



Visit Kailash Treks Pvt. Ltd.

Holiday Information for Everest Basecamp Trek

What's Included

- All ground transfers as specified in the itinerary
- Hotels (3 nights in Kathmandu including contingency day) on twin sharing and b/b basis
- Manthali-Lukla-Manthali flight fare (Manthali is 4-hour drive from Kathmandu)
- Local lodge accommodation during the trek
- Breakfast, Lunch & Dinner during the trek
- Normal tea/coffee at the meal time
- All necessary trek permits
- Service of professional trek team leader and porters
- First Aid Medical kit
- Visit Kailash Treks' duffel bag

What's not Included

- Nepal visa fee
 - International flight fares
 - Travel and medical insurances, which must include the cost of emergency land/air evacuation
 - Lunch and dinners in Kathmandu
 - Extra night hotel and meals in Kathmandu and Lukla in the event of late departure and early arrival caused by unforeseen circumstances, e. g. flight cancellations due to bad weather
 - Pure personal trekking gears
 - Pure personal nature expenses, e. g. bar bills, mineral water, telephone, WIFI, laundry and etc.
 - Any other costs not specified in the itinerary, but may incur due to unforeseen circumstance
 - Guide and porter tips
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Joining Arrangements and Transfers

Airport transfers are provided for all clients. You will be met on arrival at Kathmandu Airport by a Visit Kailash Treks and taken to your hotel. Please forward your flight details so that we can make your transfer arrangements accordingly.

Group Size and Trip Status:

The trek is guaranteed to run unless there is any kind of restriction due to bad weather or flight cancellations.

Meal Plan:

Hotel arrangements in Kathmandu is based on B & B only, but once on the trip, all meals (Breakfast, lunch and dinner) are included. On trek, group will take their meals at lodges.

Food & Water:

During the entire trek, the group will take meals in the lodges. The food served during the trek is a mixture of local and international cuisine, cooked by highly trained local cooks. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude.

It is not advised to drink untreated water since water-borne diseases can cause stomach upset and diarrhea in the worst case. Bottled and boiled water is available at the lodge to purchase at an additional cost. With a focus on environmentally friendly trekking, Visit Kailash Treks would like to request bring reusable drinking bottle in order to prevent the build-up of a plastic waste in mountain and the rural areas.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets because it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements, please do let us know in advance so that we can advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

In Kathmandu, we provide excellent hotels located in the heart of the city with facility including fast free Wifi service. Whilst on trek there are 13 nights in lodges. Accommodation is generally arranged on a twin sharing basis and if you are travelling by yourself, you will usually be paired up with someone of the same sex. Please note that at one or two of the higher lodges we may be forced to use multi-bedded rooms. Nepalese trekking lodges are simple, friendly and atmospheric. They generally have heated dining areas which are often attractively decorated. Bedrooms are, however, basic and unheated with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at \$4 - \$5 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals. For the hotel nights in Kathmandu single rooms are available at supplementary cost. It is not possible to arrange single accommodation in lodges. Additional hotel nights in Kathmandu can also be pre-booked.

Internal Flights

Access to the Lukla where our trek starts is only possible using internal flights. The changeable nature of mountain weather makes flying conditions complex. You should be aware that flying in mountainous terrain is not without any risk. Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night at the same hotel, but there will be an additional cost. There is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but an alternative trek will be provided if internal flights are cancelled for a subsequent day. Helicopters can sometimes fly when the scheduled fixed wing aircraft cannot. If your group is offered the opportunity to use a chartered helicopter to reach the start point of the trek, the cost will be shared between those choosing to take this option.

We advise you to take out suitable insurance and to keep your receipts, as you may subsequently be able to make a claim.

