



# COURSE MANUAL



## Mountain Medicine Everest Base Camp Trek

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# COURSE SPECIFICS

## TREK & COURSE SPECIFICS

Our ultimate mountain medicine training course follows in the footsteps of Sir Edmund Hilary and Tenzing Norgay to the base camp of Everest, the world's highest mountain.

The trek follows the main route up to Base Camp and passes through some of the most spectacular scenery in the world. Everest becomes visible from just above Namche Bazaar and as we move through this ever changing environment and leave the treeline behind, the views of the mountains become truly amazing. The first few trekking days are dominated by the jagged peak of Ama Dablam, with the four 8000m peaks of Cho Oyu, Everest, Lhotse and Makalu becoming visible (weather permitting) later in the trek. The route will also take us to Chukhung where there are breath taking views of Island Peak, as well as the tremendous Lhotse and Ama Dablam Glaciers. The panoramas at this altitude are awesome and constantly changing as we move slowly towards base camp itself.

Our route takes us to altitudes over 5000 metres, so you should expect to encounter the effects of altitude. Trekking will be slow and there will be some long, steep climbs where fatigue will be a factor. The trail will be mainly rocks, with some mud tracks and loose scree. On some occasions you may find yourself walking over mud, snow and ice. You must be prepared both physically and mentally for this challenge, though none of the trek requires technical climbing or equipment.

A number of acclimatisation days have been built in for your body to become accustomed to the low oxygen levels at high altitude. Acclimatisation days tend to include short walks to a slightly higher altitude – sometimes up to the next village, others are circular walks. Acclimatisation days will give you a chance to rest, recuperate and have a look around the Sherpa villages. You may wish to visit some of the Buddhist monasteries, the Sherpa Museum at Namche, or simply rest at one of the bakeries drinking tea and eating cakes (to keep your strength up of course!)

When attempting to reach Everest Base Camp, there will be a very early morning rise and a long day trekking ahead. At this altitude every step will be tiring and you will need all of your strength to reach the final destination. Your efforts will

be rewarded when you reach Base Camp, with Everest looming above and the spectacular Khumbu Icefall glistening unnervingly close to camp.

This is a tough challenge that will certainly test the hardiest of trekkers – but you will be met with memorable rewards; the smiling and welcoming faces of the Nepalese people; the breathtaking views; experience of the Buddhist culture and monasteries and some strong friendships which are sure to be built within your trekking group and which will help you get through the tough times!

## COURSE SPECIFICS

The Mountain Medicine course in the Khumbu Valley in Nepal is headed by **Drs Martin Rhodes and John Apps**.

### Itinerary

*Exact itinerary subject to change and course content might vary.*

**Day 1** Meet in Kathmandu @18.00 at course hotel.

**Day 2** Free day in Kathmandu after morning course presentations

**Day 3** Depart for airport and fly to Lukla  
Trek to village of Phakding through the Dudh Kosi Valley along a rolling hilly trail

**Day 4** Trek from Phakding to Namche Bazaar  
We continue along the trail, heading upstream along the banks of the Dudh Kosi until we come to the confluence of the Bhote Kosi and Dudh Kosi. We cross a few large suspension bridges and begin a long uphill section through pine tree forests. Our efforts are rewarded along the way as the peaks of Everest (8,848m), Lhotse (8,511m), Nuptse (7,879m), Ama Dablam (6,856m) and Tawoche (6,542m) come into view for the first time. Eventually we reach the distinctive horse-shoe shaped bowl village of Namche Bazaar where we stop for our overnight stay. There is also the opportunity to visit the Sherpa Museum in Namche which details their home life and mountaineering achievements.

**Day 5** Acclimatisation Day in Namche Bazaar

Training walk up to 4000 metres

**Day 6** Namche Bazaar to Dewoche

A long downhill descent to the river followed by a long uphill climb to the Tengboche monastery with - you guessed it - stunning mountain views

**Day 7** Dewoche to Pheriche

We start leaving the trees behind as we gain altitude and the glaciated mountain landscape becomes more a feature of our walking and head towards the mountain settlement of Pheriche, the last inhabited village before Mount Everest for a couple of night acclimatisation.

