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The Best of Everest ~ A Journey of Transformation ~

Here's a rare opportunity to experience superb Himalayan trekking where it all first began.

The Himalaya, the world's most impressive chain of mountains, is truly the Abode of the Gods, with the world's tallest peak, Everest (29,035'), looming as a sentinel over the Nepal-Tibet border. This is arguably the ultimate trekking destination, and in November 2025, expert Himalayan Leader Cathy Ann Taylor will lead a fascinating journey to this mountain kingdom—a fantastic yet strenuous 14-day trek that offers you optional hikes to Ama Dablam Base Camp, Nagarjuna Peak, Everest Base Camp, Kala Patar, and Kongma La—that link the beautiful high valleys of the Everest region. From Kala Patar (18,500'), you'll set your eyes on the incredible face of Everest and surrounding mountains. Cathy Ann's deep connections to the area and her enthusiasm will open doors to many of the local people she has met over the years. You'll experience all this and more with our personalized service (our own cooks & guides) and cozy rustic lodges.

TRIP DETAILS

Very Challenging ▶ 14 days strenuous hiking on rocky, steep terrain at high elevation (optional hike to max. 18,500'); 15 nights mountain lodges, 4 nights hotels

ITINERARY

(You will likely need to leave the U.S. on November 1 or 2, depending on the routing to arrive in Kathmandu on November 3. We highly recommend coming in a day or two early to overcome jet lag.)

Day 1, Nov. 3 ▶ Arrive in Kathmandu (~4,390')

Welcome to Kathmandu! A Cattara representative will meet you outside the customs and immigration area at the airport and escort you to the Marriott Hotel. Besides the gorgeous lobby and pool area, the hotel also has fantastic restaurants, a bar, and several shops. Late in the afternoon or early evening, there will be a briefing on the trek arrangements and important information about your stay in Nepal. This evening you'll enjoy a welcome dinner with the group.

D...Marriott Hotel

Day 2, Nov. 4 ▶ Explore Kathmandu (~4,390')

Morning tour of Patan, an ancient medieval Nepalese city. Among the highlights is Durbar Square, with its many temples. In the afternoon you'll be free to tour Kathmandu on your own, with a visit of the many interesting sights, shrines, and markets, and perhaps a stroll in Kathmandu's fascinating Asan Tole bazaar. Time permitting, you can further explore Durbar Square at your leisure, Thamel, Swayambunath (the "Monkey Temple," overlooking the entire Valley) or rest for the early morning ahead. Dinner on your own.

B...Marriott Hotel



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Day 3, Nov. 5 ▶ Mountain flight to Lukla/Phakding (~8,900')

Early transfer to the airport for the mountain flight to Lukla airstrip (weather permitting). The world's highest mountains rise before us as we head toward Lukla (9,200'), situated on a high mountainside above the Dudh Kosi river. Here we'll organize the porters, Sherpa guides, and pack animals for the beginning of the trek. From Lukla, the trail descends 1,500 feet down to the Dudh Kosi. The inhabitants of the Khumbu area are Sherpas, people who migrated from Tibet



over 500 years ago and still practice Tibetan Buddhism, although most have adopted many of the local Nepalese customs. Continue to the village of Phakding past a number of small villages and terraced hillsides, with views of Khumbila (18,800'), the sacred peak of the Sherpa people, sometimes in sight. Our first night be spent will be at 8,900' near Phakding, along the Dudh Kosi river. (~5 hours/ ~4 miles/ ~1,000' ascent)
B,L,D...Sunrise Lodge Phakding or similar



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Day 4, Nov. 6 ▶ Namche Bazaar (~11,300')

We continue trekking up the Dudh Kosi valley to Jorsale, where the trail enters Sagarmatha (Everest) National Park. Begin the steep climb up to the Sherpa market town of Namche Bazaar (11,270'), catching a glimpse of Everest and other Himalayan giants along the way. Namche Bazaar is the local center for trading and supplies. Besides houses with typical local architecture, there are trekker's inns, shops, and a small monastery. (~7.5 hours/ ~10 miles/~3,000' ascent)
B,L,D...Himalayan Culture Home or similar



Day 5, Nov. 7 ▶ Rest Day in Namche Bazaar (~11,300')

We'll take a rest day in Namche Bazaar for acclimatization. We'll have the opportunity to do an optional morning hike up to the Everest View hotel for amazing panoramic views of Everest and its neighboring mountains. Afternoon rest and visit to the shops, families, and museums of Namche. (4 hours/ ~5.5 miles/~1,670' ascent)
B,L,D...Himalayan Culture Home or similar



