



Ladakh - A Journey to "Little Tibet"

June 29 - July 15, 2016 (17 days)

Join veteran trekking guide Cathy Ann Taylor for an extraordinary hiking & cultural adventure to one of the most amazing destinations on earth! Ladakh, a remote region of India, lies north of the Great Himalaya on the Tibetan Plateau, and is often referred to as "Little Tibet." In this starkly beautiful lunar landscape, ancient monasteries perch atop hilltops under a cerulean sky, while soaring snow-clad mountains rise in the distance. Our 10-day trek brings us from the green fertile fields of the Indus River Valley to incredible moonscapes that seem part of another world. Along the way we have a chance to meet the local people in their remote villages, admire striking Buddhist artifacts in magnificent monasteries, and visit the base camp of Tsomothang (19,872'), where we enjoy views of the Greater Himalaya, including K2 and the Karakoram. You'll experience all this and more with our full service camping and personalized service.

TRIP DETAILS

Very Challenging ▶ 10 days strenuous hiking on sometimes rocky, steep terrain at high elevation (max. 17,400'); 11 nights camping, 5 nights hotels, 1 dayroom

ITINERARY

Depending on your airline routing, you will likely need to leave the U.S. on June 28 (or earlier) to arrive in Delhi on June 29. We also highly recommend coming in at least one day early to recover from jetlag.

Day 1, June 29 ▶ 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 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 in the afternoon of Day 1.

The Claridges, New Delhi

Day 2, June 30 ▶ Leh (11,500')

We have a very early transfer to the airport for the flight to Leh (11,500'), the capital of Ladakh and once a stop on the old Silk Road. After enjoying a spectacular hour-long flight with views of the mountains, we arrive and transfer to the Omasila Hotel, situated in a scenic spot with peaceful surroundings and dramatic views of the Stok Mountain Range. We'll have breakfast after our briefing. The remainder of the morning is free to rest and acclimatize.

In the afternoon, we'll visit the 17th century complex of Shey Monastery. The former palace of Upper Ladakh, Shey is situated atop a hill and commands a breathtaking view of the Indus River. The palace contains a massive copper and gilt statue of the Sakyamuni Buddha—the biggest of its kind in Ladakh. We'll also visit Thiksey monastery, a massive 12-story complex sprawled on a hill and containing a wealth of Buddhist art. A breathtaking view from the top enables us to see the palaces and monasteries of Leh.

B,L,D...Hotel Omasila

Day 3, July 1 ▶ Leh (11,500')

We'll spend the morning taking in some of the local sites on foot, which will help with the acclimatization process. Our walk brings us to Shanti Stupa, a large, white-domed Buddhist chorten perched on a hill outside of Leh, Gyamsa village, and farther to Kalon Farm and across to Leh Palace. We'll walk through the Old town of Leh back to the hotel in time for a late lunch. The remainder of the day is free to relax or to stroll in the Leh bazaar, where many shops sell Ladakhi, Tibetan, and Kashmiri goods.

B,L,D...Hotel Omasila

Day 4, July 2 ▶ Chilling (10,433')

After lunch we'll drive along the Leh Shrinagar Highway to the small village of Chilling (10,433'), whose residents practice metalwork and whose ancestors are thought to have migrated here from Nepal. Alternately, in the morning we have the option of doing a 2½-hour, class 2, fun rafting trip down the Indus River from Phey to Nemo. (water levels permitting) The drive winds up the valley on a rough track following the Zaskar River upstream to Chilling (three hours).

B,L,D...Camp

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Day 5, July 3 ▶ Begin trek / Sanak (12,600')

After a morning visit to the dramatically situated village of Chilling we will begin our day's hike. Each day of this trek with the magical light, colorful rocks, dramatic peaks, wildflowers, and beautiful people will be a photographers dream. Our first day of trekking is short as we gain a couple thousand feet in altitude. From Chilling we enter a narrow valley and follow a trail along the river, passing several old stupas and mani walls. A zigzag path, sections of which are on scree, brings us to Sanak where we will have lunch. The afternoon is free to rest, relax, and acclimatize. In the early evening we can hike up a hill near camp for wonderful sunset views. (3-4 hours hiking.)

B,L,D...Camp

Day 6, July 4 ▶ River Camp near Sumda Chenmo (12,500')

A steep climb of about 4 hours brings us to the top of Dungduchenla (15,700'), a pass offering stunning views of the Stok range of mountains up to Kangyatse and the Indus valley. From the pass it is a gradual easy descent to Lanak (13,912'), the other base of Dungduchenla. After lunch, where we may see some bharal (blue sheep), we descend, surrounded by rocky ridges in every color from purple to yellow to our camp in a grove of willow trees near the river. Just before camp we'll need to put on our river shoes for a stream crossing. (7-8 hours hiking.)