**Day 8** In Pheriche

Acclimatisation Day | Training Walk. Visit to Himalayan Rescue Association Clinic, the HRA Aid Post is located at 14280ft/ 4300m and located at an important trekking junction where a high proportion of trekkers really start to feel the effects of AMS. The clinic provides medical support for thousands of trekkers and Sherpas annually and is staffed by volunteer medics from all over the world - and a high proportion of Expedition and Wilderness Medicine delegates!

**Day 9** Acclimatisation day in Pheriche Lecture

**Day 10** Pheriche to Lobuche

Having hopefully been well rested and acclimatised by our stay in Pheriche we restart our trek by ascending to the remote accommodation stop of Lobuche, passing on our way a flat plateau, home to the climbers memorial area which is a poignant reminder of lives lost in the surrounding mountains. Optional short walk to the Italian research station "The Pyramid".

**Day 11** Lobuche to Gorak Shep Gorak Shep to EBC

**Day 12** Dawn ascent of Kala Patar for superb views (weather permitting!) over EBC into the Khumbu Icefall. Then a long day down to Dingboche

**Day 13** Dingboche      A well-earned rest day. Gentle walk up to Ama Dablam Lakes for those with energy to spare..

**Day 14** Dingboche to Namche Bazaar

We start to retrace our steps back over now familiar terrain of the Khumbu Valley

**Day 15** Namche Bazaar to Benkar

**Day 16** Benkar to Lukla

Last dinner in the Khumbu. Say goodbye to the trekking team

**Day 17** Early morning flight to Kathmandu

Celebration meal in the evening

### **Course Content**

Role & responsibilities of Expedition doctor

- Personal trekking and medical kit
- Pre-expedition planning and Casevac
- AMS
- Introduction to HACE & HAPE
- Staying well in KTM & Beyond H2O UV personal hygiene
- Wilderness Wound Management
- Frostbite
- Wilderness H2O treatment
- Wilderness gastrointestinal disorders
- HACE (detailed)
- HAPE (detailed)
- Ophthalmology
- Wilderness Fracture Management
- Improvised splints practical
- Everest ER
- HRA Lecture & Gamow Bag practical (HRA doctors)
- Medical Kit theory
- Medical Kit practical

- Hypothermia
- Women's Wilderness Health
- Psychology & Team Dynamics
- Debrief and review of medical cases encountered

## ACCOMMODATION AND FOOD

The accommodation during this trek will be standard hotel accommodation in Kathmandu and guest houses/ tea houses during the trek. The tea houses generally provide twin room accommodation, with a communal eating area which is heated by a yak dung burner! You are expected to share rooms, so if you are travelling with a friend please advise us as soon as possible. Bedrooms are not heated, so bring a warm sleeping bag (see kit list). Due to the remote location and short water supply there will be very few showers or washing facilities.

Food offered is traditional Nepalese style of a high standard for example rice, pasta, vegetable curry, dahl, Tibetan bread. There are plenty of tea houses and bakeries on the route, where cups of sweet mint tea, cakes and snacks can be purchased as required. Lunches will be either at a tea house or packed to be carried – these lunches will comprise sandwiches, fruit and cereal bars.

Vegetarians are well catered for but if you have any specific dietary requirements please inform us as soon as possible.

## WATER

Water during this event will be supplied by our local agent. You will need to bring a means of purifying water. Discussion of purification needs and methods will be discussed at length on the course.

On long trekking days you will be expected to consume *at least* 3 litres of water. Hydration is extremely important to help tackle the effects of AMS. You must ensure you keep yourself well hydrated even on acclimatisation days.

Whether your primary method is UV ("Steripen" or similar), filtration ("MSR Miniworks" or similar) or chemical (chlorine tablets) everyone should bring back-up chlorine tablets (eg Micropur Forte or Classic), enough to purify around 60 litres of water for the entire trip.

## LOGISTICS



There is a large team of local staff helping to organise this event – from the expedition staff who will walk with you, leading the group and providing knowledge on the local environment, to staff who organise the logistics including cooking and cleaning; organising porter support etc. You may only meet a fraction of those involved in the running of the event! Local staff employed by Expedition and Wilderness Medicine are usually from the area in which we trek. Though their employment provides a very welcome source of income, they are not wealthy people. At the end of the trip it is customary to tip the local staff we would suggest US\$100 per participant as a guideline. To avoid any favouritism, all tips are pooled and divided equally amongst ALL local staff by the trek leader.

