



Nanda Devi and the Milam Glacier Trek

October 16 – November 3, 2017 (19 days)

Join veteran trekking guide **Cathy Ann Taylor** for a challenging trek in the Kumaon, a little-known mountainous region of northern India. This lovely realm of snowcapped Himalayan giants includes sacred Nanda Devi (“Goddess of Joy”), at 25,645 feet the highest peak in India, and an ocean of other soaring ice-clad peaks. Our trek follows an ancient trade route to Tibet, and brings us through the spectacular gorges of the Gori Ganga River and past welcoming villages and summer settlements to the alpine meadows of Nanda Devi East base camp. Here we savor glorious views of the glaciers tumbling down from the flanks of Nanda Devi before heading to the massive Milam Glacier, the source of the Gori Ganga, encircled by towering Himalayan peaks. Throughout our journey, we’ll enjoy the comforts of our full-service camps as we gaze at some of the most splendid mountain panoramas in the world.

TRIP DETAILS

Moderately Challenging ▶ 12 days strenuous hiking on sometimes rocky, steep terrain at medium to high elevations (max. 15,420'); 12 nights camping, 5 nights hotels, 1 night lodge, 1 dayroom



ITINERARY

Depending on your airline routing, you will likely need to leave the U.S. on October 15 (or earlier) to arrive in Delhi on October 16. We also highly recommend coming in at least one day early to recover from jetlag.

Day 1, October 16 ▶ Arrive in Delhi

Upon your arrival in Delhi, you will be met and transferred to The Claridges, a hotel that combines old-world charm with gracious Indian hospitality. The remainder of the day (or, most likely, night) is free to relax or explore on your own. (Note: Most flights to India arrive between 8:00pm and 3:00am and you will need to reserve an extra night's hotel accommodation (if arriving before Day 1) and wish to check in right away. We are holding reservations beginning at 12:00 p.m. of Day 1. The Claridges, New Delhi

Day 2, October 17 ▶ Almora (6,600')

We get an early start (4:30 a.m.) with a transfer to the train station for the 6:00 a.m. Shatabdi train to Kathgodam, arriving at 11 a.m. From here we transfer to Almora, a 3-hour drive. Overnight at hotel. B,L,D...Khali Estate

Day 3, October 18 ▶ Almora (6,600')

Almora is surrounded by pine and fir forests. We enjoy a day here to walk through the Binsar Wildlife Sanctuary and see the many ancient Jagannath temples.

B,L,D...Khali Estate

Day 4, October 19 ▶ Munsiyari (7,513')

A long drive (six hours) brings us to Munsiyari, a scenic village with an array of waterfalls, and fantastic views of the Panchchuli mountains, a group of five snow-capped Himalayan peaks. It's also home to the Johari tribe who are famed for their ayurvedic medicines. Before gathering for dinner, we'll have a chance to take a walk around the village.

B,L,D...Lodge

Day 5, October 20 ▶ Mingsing (8,038')

We leave camp after an early breakfast and drive for an hour to the trailhead at Dhaba, where we meet our crew and pack animals and begin the trek. After descending to a stream that we cross on a wooden bridge, we begin climbing gently on a newly constructed dirt road that quickly narrows to a trail leading to the village of Lilam (5,938'). From here we begin a steep ascent on a zig-zag path to Mingsing *dhar* (pass) at 9,147 feet. There are some exposed sections close to the pass from where we get panoramic views of the surrounding hills and mountains and the village of Munsiyari. Descend gradually for about an hour to our camp in a forest clearing close to a stream. (7-8 hours hiking.)

B,L,D...Camp

Day 6, October 21 ▶ Bugdiar (8,054')

Today is an easier trekking day as we descend to another river that's one of the tributaries of the Gori Ganga. We cross this on a suspension bridge and begin our climb up toward the Gori Ganga valley, following an undulating path and gaining altitude as we skirt the Gori Ganga upstream. We pass by the Indo Tibetan Border Police camp where we must show our trek permits and pass some trekkers' lodges and tea shops. (4-5 hours hiking.)

