NOT INCLUDE...

International airfare to Kathmandu and return; internal air within Nepal (see separate cost above); meals not noted on itinerary; accommodations en route to Nepal; trip insurance (we strongly recommend you purchase the optional trip insurance offered by Cattara, which includes trip cancellation insurance); optional tipping to leader, guides and local staff; excess baggage charges; there is no departure tax in India if you are in transit only); cost of medical immunizations; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

### TRIP PAYMENT SCHEDULE

At time of reservation ..... 25% of land cost  
120 days prior to departure .....25% of land cost  
90 days prior to departure.....Balance

### CANCELLATION FEE SCHEDULE

From time of reservation  
until 90 days prior to departure .....25% of land cost  
89-60 days prior to departure.....50% of land cost  
59 days of fewer prior to departure.....100% of land cost

### THE FUNDRAISING CHALLENGE

Cathy Ann Taylor has been involved in raising money for Breast Cancer Prevention Partners (BCPP) since 1997. Through her experience as a team leader and climber on BCPP's Climb Against the Odds expeditions and her own personal mountain climbing expeditions, she has raised over \$730,000 for the cause. Giving back to the breast cancer community helps her honor her

grandmother as well as countless friends who have had the disease. With this thought in mind, the Sacred Treks to benefit Breast Cancer Prevention Partners was born. To date Sacred Treks has raised over \$735,000 for the Breast Cancer Fund. In addition to paying your own trip cost, Sacred Treks team members are asked to raise a minimum of \$5,000 in donations for Breast Cancer Prevention Partners. There are two easy ways to fundraise: 1) Write a personal check to Breast Cancer Prevention Partners, or 2) Ask your friends, family, or colleagues for a donation. You will be given a fundraising toolkit with a personal web page and lots of creative ideas. At recent BCPP fundraising events, people not only exceeded their goals, but felt strengthened by the number of people who supported them and who wanted them to succeed as they took on their outdoor challenge. We will share the wealth of knowledge gained through BCPP's other expedition series, Climb Against the Odds.

Please contact Sheila Brown at Breast Cancer Prevention Partners with any questions.

Phone: 415-321-2904

Email: [sheila@bcpp.org](mailto:sheila@bcpp.org)

## EXPERT LEADERSHIP

Expert leadership is the key to every successful trip. Cattara attracts knowledgeable and gifted leaders who are passionate about guiding trips and truly enjoy sharing the experience with others. They understand the cultures and traditions they work in and are a fountain of information. In addition to making sure everything runs smoothly and safely, Cattara guides enhance your experience by being educators, companions, and the best of friends.

## TRIP LEADER



**Cathy Ann Taylor**, a high altitude trekking guide for the last 28 years, will be leading his trip. Cathy Ann has trekked all over Nepal, Tibet, and Bhutan, with well over 200 trips in the Himalayas (she still considers the Himalayas her “second home”)! She has also hiked extensively in the European Alps; Tour du Mont Blanc (5), The Haute Route, Gran Paradiso, the Dolomites, and the Georgian Caucasus (5), India and South America (14 trips in Peru). A devout hiker and mountain biker, she leaves no trail undiscovered, and her passion for the mountains, caring nature, and boundless energy are renowned. Her experience, knowledge, positive attitude (she can find the good in anything!), and her wonderful rapport with the local staff will enhance your experience. With the help of caring and like-minded individuals she has been able to manage the sponsorship of nineteen remote village children, all of whom are in boarding school in Nepal or in Universities in the United States. She consistently gets rave reviews from members of her groups and has quite a following. Cathy Ann is active in Breast Cancer Prevention Partners and has participated in seventeen expeditions, including Mount McKinley, Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer (she alone has raised over \$730,000 for the cause!). Cat’s new program, Sacred Treks to benefit Breast Cancer Prevention Partners (Bhutan, Mont Blanc, Peru, Everest, Ladakh, Mustang, Georgian Caucasus, Sikkim, Dolomites, and Cordillera Blanca treks) has raised over \$735,000. She has also reached the summit of Ama Dablam (22,500') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann received an honorable mention

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in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, and also received a letter of recognition for her fundraising and environmental work from former Speaker of the House, Nancy Pelosi.