## RISK ASSESSMENT

The team managing and leading this course are all highly experienced in this region. The definition of adventurous travel however, is that there is an element of risk. Expedition and Wilderness Medicine have thoroughly planned and prepared for this event and have identified the possible risks and dangers. They have put in to place the procedures and equipment necessary to deal with any potential problem in order to minimise the risk.

- Acute Mountain Sickness – many participants will suffer some level of AMS due to the nature of this challenge and participants should be on the lookout for symptoms. These are headache with one or more of the following: loss of appetite, nausea or vomiting; fatigue or weakness; dizziness; difficulty sleeping. Each trekker should be prepared to treat these symptoms with their own kit and advise trip leaders of their condition to arrange proper rest or cessation of ascent.
- Hypothermia – temperatures can fall very low, particularly at night. Weather conditions can be unpredictable during trekking with snow storms and icy winds possible. We will frequently be exposed to the elements so appropriate clothing must be worn to avoid getting wet and cold.
- Knee and ankle injuries – some sections of the trek include climbing over loose rocks, or walking down slippery muddy slopes. Wear good trekking shoes with an ankle support, use walking sticks to help when climbing and take care of where you step!

- Sunburn – days are expected to be clear and sunny, if a little cold. The sun is very strong at altitude and can burn very quickly. Please ensure you bring plenty of sunscreen, minimum factor 30, and apply it regularly.
- Other altitude-related illnesses are – HAPE (fluid on the lungs) and HACE (fluid on the brain). Again, please alert the Expedition and Wilderness Medicine medical team should you or a fellow trekker experience any of the following symptoms: confusion; unsteadiness on your feet; coughing or breathing fast even when resting.

## KIT LIST

- The Tea Houses have twin rooms with mattresses and blankets.
- We recommend you wear trekking boots and essential kit on the flight – if your bag gets lost in transit, you will still be able to continue with the trek.
- The following kit list is a guideline to the items you will need to help you to cope with the elements. Temperatures can drop to -10°C so you must ensure you have adequate clothing.



## BAGS

You will need the following bags:

Main bag for flight out (weights vary but 23kg is the usual single bag limit);

Hand luggage for flight;

Trekking bag - This will be carried by porters during the day. A holdall (North Face type) or kitbag is easier for you to pack and unpack, easier for the porters to carry and has fewer straps to get broken. These can be bought cheaply in Kathmandu if required.

Day sac for the trek \_ this is for your spare clothing, camera, snacks, passport, money, suntan lotion, first aid kit and anything else you need during the day; This must be a quality rucksac, at least 35litres. We suggest you buy this before departure so that you can get one that fits and suits you.

The current flight limit on the Kathmandu to Lukla flight is 15kg. This is for your Trekking Bag and Day sac COMBINED

A small bag for clothes etc. that you want to leave in Kathmandu. It is very pleasant to have a complete set of clean clothes after 2 weeks in the hills!

## FLIGHTS AND TRAVEL ARRANGEMENTS

### In-country transport

All in-country transport is arranged by our local agent. The morning you depart for Lukla, where our trek begins, a transfer will be organised from the group hotel to the Domestic Airport in Kathmandu. The flight to Lukla takes half an hour.

## INSURANCE

You must carry individual travel insurance to take part in the event. Campbell Irvine offers a comprehensive and competitively priced policy that provides the required amount of cover. It is strongly recommended that you take out this insurance. Contact Campbell Irvine here –

[http://www.campbellirvinedirect.com/expeditionmedicine\\_home.htm](http://www.campbellirvinedirect.com/expeditionmedicine_home.htm)

If you do not wish to take out the Campbell Irvine insurance, please provide evidence of sufficient travel insurance for the trek to Everest Base Camp and provide us with your policy number and emergency contact number.

## ENTRY TO COUNTRY

### Passports

Your passport should be in good condition and valid for a minimum period of at least six months beyond the date of entry into the country. Entry to Nepal may be refused and airlines may not carry you if your passport has less than six months' validity. We also recommend you have at least two clean pages available in your passport.

### Visas

Visas are required when travelling to Nepal. At time of writing, a multi-entry tourist visa for 30 days costs US\$40. There is no need to apply for these prior to travel. It is an easy matter to obtain the visa on arrival at Kathmandu Airport. All major currencies are accepted, amongst them pounds sterling, US dollars and euros.