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Day 6, Nov. 8 ▶ Namche to Thamo to Namche (~11,300')

From Namche Bazaar, we'll hike on a moderately easy and pleasant trail along the Bhote Kosi through silver fir and rhododendron forests at the foot of the Sacred Peak of Khumbila to the remote village of Thamo (11,300'), situated on an ancient trading route crossing the Nangpa La (pass) between Tibet and Nepal. We'll visit many of Cathy Ann's friends along the way; be prepared to drink lots of tea. (~6 hours/~10 miles/~2,110' ascent)

B,L,D...Himalayan Culture Home or similar



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Day 7, Nov. 9 ▶ Deboche (~12,200')

Descend to the Dudh Kosi Gorge and climb up the other side to camp in the lovely meadows around Tengboche Monastery, the spiritual center of the entire Mount Everest region. From here the views of Ama Dablam (with Mount Everest in the background) are simply stunning. We'll visit the monastery and then move on to our beautiful lodge in the meadow of Deboche just below Tengboche. (~6-7 hours/~8 miles/~2,639' ascent)

B,L,D...Rivendell Lodge or similar



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Day 8, Nov. 10 ▶ Pangboche/Mingbo Lodge (~14,070')

Hike across the Imja Khola (river) and pass through the village of Pangboche all the while with stunning views up the valley to the peak of Ama Dablam. Descend and cross a wooden bridge, then hike up to an area called Labarma, a summer yak grazing pasture. From here we can enjoy beautiful views of the Nuptse/Lhotse wall, Pumori, and Everest, continue to Mingbo Lodge with stunning views of Ama Dablam, Kangtega, and Thamserku Peaks. (~6 hours/~7.5 miles/~2,500')

B,L,D...Mingbo Lodge or similar

Day 9, Nov. 11 ▶ Mingbo Lodge/Dingboche (~14,200')

Wake up with stunning views of the Ama Dablam (weather permitting). Cathy Ann climbed Ama Dablam in winter of 1999 and loves to take folks up to the beautiful meadow below the peak.

Retrace our steps back to Pangboche to the large village of Dingboche (14,200'). (~7 hours/~8 miles/~1,500').

B,L,D...Chomolungma Lodge or similar



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Day 10, Nov. 12 ▶ Dingboche (~14,200')

Rest day in Dingboche with an option to take a morning hike up Nagarjuna hill (16,621'). Afternoon rest. (~4 hours/~4 miles/~2,421')

B,L,D...Chomolungma Lodge or similar

Day 11, Nov. 13 ▶ Lobuche (~16,200')

A morning hike brings us to Lobuche. Hike along the gorgeous Khumbu valley to Tughla (15,100'), where we stop for lunch, then continue to Lobuche right alongside the Khumbu glacier. Along the way we visit Monument Hill, a site where memorials to those who have died on Everest is located.

(~5-6 hours/~6.25 miles/~2,190')

B,L,D...Mother Earth Lodge or similar



Day 12, Nov. 14 ▶ Gorak Shep (~17,000')

In the early morning we'll hike along the edge of the Khumbu Glacier and up to Gorak Shep, below Pumori (23,442') and the west face of Nuptse (25,850'). Time and weather permitting, we can make an optional hike up to Everest Base Camp (17,600') for views of the Khumbu Icefall. Return to Gorak Shep. (~7 hours/~8.3 miles/~1,600').

B,L,D...Himalayan Lodge or similar

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Day 13, Nov. 15 ▶ Gorak Shep/Kala Patar (~18,500')/Lobuche (~16,200')

From here we can take an optional hike up to Kala Patar (18,500') for dramatic views of the Khumbu Glacier and Everest above it—a “must-see” for any mountain trekker! (~7 hours/~8 B,L,D...Mother Earth Lodge or similar

Day 14, Nov. 16 ▶ Kongma La (~18,159')/ Dingboche (~14,200')

Ready for our third and last high point? Our trail first brings us along the Khumbu Glacier to Kongma La Base Camp (~16,404'). We'll take a breather here before climbing up the pass at 18,159 feet—the second highest point of our trek. The summit is marked by a cairn enveloped in colorful prayer flags, and we feast our eyes on a panorama of icy lakes and frozen ridges. After descending, we hike up the Imja Khola valley to Chhukung (15,518'), then farther down to the large village of Dingboche. This is a long day, but full of extravagant scenery, including Island Peak, one of Nepal's most popular climbing peaks. (~8-9 hours/~ 8 miles/~2,470')
B,L,D...Chomolungma Lodge or similar



Day 15, Nov. 17 ▶ Tengboche (~12,687')