B,L,D...Camp

Day 7, July 5 ▶ Changlung (14,700')

We climb gradually to the village of Sumda Chenmo and visit its monastery and perhaps a local home where we can taste some tea. We then continue up the main valley to some shepherds' huts at Sumdo Phu. Turn the corner and continue to climb up the valley along the streambed for another hour or two. Along the way we may see bharal and ibex. We'll cross one river today before lunch. Camp is in a beautiful grassy meadow covered in borage flowers below a dramatic snowy peak at 14,700 feet. (7-8 hours hiking.)

B,L,D...Camp

Day 8, July 6 ▶ Near Hinju (12,400')

We climb about 1½ hours through pastures where shepherds graze their yaks to our next pass, the Konzuela (15,870'), another fantastic viewpoint for the distant Zaskar peaks and the Stok range. The views of the sharp peaks and variegated-colored rocks from here are tremendous. From the pass it is a short steep descent to our lunch spot near Ang Sang. Continue to descend more gradually to our scenic camp near Hinju, set along the river in pastures covered with bright yellow mustard. In the afternoon we can visit the village, about 20 minutes from camp. (6-7 hours hiking.)

B,L,D...Camp

Day 9, July 7 ▶ Hanupatta (12,800')

The trail is easier today as a road is being built and we will walk on that dirt road. We continue to the village of Hinju and down the Ripchar valley to Phenjila(10,900'), where we will have lunch and then meet our vehicles and drive to Hanupatta. We'll enter a lovely narrow gorge with colorful rocks. We'll drive through natural stone archways and bridges before reaching Sumdo, the meeting point of

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three valleys. We'll have some time to explore the village and meet with local people before hiking a half hour to our campsite above the river. (3-4 hours hiking; 1+ hours driving.)

B,L,D...Camp

Day 10, July 8 ▶ Sniugutsela (14,900')

We follow a good trail, sometimes along the newly constructed road. We climb gradually today with the Zanskar range in the foreground and enjoying the fantastic scenery of colorful rocks and snowcapped peaks as we hike past juniper bushes, edelweiss, and wild rose bushes. Just before lunch we leave the main trail and take the one to the right, crossing a small river and climbing a few ridges. We'll have lunch by the stream. At the top of the last ridge, we enjoy beautiful views of the surrounding valley, then continue hiking past shepherds' huts to our camp not too far from the base of Sniugutsela at 14,900 feet. The camp is surrounded by snowy peaks and red rock formations and is carpeted with wild forget-me-nots. We'll have 1-2 stream crossings today. (3-4 hours hiking.)

B,L,D...Camp

Day 11, July 9 ▶ Base of Unnamed Pass (15,600')

After following a flower-covered trail along the river, we enter a narrow gorge with sharp jagged red rocks, a landscape reminiscent of Canyonlands National Park. We then climb steeply up slopes covered in green rocks and crystals to the top of Sniugutsela (16,700'), marked by prayer flags and boasting great views of the Zanskar Mountains. Descending on steep switchbacks, we soon start ascending again. We cross another small river and pass some more shepherds' huts before descending to a river we wade across several times. After the last crossing we climb again quite steeply for an hour (~800') and then gently to our camp in a wide-open grassy valley with grazing yaks and marmots (15,639') at the base of Unnamed pass. We have about 5 river crossings today and it's a long hard day. (9 hours hiking.)

B,L,D...Camp

Days 12-13, July 10-11 ▶ Base Camp (16,380') / High Camp (17,400')

After our first river crossing, we climb steeply 2 hours on a direct but not too well defined switchback trail to the top of the unnamed pass (16,720'). Our steep haul is rewarded with fantastic panoramic views of the colorfully landscaped valley and surrounding peaks, including the prominent peak of Tsomothang, and off in the distance, the Eastern Karakoram. An easy descent brings us to a lovely spot near a spring, where we establish a Base Camp. After lunch and a rest, weather permitting, we'll hike to the high camp (17,400') where climbers stay on their attempt to ascend Tsomothang. Our explorations reveal views of the glaciers and the mighty Karakoram Range. Return to base camp for overnight. (If the weather is poor we will rest in the afternoon and hike to high camp the next day.) In the afternoon it's fun to go looking for crystals on the slopes. (3-4 hours hiking or 5-6 hours hiking, depending on afternoon explorations.)

B,L,D...Camp

Day 14, July 12 ▶ Kanji (12,800')

We descend the valley and follow a river, crossing it several times, until we reach the tiny village of Dumbur with its huge prayer wheel. Here we have lunch by the stream, surrounded by grazing yaks. Continue to the scenic village of Kanji, surrounded by fields full of wildflowers. We've returned to

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civilization as we see more people. Today is a gorgeous walk with amazing colorful rock formations and with good chances of seeing marmots and ibex. Our camp is in a beautiful spot right along the river. (6-7 hours hiking, with many river crossings.)