Baggage Allowance

Your main item of luggage should be a sturdy kit bag, duffle bag or similar. This will be carried during the trek [by porters or pack animals](#) and must weigh no more than 15kg. You should also take on your holiday a daypack of approximately 30-40 litres capacity. For all flights to and from STOL airstrips in Nepal the maximum allowance for hold baggage AND hand baggage combined is 15kg and you should make every effort to keep to this total weight. It is usually not a problem to check in a couple of kg more than this, [but you may be required to pay a small excess luggage charge](#). It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights, please check the baggage allowance with your airline.

Altitude

This holiday involves going to very high altitude. During the course of your trip, you will be spending at least one night above 5000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday, you should read books about trekking in Nepal and high altitude. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday.

Travel Insurance

We advise to have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary. Your insurance should cover the cost land and air evacuation if required.

Passport & Visa

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most

up to date information on entry requirements, please follow this link: – <http://www.nepalimmigration.gov.np/page/tourist-visa>

Nepal Visa

All nationalities require a visa. Currently (Jan 2022) this can be obtained on arrival at Kathmandu Airport only if you are fully vaccinated against COVID-19. The visa process is automated and this includes having your photograph taken. The visa fee is \$30 for 15 days, \$50 for 30 days, \$125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entries. Payment must be made in cash and USD, GBP or Euros are accepted. Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

Transit via India

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please consult your nearest Indian Embassy for further requirements about [Transit Visa for India](#).

What do we need from you for Trekking Permit?

For treks in the Everest region, we need your passport details and 2 passport size photographs.

Power Supply and Plug:

Regular power supply is available in the major cities and popular trekking destinations of Nepal. When power is available in the villages or lodges on trek it will be solar. In some areas power is not available so it is recommended that you carry a backup power bank with the right kind of adaptor for your electrical devices and maybe spare camera batteries. Please open this link for further information if you need an adaptor for your electrical devices. <https://www.worldstandards.eu/electricity/plugs-and-sockets/>

Health and Vaccinations

Severe Allergies

If you have a severe allergy, please inform the Visit Kailash Treks. We will do all we can to help, but we cannot guarantee an allergy free environment on our trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by Visit Kailash leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended for diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A, Covid-19 and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low-lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist checkup. A good online resource is [Travel Health Pro](#).

Dengue Fever

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 and therefore the best form of prevention is to avoid being bitten. We recommend you take precautions to avoid mosquito bites.

Climate

October through to May is the best time for trekking in Nepal. These months outside of the summer monsoon season offer the best conditions for trekking. Pre-monsoon from March to May is the main climbing season for Everest and at this time there will be many expeditions at the basecamp. This is also the time to see the colourful blooms of the rhododendron at lower elevations. The post-monsoon months usually offer the clearest skies and the most settled weather. You will encounter a wide range of daytime temperatures during your holiday. In October/November and April/May this will range from approximately 25C in Kathmandu to approximately 14C at 3000 metres, and approximately 3C at 5000m. From December to early April, temperatures will average around 5C lower than this but at any time of the year the real feel temperature in the middle of the day will be much warmer. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing once above approximately 4200m. (above 3000m from mid-December) and at our highest overnight stops, outside temperatures may drop as low as minus 15C. Extended periods of rain or snow are very unlikely outside of the monsoon period but short-lived storms can and do occur.

Team Leader & Support Staff

The group will be led by a professional and qualified Nepalese tour leader, assisted by an experienced team including Sherpa guides and porters.

Money Matter

Approximately 700-800 US dollars should be allowed for miscellaneous expenses including porter and trek crew tips, beer, soft drinks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

Please follow this official link for Foreign Currency Exchange Rate <https://www.nrb.org.np/>

Note: *The Exchange Rates of Commercial Banks may differ from the state-owned Central Bank of Nepal.*

Currency

The unit of currency in Nepal is the Nepalese Rupees.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. Just for guidance, we recommend that each group member contributes around USD 100 to these tips. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately during dinner on the final evening of the holiday.