## PHYSICAL EXPECTATIONS

This trip is somewhat challenging and is designed for those who are fit and experienced in the outdoors. We expect you to be a strong, experienced hiker and in great physical condition. You can expect to hike five to seven hours a day, up and down mountain trails that are steep and rocky (there are many ascents and descents), with some elevations above 11,000 feet (highest reached is 13,435'). The lush forest during the approach to the Sanctuary can be slippery in places. There is some exposure toward the Hinko Cave and just before the Sanctuary when we cross two avalanche areas.

Although porters or pack animals will carry all gear and camp supplies, leaving you free to carry only a light daypack, hiking at higher altitudes can be very physically taxing and may create discomfort. You may experience symptoms of illness that you do not experience while exercising at sea level, such as shortness of breath, restlessness or sleeplessness at night, and headaches.

For physical preparation, we strongly suggest regular cardiovascular exercise for at least one hour 4-5 times a week. We recommend stair climbing, running, and mountain biking on hills, or elliptical or treadmill training in the gym with 10-15 pound daypacks. This gets the heart rate going, which will be very beneficial for the type of high altitude trekking you will be undertaking.

## LIFE ON THE TRAIL

Your trekking day typically starts at 6:30am, when the camp staff will bring you “bed tea” to start the day, along with a large bowl of hot water for washing. (Bring along a washcloth and you can have a full sponge bath in the privacy of your tent!) After packing your bags, you’ll enjoy a hearty breakfast of porridge, eggs, and toast. By 8:00 or 8:30 you're off on the trail.

The morning’s hike takes you through villages, forests, and up and down green hills and valleys or along rocky mountain trails. You’ll have time to visit local teashops, stop for a view or a photo, and exchange a smile or greeting (Namaste!) with the friendly Nepali people who share the trail. A hot trailside lunch breaks up the day, giving you time to rest and refuel before heading out on the trail for the afternoon hike.

You arrive in camp by 4:00pm and have time to wash up and get settled in your tent before enjoying tea and snacks in the dining tent. While waiting for dinner, you can write in your journal, read a book, play cards, or simply relax. The day ends with a hot, multi-course dinner, which often includes ethnic cuisine as well as American favorites. After dinner you can gaze at the stars (incredible viewing in this part of the world) and the moonlit peaks, go over the events of the day, or retire to your tent to read for a while before heading off to sleep.

## TRAVEL DOCUMENTS

In addition to a passport, valid for at least six months beyond the date of completion of the trip, you will need a visa for Nepal. You can get it upon arrival at the airport in Kathmandu or contact the Nepalese Consulate in DC or NY. If you prefer to use a visa service you will find many by searching on the internet, one in particular we have found reliable is CIBT: <http://cibtvisas.com/>. If you prefer to get your visa on arrival in Kathmandu, you'll need one passport photo and \$25 cash (US dollars are accepted, please have exact change) for a 15 day visa or if you are staying longer than that you'll need \$40 cash for a 30 day visa. You may have to wait in a longer line if you arrive without a visa, but it's less expensive than using a visa service. A good tip is to make a photocopy of the photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement. Also bring several spare passport photos—they're handy in case of unexpected visa or permit requirements.

If you plan to travel to Kathmandu via Thailand, you don't need a Thai visa. U.S. citizens don't need visas for visits to Thailand of up to 30 days. If you plan to travel to and from Kathmandu via India, you will need to get a multiple-entry Indian visa in advance. Indian visas *cannot* be obtained upon arrival in India.

Note—most countries requiring visas require a completely blank page on which to stamp the visa, so your passport should contain at least one blank page for each country you plan to visit.

## AIR TRAVEL

Airfare is not included in the land cost of the trip. For air reservations, please contact the airlines directly, either by phone or via the Internet. Plan your arrival in Kathmandu by the early afternoon of Day 1 (October 21, 2018). Many travelers elect to use their "frequent flyer" miles when traveling, but please check with us before purchasing or obtaining your tickets. We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip. Note—Names on air tickets and passports must match!