B,L,D...Camp

Day 15, July 13 ▶ Leh (11,500')

We meet our vehicles and drive to Leh, visiting the dramatically situated Lamayuru monastery. Lamayura is the most striking monastery in Ladakh, surrounded by rock pinnacles and caves. The site of the monastery is one of the oldest in Ladakh. After lunch near the monastery we will continue on to Leh, arriving in the late afternoon. Free time to shop and visit the bazaar. (5 hours driving.)

B,L,D... Hotel Omasila

Day 16, July 14 ▶ Delhi

Transfer to the airport and fly to Delhi. Upon arrival you'll be transferred to the hotel. The remainder of the day is at leisure and lunch will be on your own. Tonight we gather for a festive farewell dinner at Dhaba North Indian Restaurant at the hotel.

B,D... The Claridges, New Delhi

Day 17, July 15 ▶ Depart

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

B...Dayrooms, The Claridges, New Delhi

(You will arrive home in the U.S. on July 16)

LAND COST

\$5,395 per person (10-14 members)

\$5,695 per person (5-9 members)

\$500 internal airfare (Delhi-Leh-Delhi. Subject to change due to increases in fuel costs. Cattara will book and issue these tickets for you.)

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

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

Single Supplement—\$750

LAND COST INCLUDES...

- Expert leadership of Cathy Ann Taylor
- Accommodations in hotels in Delhi and Leh
- All trek arrangements, including tents, foam sleeping pads, community camping and commissary equipment, services of camp and commissary crew, including camp and cook staff

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- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Airport transfers
- Sightseeing as noted in the itinerary
- Ground transportation
- Additional guides and porters where necessary
- Trek permits

LAND COST DOES NOT INCLUDE...

International airfare to Delhi and return; round trip flight from Delhi to Leh; 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); optional tipping to leader, 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.



Cathy Ann Taylor, a high altitude trekking guide for the last 26 years, will be leading this trek. Cathy Ann has trekked all over Nepal, Tibet, India, 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 and South America. 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 fifteen remote village children, all of

whom are in boarding school and a few who have graduated from Universities in Australian and 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 fifteen 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 \$620,000 for the cause!). Cat's new program, Sacred Treks to benefit the Breast Cancer Fund (Bhutan, Mont Blanc, Peru, Everest, Ladakh, Mustang, Georgian Caucasus, and Sikkim treks) has raised over \$600,000. 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, January 2006, 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 very 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 four to eight hours a day, up and down mountain trails that are steep and rocky, and mostly at elevations above 12,500 feet, with the highest point of the trek at 17,400 feet. 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).

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.

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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 Leh

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

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

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.

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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 early afternoon 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.

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 Leh, 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.

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 optional 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 \$450 (presenting this personally rather than collectively gives you the opportunity to say thank you individually and is greatly appreciated) and at least \$250 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. Bring along your credit card in case of emergencies. Credit cards are also generally accepted in India's five-star hotels and

restaurants, and ATMs are located in the major cities. The currency in India is the *rupee* and it is approximately 60 rupees to the dollar.

WEATHER & CLIMATE

The months between late June and September are the best for trekking in Ladakh. Temperatures are usually moderate and the skies are clear, with only occasional clouds to add interest to the brilliant blue sky. In July, daytime temperatures in Leh range from a low of 50° to a high of 80°. While on trek we can expect daytime temperatures ranging from 55° to 80°F, and nighttime temperatures between 25° and 55°F. Rain or snow is always possible in the high mountains. The sun is very intense in Ladakh so be prepared with good sunblock and protective clothing.

INCIDENTALS

Laundry: Laundry service is available at the Claridges Hotel and Hotel Omasila. 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, particularly in Leh.

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. 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 hotels in Delhi and in Leh.

In addition, there are baggage weight restrictions on the flights between Delhi and Leh. Checked baggage can weigh no more than 33 lbs. Overweight baggage is accepted on these flights but you will have to pay excess baggage charges of ~ \$3.00 per lb. Cabin baggage is limited to 11-15 lbs.

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.
- Light to 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.

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.
- Sturdy river shoes for the multiple river crossings (these can be used as your camp shoes as well).
- Knee-high or ankle gaiters to keep pebbles, scree, or snow out of your boots.

Sleeping Gear

- Medium-weight sleeping bag. We recommend a rating of 0° to 15° F.
- We provide foam sleeping pads, but for added comfort, you should bring your own ultra lightweight thermarest pad as they are very packable.

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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, and for the river crossings. 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.
- 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).

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Reading and writing material.

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