B,L,D...Camp

Day 7, October 22 ▶ Rilkot (10,171')

The valley widens as we hike steeply uphill, and great views of the snow-capped mountains begin to come into view. Soon we reach a cliff face where there is a small religious shrine dedicated to Nar Devi. The old trail across the cliff was destroyed in a 2013 landslide, so we follow a new trail crossing several small side streams on wooden bridges. The trail descends to Charkyani (9,177'), then climbs—mostly gradual with some short steep ascents—until we approach Rialkot. There is another Indo Tibetan Border Police camp here where we will have to show our documents. We camp a little beyond the camp and the Public Works Department lodges. (6-7 hours hiking.)

B,L,D...Camp

Day 8, October 23 ▶ Pachhu (11,155') via Martoli

From camp we make a short steep ascent of about 650' to reach a newly constructed dirt road that leads to Milam village. We follow this road for about 30 minutes, and then get on the trail again. Soon we reach the dilapidated village of Martoli, a summer settlement, from where we can see the snow-capped peaks of Trisuli (23,360'), Trisuli West (23,081'), Nanda Devi (25,645'), Nanda Devi

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East (24,390'), and the Ralam Khal pass, which we will cross in a few days. We walk through meadows to the ancient village of Ganaghar, another summer settlement, and enter the Pachhu valley, which leads up to the Nanda Devi Base Camp. Our camp is a little beyond the village of Ganaghar at Pachhu, an open area surrounded by peaks set the side of the Gori Ganga river. (6 hours hiking.)

B,L,D...Camp

Day 9, October 24 ▶ Rest Day or excursion to Nanda Devi East Base Camp (13,600')

A day's excursion can be made to the Nanda Devi East Base Camp, and the views just keep getting better and better as Nanda Devi looms closer with every step. We reach an open alpine meadow with beautiful flora at the head of the Pachhu glacier emanating from the north face of Nanda Devi. Return to Pachhu by the early evening. (8 to 9 hours hiking.)

B,L,D...Camp

Day 10, October 25 ▶ Milam (11,266')

We retrace our steps downhill for a short distance before crossing the Gori Ganga on a bridge at Burfu. Our trail then brings us on the left bank of the Gori Ganga with views of Longstaff Col (13,390') and Nanda Devi East. We are now very close to the Tibetan border and there was a flourishing trade in this area up until 1962. Shepherds from lower altitudes bring their animals to graze in this area between June – September. (5-6 hours hiking.)

B,L,D...Camp

Day 11, October 26 ▶ Optional hike to Milam Glacier to Burphu (11,155')

Leaving early, we have an optional hike to the immense Milam Glacier (4 hours), the source of the Gori Ganga. We'll walk through high meadows of sage & juniper and may spot Bharal, or Blue Sheep on the pastures high above the glacier. Return to Milam to continue farther to camp at Burphu, yet another summer settlement. (8 hours hiking.)

B,L,D...Camp

Day 12, October 27 ▶ Base of Ralam Khal (12,303')

A gradual descent and some stream crossings bring us to Sumdo. Following the Gori Ganga River, we first descend for a bit, and then make our way up toward the Ralam Khal. As we gain some altitude, we enjoy nice views of the Gori Ganga valley. Our camp at the base of the Ralam Khal is past the grazing grounds in a lovely spot. (6 hours hiking.)

B,L,D...Camp

Day 13, October 28 ▶ Ralam Village (11,975')

The climb to the pass is immediate and steep as we zig-zag up the hillside for about 3 hours. Once at the top, a wide panorama opens up that has to be seen to be believed. From the top of the Ralam Khal (15,420') we have fantastic views of Milam glacier, Nanda Devi, Nanda Devi East, Ralam peak, and many more. You could spend hours counting the peaks and staring at this view with a sense of wonder. Descend steeply down to our campsite at Ralam village. (6-7 hours hiking.)

B,L,D...Camp

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Day 14, October 29 ▶ Lingrani (8,809')

Following the right side of the Ralam valley, we descend on a generally good trail with a few difficult sections. We cross the Ralam River and pass through a big forest, and camp at Lingrani, near the Wildlife Department huts. (6-7 hours hiking.)