## IF YOU ARE TRAVELING TO NEPAL VIA BANGKOK, THAILAND

### Overnighting in Bangkok

The new airport hotel is called the **NOVOTEL SUVARNABHUMI AIRPORT HOTEL**. The hotel operates a 24-hour shuttle between the airport and the hotel. The shuttle runs every five minutes and the ride is about five to ten minutes. Exit at door number 4 to catch the shuttle. For reservations at the Novotel, see:

[http://www.novotel.com/novotel/fichehotel/gb/nov/6183/fiche\\_hotel.shtml](http://www.novotel.com/novotel/fichehotel/gb/nov/6183/fiche_hotel.shtml)

### Novotel Suvarnabhumi Airport Hotel

**Moo 1 Nongprue Bang Phli, Samutprakarn, 10540 Bangkok, Thailand**

**Tel: 011 66 2 1311111; Fax: 011 66 2 1311188**

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## MEDICAL MATTERS

No vaccinations are currently required to enter Nepal, but immunizations for typhoid, tetanus, hepatitis A, and polio are *recommended*. These regulations and recommendations change frequently, so please check with your local health department or the CDC for more information ([www.cdc.gov](http://www.cdc.gov)). In addition, the CDC sometimes recommends meningococcal meningitis vaccine for travelers to Nepal and Delhi, India, if there has been a recent outbreak. Confer with your physician for further advice.

Please advise us of any pre-existing medical conditions that may affect your health on the trek (recent injuries or surgeries, chronic illnesses, etc.). Hospital facilities for serious medical emergencies may be far away and evacuation can be difficult (and expensive).

To avoid intestinal problems while on the trip, do not drink tap water or even use it to brush your teeth. In Kathmandu, drink bottled water only. While on trek, the camp staff will provide boiled water for daily use. You must be careful when eating out in Kathmandu, too. That said, there are many wonderful restaurants and your trip leader will recommend a few to you. She will also give you more guidelines on staying healthy while in Nepal.

We recommend you bring your own personal first-aid kit, which should include antibiotics (Cipro or other), painkillers, and allergy medicines if you are prone to allergic reactions. The trip leader will also carry a basic kit for emergencies, but will not have any prescription medications.

## MONEY MATTERS

You should bring enough money for any souvenirs you may buy, plus a few meals that are not included in the cost of the trip (e.g. various meals in Kathmandu, or meals and accommodation en route to Nepal). Depending on how much of a shopper you are, \$500-\$600 is usually enough for incidentals and souvenirs. You should bring an additional amount for optional gratuities to the trip leader and local trekking staff. At least US \$475 is recommended for the trip leader (presenting this personally rather than collectively gives you the opportunity to say thank you individually and is greatly appreciated); at least \$300 toward a group tip for the trekking staff, preferably paid in local currency, as traveler's checks are impossible for the trekking staff to exchange.

Bring some of your money in traveler's checks and most in cash. There is an American Express office above the Thai Airlines office (same building) on Durbar Marg. Bring along your credit card in case of emergencies. Credit cards are also becoming more widely accepted in the small tourist shops of Thamel and at the large hotels. You can use your ATM card at the airport in Bangkok. There are many ATM machines throughout Kathmandu now; in Thamel (the shopping district), downtown and Durbar Marg. The local currency in Nepal is the *rupee*.

## WEATHER & CLIMATE

Late spring and late fall are the best trekking seasons in Nepal. In the Annapurna region in late October and November, temperatures are relatively moderate and skies are usually clear. Daytime temperatures at altitudes of around 10,000 to 13,500 feet can range between 40° - 60° F, while at night temperatures can drop to between 20° and 35° F. Rain or snow is possible any time in the

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mountains. At the lower altitudes daytime temperatures will likely be between 60° - 80° F, while at night temperatures can be between 40° and 55°F.

## INCIDENTALS

**Laundry:** Laundry service is available at the hotel in Kathmandu. While on trek, washbasins are available for any laundry you may want to do yourself, but it's usually too cold for garments to dry very quickly. Synthetic fabrics are the easiest to wash, and they dry quickly. Please make sure you bring biodegradable soap.