We'll have a bit of a leisurely start after all the high elevation days behind us. From Dingboche, it's a pleasant hike through the Dingboche Valley to the village of Pangboche where we will have lunch. We continue hiking up to Tengboche Monastery, the spiritual center of the entire Mount Everest region. From here the views of Ama Dablam (with Mount Everest in the background) are simply stunning. (~6 hours/~8 miles/~1,000')

B,L,D...Himalayan Lodge or similar

Day 16, Nov. 18 ▶ Monjo (~9,300')

Walk steeply down to the Dudh Kosi and then make another climb up to Namche Bazaar. After a hot lunch we will continue downhill to the village of Monjo where we will spend the night. (~8 hours/~11 miles/~1,700')

B,L,D...Mt. Kailash Lodge or similar

Day 17, Nov. 19 ▶ Return to Lukla (~9,200')

Take a leisurely trek up and down along the Dudh Kosi and then to Lukla, passing the village of Phakding. You'll have time to explore Lukla and do some shopping or rest. We'll enjoy a festive farewell dinner with our amazing staff. (~4 -5 hours/~9 miles/~1,700')

B,L,D...Namaste Lodge or similar

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Day 18, Nov. 20 ▶ Return to Kathmandu (~4,390')

Fly to Kathmandu (weather permitting!)*. Upon arrival in Kathmandu, transfer to hotel.
B...Marriott Hotel

* Flights in and out of Lukla airstrip are dependent on weather and other conditions and are unreliable and commonly delayed. All meals at Lukla are included while waiting. We have scheduled an extra day at the end of the trek so as not to interfere with your homeward-bound flights.

Day 19, Nov. 21 ▶ Kathmandu (~4,390')

If the Lukla flight is not delayed, you can tour the large Buddhist stupas of Swayambunath and Bodhnath at your leisure. The afternoon is free to relax or do some last-minute shopping or sightseeing on your own. Meet with the group in the evening for a festive farewell dinner.
B,D...Marriott Hotel

Day 20, Nov. 22 ▶ Fly home

Transfer to airport and leave Kathmandu on homeward-bound flights.
B...

(You will arrive home in the U.S. Nov 22 or 23)

LAND COST

\$8495 per person (13-14 members)

\$8795 per person (11-12 members)

\$9095 per person (8-10 members)

\$1295 single supplement

*Should you choose to pay with credit card there will be a service charge of 3.5%, the fee we incur from the bank

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

Single Supplement—\$1295 for requested or forced singles. If you wish to share accommodations, we'll try our best to match you up with a roommate.

LAND COST INCLUDES...

- Expert leadership of Cathy Ann Taylor
- Accommodations in hotels in Kathmandu and mountain lodges on trek
- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Airport transfers
- Internal flights KTM/Lukla/KTM (twin otter flights)
- Sightseeing as noted in the itinerary
- Ground transportation
- Porters and pack animals
- Cattara cook and guide staff (~ 19 staff plus porters and pack animals)

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- o Gratuities for cooks, guide staff & porters
- o Gratuities at all lodges
- o Trek permits
- o Spider crampons (if necessary, on Kongma la)

LAND COST DOES NOT INCLUDE...

International airfare to Kathmandu and return; meals not noted on itinerary); trip insurance (mandatory trip evacuation insurance for treks in Nepal); optional tipping to leader; excess baggage charges; visas; airport taxes; cost of medical immunizations; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

* In the event of bad weather, flight cancellations in/out of KTM & Lukla can occur. There is an option for a private helicopter (5 passengers at a time) for \$650 per person each way.

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 or 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 & cultural guide for the last 35 years will be leading this trip. 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 (Tour du Mont Blanc—six times, Tour of Monte Rosa, The Haute Route, Gran Paradiso, Scotland—three times, and the Dolomites—four times), the Georgian Caucasus—eight times, South America (20 trips in Peru, 7 in Patagonia), Antarctica— three times, Kilimanjaro—one time, Morocco—four times, The Great Walk of Africa Kenya—four times,