B,L,D...Camp

Day 15, October 30 ▶ Paton Village (7,218')

Starting with an easy descent, we pass through the forest and climb up to a small ridge. A descent along a grassy trail brings us to a stream that we must cross. As we pass through a forested area, we'll explore a Hindu temple, and we reach our camp at Paton village near the school opposite Lilam village. (6-7 hours hiking.)

B,L,D...Camp

Day 16, October 31 ▶ Munsiyari (7513')

We descend steeply down to the Gori Ganga River and cross it by a substantial bridge. We then pass through Lilam village, encountering our earlier trail to the road head. We meet our transport at the road head and drive an hour to Munsiyari. (3-4 hours hiking.) We camp in the yard of one of our Kumaoni Staff's sister's home and celebrate our last night with the staff.

B,L,D...Camp

Day 17, November 1 ▶ Kausani (6,201')

A six-hour drive brings us to the picturesque hill station of Kausani, with its panoramic views of Nanda Devi, Trisuli, and Panchchuli peaks.

B,L,D...Chevron hotel

Day 18, November 2 ▶ Kausani to Kathgodam to Delhi

Drive to Kathgodam after an early lunch and board the midafternoon Shatabdi Express (3:35 p.m.) to Delhi, arriving at around 9 p.m. A light dinner will be served on the train.

B,L,D...The Claridges, New Delhi

Day 19, November 3 ▶ Delhi / Depart

The day is free to relax or explore on your own (you'll have dayrooms at the hotel until 7:00 p.m.). Transfers to the airport for departure on homeward-bound flight.

B...Dayrooms, The Claridges, New Delhi

(You will arrive home in the U.S. on November 4)

LAND COST

\$5995 per person (10-14 members)

\$6295 per person (8-9 members)

\$6495 per person (5-7 members)

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

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Rates quoted are per person, based on sharing double accommodations.

Single Supplement—\$850

LAND COST INCLUDES...

- Expert leadership of Cathy Ann Taylor
- Accommodations in hotels & Lodges in Delhi, Almora, Munsiyari, and Kausani
- All trek arrangements, including tents, foam sleeping pads, community camping and commissary equipment, services of camp and commissary crew, including camp and cook staff, ponies to carry the gear
- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Airport and train station transfers
- Sightseeing as noted in the itinerary
- Ground transportation, to and from trek point & including train journey to Kathgodam and return
- Additional guides and porters where necessary
- Trek permits & fees

LAND COST DOES NOT INCLUDE...

International airfare to Delhi and return; meals not noted on itinerary; accommodations en route to India; trip insurance (we strongly recommend you purchase the optional trip insurance offered by Cattara, which includes trip cancellation insurance); rescue & evacuation; optional tipping to leader (Cathy Ann), guides and local staff; excess baggage charges; visas; airport taxes; cost of medical immunizations; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

TRIP PAYMENT SCHEDULE

At time of reservation25% of land cost
120 days prior to departure25% of land cost
90 days prior to departure.....Balance

CANCELLATION FEE SCHEDULE

From time of reservation
until 90 days prior to departure25% of land cost
89-60 days prior to departure.....50% of land cost
59 days of fewer prior to departure.....100% of land cost

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 27 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, and the Dolomites), the Georgian Caucasus, India and South America (10 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 the Breast Cancer Fund and has participated in sixteen 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 \$670,000 for the cause!). Cat’s new program, Sacred Treks to benefit the Breast Cancer Fund (Bhutan, Mont Blanc, Peru, Everest, Ladakh, Mustang, Georgian Caucasus, Sikkim, and Dolomites treks) has raised over \$700,000. 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 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 challenging and is designed for those who are very fit and experienced in the outdoors. We expect you to be a strong, experienced hiker and in great physical condition. On this trip, you will hike five to eight hours a day, up and down mountain trails that are steep, sometimes narrow, and rocky, and mostly at elevations between 6,000’ - 11,000 feet, with the highest point of the trek at 15,420 feet with an average altitude of 9,500’. Moderate to high altitude trekking 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. At 18,000 feet, there is only one-half the amount of oxygen in the air, which imposes considerable physiological stress on the body. You should be aware of the demands and risks imposed by very high altitude, be in excellent underlying health, and prepare by training rigorously. We recommend you have a thorough physical exam and evaluation to uncover any general medical problem that might flare up while trekking in the remote areas of India, where medical care may be many days away.