**Electricity:** Nepal is on the 220V system. Sockets are usually the three-pin variety, but they vary. If you are planning to use something like a hairdryer or electric shaver at the hotel (a hairdryer is provided at the Shangri La Hotel), bring a converter and a selection of plug adapters (you can buy these in drugstores or travel specialty stores in the U.S.).

**Time Zones:** Nepal is Greenwich Mean Time plus five hours and 45 minutes. That means if it's 8:00pm in Kathmandu, it's 9:15am in New York and 6:15am in California.

**Environmental Responsibility:** We ask you to carry out whatever you carry in, including non-biodegradable items such as batteries, flashlight bulbs, empty film canisters, empty plastic containers, and so on. Nepal does not have the proper facilities to process this kind of waste and your throwaways will end up in the river or tossed down a hillside.

## SHOPPING

Kathmandu is a fun place to shop—street vendors and emporiums are everywhere you look. Craft items to buy include beautiful hand-woven Tibetan carpets, traditional brass cooking vessels, semi-precious gemstones, Tibetan prayer wheels, and *thangka* paintings. The markets of Kathmandu also serve as an outlet for items from Bhutan and Tibet. You'll need to sharpen your bargaining skills to get the best deal.

## CULTURAL TIP

We discourage the handing out of pens, candy, and other gifts directly to children on our trips, as this helps develop a beggar mentality. You will be chased down the trails by children screaming “give me pen”, “give me bon bon”, this is sad. Generally, a warm smile, stopping to chat or taking photos with your digital camera and then showing the photos to the children are the best gifts you can give. Postcards or photos of the places you live, your family and friends are always of great interest to local people. Packets of notebooks, reading materials, pencils or crayons can also be donated to local schools for communal use.

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# WHAT TO BRING: CLOTHING & EQUIPMENT LIST

## *Packing Notes*

It's best to go as light as possible and take only the essentials. Excess baggage can be a burden, not only to you but to support personnel.

Your trekking duffel must not weigh more than **30 lbs.** for the Pokhara flight and trek. We suggest you bring an additional small duffel to store non-trek clothes and items at the hotel in Kathmandu.

Overweight baggage is *not* accepted on these flights even if you are willing to pay excess baggage charges.

## *Luggage*

- Duffel bag. A good size is about 14" x 15" x 36" (7,560 cu. in)—large enough to hold your sleeping bag plus your trekking clothes and gear. It should have a full-length zipper (for easy access), and be sturdy and water-resistant or waterproof.
- Daypack with a capacity of 2,500 to 3,000 cubic inches, with a good padded waist belt. It can double as your carryon bag. Always bring all irreplaceable items, such as camera, medications, important documentation, and trekking boots in your carryon luggage.
- Spare roll-up duffel. This is essential if you wish to store your city clothes while on the trek and to bring home those great souvenirs! It should be lockable.

## *Clothing Notes*

Because you will be mainly be trekking at lower to medium elevations, the weather could be hot during the day or cold if the clouds come in. Nighttime temperatures are likely to be comfortable to just above freezing.

Bring comfortable clothing that will protect you from heat, wind, cold and possible wet weather. Synthetic fabrics (such as polypropylene, capilene, or fleece) are the most effective barriers against the cold. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. Wool and wool/synthetics are also suitable. (Cotton garments are not good in cold or wet mountain conditions.)

Layering is the way to go. Your innermost layer should be a T-shirt and pants or long underwear (depending on the weather, it may be too warm during the day). The middle layer can be a synthetic long sleeve top. The outermost layer should be a synthetic jacket, and/or a good quality wind/rain jacket and over-pants.

We suggest women & men trek in comfortable, loose-fitting long pants.

### Underwear

- Regular underwear. Synthetics are easier to wash and dry.
- Thermal underwear (one lightweight, one medium-weight), top and bottoms, of a polyester-type fabric. Wool and wool/synthetic blends are also suitable. You can use them to sleep at night and as layers for maximum warmth.

### Socks

We recommend you bring about three outer pairs of socks a few liners if you were them.