Vietnam—three times, Laos—two times, Cambodia—seven times, and Uganda & Rwanda—eight times. 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 India, Nepal, 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 Prevention Partners and has participated in sixteen expeditions, including Mount McKinley, Mount Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer. Cat's special trekking program, Sacred Treks, benefits Breast Cancer Prevention Partners. Past trips include Bhutan, Mont Blanc, Peru, Everest, Ladakh, Mustang, Georgian Caucasus, Sikkim, Dolomites, Cordillera Blanca, and Annapurna Sanctuary treks (she has raised \$1.65M to date!). Cathy Ann has also been active in the American Himalayan Foundation and has helped raised \$35,000 for their STOP Girl Trafficking project. She has also raised over \$25,000 for Lama Pasang's Himalayan Children's Care Home which houses 87 children from Mustang, Nepal. Cathy Ann is also involved in fundraising for the National MS Society and has raised over \$80,000 for the organization. She has also reached the summits of Ama Dablam (22,500') and Island Peak (20,305') 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 **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 nine hours a day, up and down mountain trails that are steep and rocky, and mostly at elevations above 11,000 feet, with considerable time spent at altitudes above 14,000 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 Nepal, 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). Extra nights are spent at the same elevation after each 2,000-3,000-foot gain over 12,000 feet. 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

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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, which can be dangerous at altitude (they can slow down your respiration). 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, trail running, and mountain biking on hills, or elliptical or treadmill training in the gym with 15 to 20-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 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 room, some of the lodges have ensuite bathrooms) 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.

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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 at the lodge by 4:00 p.m. and have time to wash up and get settled 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 in your rooms or the common dining area. 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 room 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 obtain it upon arrival at the airport in Kathmandu or contact the Nepalese Consulate in DC or NY to obtain the visa ahead of time. If you prefer to obtain your visa on arrival in Kathmandu, you'll need one passport photo and \$50 cash (US dollars are accepted, please have exact change) for a 30-day visa. **Go online within 14 days of arrival into Nepal** and fill out the online visa form: nepaliport.immigration.gov.np. 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, Hong Kong, Korea, or the Middle East, you don't need a visa for those countries. 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 (November 3). 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! We recommend arriving a day or two ahead of time to recover from jetlag.

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). 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 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 some to you in the final bulletin. 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 (Diamox, Cipro, Azithromycin, Bactrim, or other), 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 be able to dispense prescription medications for legal reasons.

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. At least USD \$800 is recommended for the trip leader (presenting this personally rather than collectively gives you the opportunity to give thanks individually and is greatly appreciated). While tips to the local trekking staff are included you may wish to add more to the group tip to be presented in Lukla (you will fall in love with the staff). Typically trip members tip bellman at hotels \$2.00 and about 10% at restaurants.

Bring USD or an ATM card. Bring along your credit card in case of emergencies and for use at the larger hotels and some shops. Credit cards are also becoming more widely accepted in the small tourist shops of Thamel and at the large hotels. There are many ATM machines throughout Kathmandu now; near our hotel, in Thamel (the shopping district), downtown and Durbar Marg. The local currency in Nepal is the *rupee* (~135 NPR to the USD).

WEATHER & CLIMATE

Spring and late fall are the best trekking seasons in Nepal. During the autumn months, temperatures are relatively cooler, and skies are usually brilliantly clear. Daytime temperatures range between 35° and 65°F, and nighttime temperatures between 10° and 45°F. Rain or snow is possible at any time of year. The temperature typically drops about 3.5°F for every 1,000 feet you gain in elevation.

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INCIDENTALS

Laundry: Laundry service is available at the Marriott Hotel. While on trek, some of the lodges offer laundry service for a fee. You can use some of the group wash basins to rinse out a few lightweight garments in your room. 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 Marriott Hotel), bring a converter and a selection of plug adapters (you can buy these in drugstores or travel specialty stores in the U.S.). You can charge your phones at the lodges.

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, especially non-biodegradable items such as batteries, flashlight bulbs, 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.



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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 and backpack combined must not weigh more than **33 lbs.** for the Lukla flight. This includes all the items you will need while on trek as well as your light-weight sleeping bag. We suggest you bring an additional small lockable 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 for safety reasons.

Luggage

- Duffel bag. A good size is about (65L – 70L)—large enough to hold your light 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. We will place your duffel bags into Cattara duffels for transport on trek.
- Daypack with a capacity of 30L – 36L, with a good padded waist belt. It can double as your carryon bag. Always bring all irreplaceable items, such as a 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 going to higher elevations, the weather will be cold part of the time. Nighttime temperatures are likely to fall below freezing many nights in a row; sometimes even daytime temperatures (at least in the shade) can be close to freezing.

Bring comfortable clothing that will protect you from cold and wet weather. Synthetic fabrics (such as synthetics) 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 turtleneck or wool shirt, and pants. The outermost layer should be a synthetic or down jacket, and/or a good quality wind/rain jacket and pants.

We suggest women & 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 and one medium-weight top and bottom, 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 four outer pairs 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 the 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.
- Short-sleeved, synthetic or wool T-shirts.

Pants

- Full-length pants, preferably of quick-drying synthetic fabric.
- Fleece pants, ideal for lodge time for warmth and comfort.