This trek is designed to allow time for acclimatization while trying to follow a schedule that accommodates peoples’ time constraints. Certain aspects of the trek organization and schedule that may seem illogical are designed to maximize acclimatization. For instance, once at altitude, elevation gains between camps are limited: you may climb higher during the day but descend to sleep (climb high, sleep low).

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While on trek, you should drink a lot of water—this helps to avoid dehydration. Ibuprofen & Gingko (if you aren't on heart medication) have been proven to be very helpful at altitude without the side effects of diamox. The prescription drug Acetazolamide (Diamox) can also help acclimatization, prevent acute mountain sickness, and treat mild cases of mountain sickness. It is also very helpful for altitude insomnia and should be used in preference to sleeping pills or Valium, which are dangerous at altitude. Consult with your physician for advice on trekking at high altitude and any prescription medications you may need.

For physical preparation for this very challenging trek, we strongly suggest regular cardiovascular exercise for one to two hours at least 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 day packs. 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 6:30 a.m., 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. A trailside lunch breaks up the day, giving you time to rest and refuel before heading out on the trail for the afternoon hike. You usually arrive in camp by 4:00 p.m. 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 India. Visas cannot be obtained upon arrival at the airport, so you will need to get one in advance. You can contact your local Indian consulate for information or use the services of a visa agency. We recommend CIBT: <http://cibtvisas.com/> or Travia Outsourcing (www.traviaoutsourcing.com). Both agencies have detailed information on obtaining visas and the correct forms.

To help you complete the application, we have listed the answers for certain questions. Please mark NA or NO on any line that does not apply to you.

Question #24, check “Tourist”

Question #25 (Place you want to visit), enter Delhi and Uttarakhand

Question #26, check “six month” (they may issue 5 or 10 year visas that is even better)

Question #31 (Object of journey), enter “tourist”

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Question #37, enter Rimo Expeditions, 229 DLF Galleria, DLF Phase IV, Gurgaon - 122022, India
Tel: 011 91 124 2806027

We recommend making a photocopy of the photo page of your passport and carrying 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.

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 Delhi by the afternoon or evening of Day 1, or arrive a day early if you can to recover from jet lag. 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!

MEDICAL MATTERS

No vaccinations are currently required to enter India, 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). In addition, malaria is a potential health risk in India at altitudes lower than 2,000 meters (6,561'). The CDC website has good information on this and you should confer with your physician for further advice regarding malaria prophylaxis and recommended immunizations. Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for Dengue, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The time of year we are visiting the area is cooler and drier so there shouldn't be too much of a problem with mosquitos.

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 Delhi and other towns, 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 Delhi, 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 India.

We recommend you bring your own personal first-aid kit, which should include antibiotics (Cipro, Azithromycin, or other), Diamox (for high altitudes), pain killers, 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 to dispense to you.

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 Delhi, or meals and accommodation en route to India). 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 gratuities to the trip leader and local trekking staff. Trip members often ask for guidelines on tipping the trip leaders. Typically, trip members tip the trip leader at least US \$500 (presenting this personally rather than collectively gives you the opportunity to say thank you individually and is greatly appreciated. Cathy Ann will be your trip leader and she'll work tirelessly in the field to ensure you have the best possible experience). Trip members tip 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.

When on your own (such as at The Claridges in Delhi), it is customary to tip 5-10% on the restaurant bills. Tips for porters can range between US\$0.50 and US\$1.00 per bag. Taxi drivers do not expect a tip.

Bring some of your money in traveler's checks and most in cash. Credit cards (American Express, Visa, and MasterCard) are also accepted at the large hotels and shops in Delhi. The currency in India is the *Rupee* (approximately 65 rupees to the dollar). It is always better to exchange enough currency either at the hotel or bank in **Delhi**.

ATM Machines. ATM machines are available in Delhi at the airport and close to The Claridges at Khan Market.

WEATHER & CLIMATE

In October and November, daytime temperatures in the Kumaon region range from the 50s up to the high 60s, with nights dropping to the 20s up to the high 40s. It is generally fairly dry, but you should always be prepared for rain.