Best Holiday Seasons:

Generally, there are four seasons in Nepal: – Spring (March to May), Summer/Monsoon (June-August), Autumn (September-November) and Winter (December-February). Spring and autumn seasons are popular trekking seasons in Nepal because the weather remains clear and the mountains are stunningly visible. During the summer monsoon period there are frequent rain showers and it will get cold during winter season, but it is less crowded than peak trekking season (Autumn).

Preparing for your Trek

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the

experience. This is a challenging itinerary even for regular hill walkers and you will need to be in good condition. We suggest that you adopt a weekly exercise regime leading up to your trip. Regular weekend hiking in hill country is the ideal preparation for this trip but any regular exercise such as jogging, squash or swimming will also be good for developing cardio vascular fitness and stamina.

Dos & Don'ts

1. Before entering a Nepalese home, temple and monastery remember to remove your shoes
2. Do not offer food from your plate, nor eat from a common pot, and avoid touching your lips to a shared drinking vessel
3. Never touch anything with your feet and try not to step over or point your feet at another person, a sacred place or a hearth. This is considered an offence among Nepalese
4. While traveling, dress appropriately. Women should especially avoid dressing in skimpy outfits
5. Seek permission first before entering a Hindu temple. Many Hindu temples do not allow other than Hindus to enter inside the sanctum
6. Leather articles are prohibited in most religious places
7. Among Hindus, avoid touching women and holy men instead the traditional "Namaste" greeting is preferable
8. Walking around temples or stupas is traditionally done clockwise
9. Take photographs only after receiving permission for the object or person being photographed
10. Remember, when a person shakes his head from left to right many times, he may mean "NO"
11. Develop a genuine interest to meet and talk to Nepalese people and respect their local customs
12. Use your both hands to show appreciation and respect rather than one while giving or accepting something from others
13. Kissing and hugging in public especially between men and women is social offence in Nepal

Equipment Checklist

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 kgs.

We advise to bring following items

Footwear

- Hiking boots (must be waterproof)
- Trainer type shoes
- Flip- flops or sandals
- 4-6 pairs of hiking socks
- 2 pairs of warm woolen socks
- Gaiters (optional)
- Crampons for shoes

Headwear

- Cap, sunhat and woolen balaclava
- Face mask
- UV Buff
- Sunglasses

Bodywear

- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Baselayer leggings
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Lightweight and quick dry trekking shirts
- Mid-layer top
- Softshell and hard-shell pants
- Down jacket

- Breathable under garments
- Clothes for city wear
- Quick-dry towel

Handwear

- Thermal gloves
- Warm and waterproof gloves or mittens

Other Necessary Items:

- 4 season sleeping bag
- Rucksack (30-35 litre volume) to carry your valuables, camera, water bottle, rain gear, emergency medicine and other handy items
- Water bottle
- Personal first aid medical kit
- Head torch with spare batteries
- Trekking map (optional)
- Anti-bacterial handgel
- Water purifier tablets (optional)
- Insect repellent
- Hiking poles (optional)
- Repair kit (optional)
- Camera and binoculars (optional)
- Dry bags to protect your belongings from rain and dust
- Power bank
- Universal adapter
- Backpack cover
- Washbag and toiletries
- Toilet paper (you can also buy this in the lodges if necessary)

Toiletries:

- Sunscreens and lip guard
- Toothpaste, tooth brush and soap
- Skin moisturizer

- Wet wipes

Eateries/Snacks:

- Favorite snacks
 - Energy bars (chocolates)
 - Glucose tablets
 - Electrolytes or Oral Rehydration Solutions (ORS)
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Reading List

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti
- Everest: A Trekkers Guide. Kev Reynolds. Cicerone
- Into Thin Air. Jon Krakauer
- The Climb. Anatoli Boukreev
- The Ascent of Everest. John Hunt & Edmund Hillary
- Sherpas & Himalayan Mountaineering. Sherry B. Ortner
- Everest the Old Way. John Driskell

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