Outerwear

- Medium-weight jacket of synthetic fabric, such as fleece or nano-puff type.
- Medium to heavy - weight down or synthetic-fill jacket (10-12 oz. of down or 15-20 oz. of fiberfill). A must for early morning/late afternoon/evening.
- Rain/wind jacket (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).

Head Gear

- Sun hat with wide brim, preferably with a chinstrap to keep it from blowing off, or baseball cap.
- Fleece or wool hat.
- BUFF - A generally useful item—it will keep your neck from getting sunburned and add warmth.

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 waterproof, well broken in, and suitable for prolonged walking on dirt and sometimes rocks.
- Down booties, tennis shoes, or slip on clogs to wear in the lodges and around the villages.
- Knee-high gaiters to keep snow out of your boots (just in case).

Sleeping Gear

- light - weight sleeping bag to use at the lodges up at higher altitudes or as a liner. All the lodges provide comforters.

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 poles—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, feminine products, etc.
- Roll of toilet paper. Toilet paper is provided at the lodges, but you need to carry your own on trek during the day in your backpack.
- Purell hand sanitizer for quick hand washing and hygiene (a must!).
- Personal medical kit.

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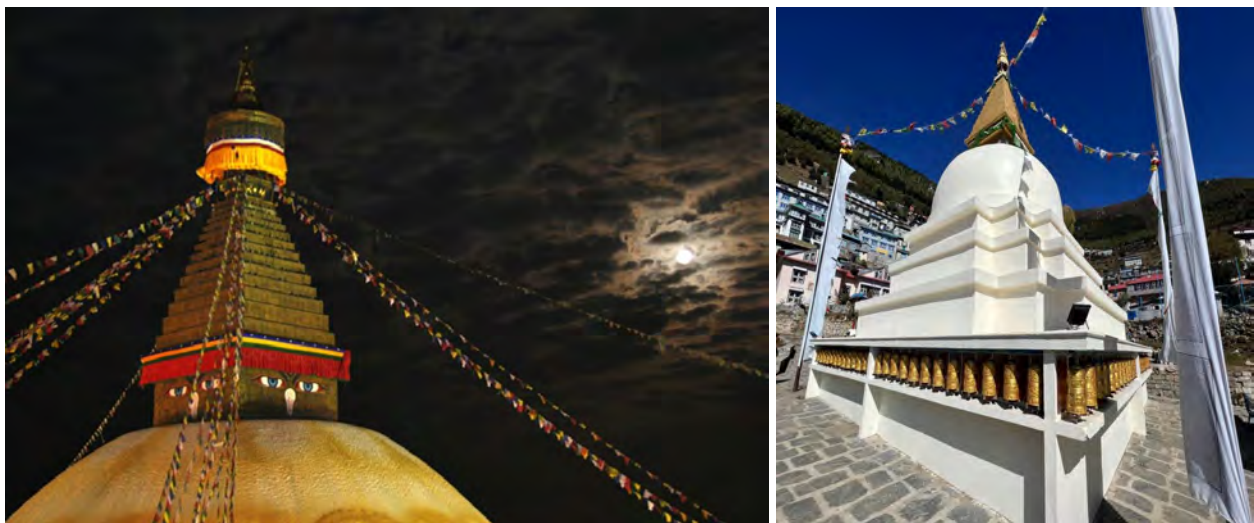
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- Throat lozenges (antiseptic menthol or hard candies), about 4 of them per day. Good for soothing dry throats at altitude.
- Body lotion for dry skin.
- Small towel of synthetic-type fabric.
- Sponge or washcloth to wash up at the lodges.
- Ace bandage 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. Bring a spare pair.
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses.
- Sunscreen lotion and lipstick of SPF 30 or higher.
- Glacier sunscreen or zinc oxide sunscreen if you want serious UV protection at high altitudes.
- Small headlamp with spare batteries (for reading in your room).
- Large plastic ziplocks to waterproof and sort out clothes and other items in your duffel and backpack; nylon stuff sacks are also handy.
- Small padlock or combination lock for your stored city duffel.
- Extra passport photos. Keep them with your travel documents as you may need them throughout your journey.
- Travel purse.

Optional Travel Accessories

- Camera and plenty memory cards, and extra batteries, battery pack.
- Repair kit with needle, thread, and safety pins.
- Swiss Army-type pocket knife.
- Pair of compact binoculars.
- Powdered electrolyte mixes for your water.
- Your favorite trail snacks, especially if you have allergies or dietary restrictions.
- Reading and writing material.
- Sit upon seat cushion for the trail.

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