- Athletic socks (synthetic for easy washing and drying) that are suitable for your walking (not hiking) shoes. You can store them in your extra duffel while on trek.
- Medium weight hiking socks (synthetic or wool/synthetic).
- Synthetic or silk sock liners--optional. Some people wear sock liners to help prevent blisters, and some wear the same pair of hiking socks for three days in a row and achieve the same result.

### Shirts

- Long-sleeved, synthetic or wool shirt.
- Short-sleeved synthetic T-shirts.

### Pants

- Full-length pants, preferably of quick-drying synthetic fabric.
- Fleece pants, ideal for camp time or layering for warmth.

### Outerwear

- Medium-weight jacket of synthetic fabric, such as pile or fleece.
- Medium-weight down or synthetic-fill jacket (10-12 oz. of down or 15-20 oz. of fiberfill). A must for camp.
- Rain/wind parka (must fit over bulky clothing).
- Rain/wind pants, preferably with full-length side zipper (must fit over your other pants).
- Gloves or mittens (fleece).
- Glove liners (polypro or capilene).

### Head Gear

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, or baseball cap.
- Fleece or wool hat.
- Bandanna. A generally useful item—it will keep your neck from getting sunburned and can double as a hand towel in the field.

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### Footwear

Please break new boots in well before the trip.

- Medium-weight, all leather hiking boots with padded ankle, good arch support, and lug sole for traction. Your hiking boots should be waterproofed, well broken in, and suitable for prolonged walking on snow and/or rocks.
- Lightweight gaiters to keep pebbles and scree (and sometimes snow) out of your boots.
- Tennis shoes, slip on clogs, or down booties with soles comfortable to wear in camp.
- Comfortable walking shoes to wear in Kathmandu

### Sleeping Gear

- Medium-weight sleeping bag. We recommend a rating of -5° to 10° F.
- We provide thick foam sleeping pads, but for added comfort, you may wish to bring your own lightweight pad.

### Other Items

- Water bottles, 1 or 1.5 quart capacity. Make sure they are leak-proof, heavy-duty, **wide mouthed**. Bring 2 and mark them with your name or initials as several people may have the same bottle. **Note—CamelBaks or other bladder hydration systems are not recommended, as they often break or leak, are difficult to fill with boiled water, and are hard to keep clean.**
- Hiking sticks—highly recommended. They help relieve the impact on your knees during long downhills; they are also useful on uphill. Practice with them before the trip.
- Set of casual city clothes that are dressier than your trekking clothes. You will store these in your extra duffel while you are on trek.
- Toiletry kit—biodegradable soap, toothbrush, etc. Women should bring any feminine products they need because they're not readily available locally.
- Roll of toilet paper. Toilet paper is provided at camp, but you need to carry your own on trek during the day.
- Purell hand sanitizer for quick hand washing and hygiene (a must!).
- Personal medical kit.
- Throat lozenges (antiseptic menthol or hard candies), about 30 of them. Good for soothing sore or dry throats at altitude.
- Body lotion for dry skin at higher altitudes.
- Small towel of synthetic-type fabric.
- Sponge or washcloth to wash up at camp.
- Ace bandage or brace if you're prone to sore knees or ankles.
- Sunglasses (100% UVA/URB protected). For higher altitudes, it's good to have glasses with a special dark lens and side shields that block reflected UV.
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses.
- Sunscreen lotion and lipstick of SPF 25 or higher.
- Small headlamp with spare batteries.
- Trash bags to waterproof and sort out clothes and other items in your duffel. Ziploc bags are great for small items and camera gear; nylon stuff sacks are also handy.

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- Heavyweight plastic garbage bag to use as a waterproofing liner inside your duffel and daypack.
- Small padlocks or combination locks for your duffels.
- Extra passport photos. Keep them with your travel documents as you may need them throughout your journey.
- Money belt or neck pouch to store cash.

*Optional Travel Accessories*

- Camera, memory cards, and extra batteries.
- Repair kit with needle, thread, and safety pins.
- Swiss Army-type pocket knife.
- Pair of compact binoculars.
- Electrolyte mixes for your water.
- Your favorite trail snacks or candy.
- Reading and writing material.
- Playing cards.
- Sit-upon pad for the trail.

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