INCIDENTALS

Laundry: Laundry service is available at the Claridges Hotel and Khali Estate. While on trek, wash basins are available for any laundry you may want to do yourself on rest days. Synthetic fabrics are the easiest to wash, and they dry quickly. Please make sure you bring biodegradable soap.

Electricity: India is on the 220V system. Sockets are usually the round two- or 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 Claridges Hotel), bring a converter and a selection of plug adapters (you can buy these in drugstores or travel specialty stores in the U.S.). Power outages are common.

Time Zones: India is Greenwich Mean Time plus six hours. That means if it's 8:00pm in Delhi, it's 9:00am in New York and 6:00am in California.

Environmental Responsibility: We ask you to carry out whatever you carry in, including non-biodegradable items such as batteries, flashlight bulbs, empty plastic containers, and so on. India 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. Please pack ziplock bags for your own personal garbage.

SHOPPING

India is a fun place to shop—street vendors and emporiums are everywhere you look in Delhi. Craft items to buy include beautiful hand-woven Kashmiri carpets, traditional brass cooking vessels, semi-precious gemstones, silks, and jewelry.

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.**, because it will be carried by a pack animal. This includes all items you will need while on trek as well as your sleeping bag. We suggest you bring an additional small lockable duffel to store non-trek clothes and items at the hotel in Delhi.

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 2,000 to 2,500 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

Bring comfortable clothing that will protect you from cold and 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 long underwear. The middle layer can be a synthetic or wool shirt, and pants. The outermost layer should be a synthetic jacket, and/or a good quality wind/rain parka and pants.

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

Underwear

- Regular underwear. Synthetics are easier to wash and dry. Depending on the weather, you may be able to hand-wash some on your rest days during the trek.
- Thermal underwear—one lightweight, one medium-weight in a synthetic blend (wool is also good). You can use them to sleep at night and as layers for maximum warmth.

Socks

We recommend you bring three to four outer pairs and a few liners (if you wear liners) of socks.

- 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.
- Light to 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, these will add warmth but also protect from warm and intense sun.
- Short-sleeved, synthetic or wool T-shirts.

Pants

- Full-length pants, preferably of quick-drying synthetic fabric.
- Light to medium-weight fleece pants, ideal for camp time or layering for warmth.

Outerwear

- Medium-weight jacket of synthetic fabric, such as 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 or combination of fleece with waterproof shell overmitt or glove).
- Glove liners (synthetic) (good for sun protection).

Head Gear

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, the sun is intense.
- Fleece or wool hat.
- Bandanna or Buff. 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, sturdy 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.
- Tennis shoes, or slip on clogs to wear in camp.
- Knee-high or ankle gaiters to keep pebbles, scree, or snow out of your boots.

Sleeping Gear

- Sleeping bag. We recommend a rating of 0° to -10° F.
- We provide foam sleeping pads, but for added comfort, you should bring your own ultra lightweight Therm-a-Rest pad as they are very packable.

Other Items

- Water bottles, 1 or 1.5 quart capacity. Make sure they are leak-proof, and heavy duty. 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—a must! They help relieve the impact on your knees during long downhill; they are also useful on uphill. Practice with them before the trip.
- Lightweight camping pillow or soft pillow case to stuff down jacket to be used as a pillow.
- Parachute cord to use as a clothesline inside your tent.
- 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, feminine products, etc.
- 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 20 – 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/UVB protected). For high 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 30 or higher.
- Small headlamp with spare batteries.
- Pair of compact binoculars.
- Powdered electrolyte mixes for your water.

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- Heavy weight trash bags to waterproof and sort out clothes and other items in your duffel and backpack. Ziploc bags are great for small items, camera gear, and to pack out personal trash; nylon stuff sacks are also handy.
- Small padlock for your stored city duffel.
- Extra passport photos. Keep them with your travel documents as you may need them throughout your journey.
- Swiss Army-type pocket knife.
- Money belt or neck pouch to store cash.

Optional Travel Accessories

- Camera and plenty of memory cards, extra batteries.
- Repair kit with needle, thread, and safety pins.
- Your favorite trail snacks, especially if you have allergies or dietary restrictions.
- Sit upon (Seat pad for the trail).
- Reading and writing material.

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