**You can also apply for your visa online:**

<http://www.online.nepalimmigration.gov.np/tourist-visa>

**Or via the Royal Nepalese Embassy:**

Royal Nepalese Embassy

Visa Section

12A, Kensington Palace Gardens, London W8 4QU

TEL: 020 7229 1594

The office is open from 10am– 12noon Monday to Friday

For a copy of the visa form and further information, please visit their website:

[http://www.nepembassy.org.uk/visa\\_information.html](http://www.nepembassy.org.uk/visa_information.html)

Please note: Nepal does not have an embassy or consulate in Dublin. The above Embassy in London is also responsible for Ireland.

The CIBT offer an online visa service, for further information visit:

<http://www.uk.cibt.com/>

Participants are required to supply the following items with their visa applications:

- Valid passport with at least two blank pages and valid for at least 6 months from date our trek is due to return
- One recent passport sized photograph
- Copy of event itinerary
- Visa fee
- Self-addressed envelope with postage paid if applying by post

When completing the application form, please note the following details:

**Venue/Hotel:** Holy Himalay  
**Street Name:** Brahmakumari Marg  
**Ward no:** 29  
**Municipality:** Thamel  
**Zone:** Bagmati  
**District:** Kathmandu  
**Zip code:** 46601  
**Phone no :** +977 1-4258648

Visa applications by post can take up to two weeks. We recommend you apply for your visa at least two months prior to the departure of the trek to avoid any problems. *Please ensure you include the correct arrival and departure dates when applying for your visa. Overstaying in Nepal without authority is serious and you can be detained or refused permission to leave until a fine is paid.*

## HEALTH CARE

Though good medical treatment is available to westerners in Nepal, it may not be geographically convenient during parts of the trek.

You are expected to bring your own first aid kit, as it is not possible for Expedition and Wilderness Medicine staff to carry sufficient basic medical supplies for the whole group.

### Acute Mountain Sickness

Certain normal physiological changes occur in everyone who goes to altitude. These are: shortness of breath on exertion; changed breathing pattern at night; frequent waking at night; and increased urination.

Altitude sickness is an umbrella term which covers the benign Acute Mountain Sickness (AMS) and its two life-threatening complications: High Altitude Cerebral Oedema (HACE, or fluid on the brain) and High Altitude Pulmonary Oedema (HAPE, or fluid in the lungs). HACE and HAPE may follow AMS, especially when people do not listen to their body and continue to ascend despite increasing symptoms.

AMS is a group of symptoms that represent your body not being acclimatised to its current altitude. It has been likened to a bad hangover or worse. Symptoms include a headache, with one or more of the following:

- Loss of appetite, nausea or vomiting
- Fatigue or weakness
- Dizziness or light-headedness
- Difficulty sleeping

Anybody can get AMS. Your likelihood of getting AMS is not significantly affected by age, gender or physical fitness.

However there is little doubt that AMS is 100% preventable. There are 4 golden rules for preventing altitude sickness, which you should bear in mind on your trek:

**1 / Understand and recognise the symptoms of AMS** – if you feel unwell at altitude it is AMS until proven otherwise.

**2 / Never ascend with obvious symptoms of AMS** - AMS will NOT go away if you continue to ascend.

**3 / Descend if symptoms get worse** – you should descend IMMEDIATELY if your symptoms worsen.

**4 / Look out for one another** – and be willing to admit that you have got altitude sickness. This rule gets broken with unfailing regularity because people are just too anxious to complete their trek.

**Remember** – AMS is dangerous and should not be ignored. Seek help immediately if you or any of your fellow trekkers experience any symptoms of AMS.

**IT IS OKAY TO GET AMS – IT CAN HAPPEN TO ANYONE – BUT IT IS NOT OKAY TO DIE FROM IT.**

**Acetazolamide (Diamox)** – Diamox is a prescription drug which can assist acclimatization. Research has been carried out on the benefit of Diamox prophylactically in an altitude setting. The ascent profile of this trip is slow and cautious, but those who have a history of AMS despite slow ascent may benefit from prophylactic use of Diamox. If participants do decide to use it, they need to seek further advice from their GP and also inform the trip doctor. Participants should be aware that not all GP's will be familiar with its use at altitude if they do not have comprehensive knowledge of altitude medicine. Advice is available on a number of recognised website [www.himalayanrescue.org](http://www.himalayanrescue.org) or [www.expeditionmedicine.co.uk](http://www.expeditionmedicine.co.uk)

### **Vaccinations**

Expedition and Wilderness Medicine can only offer guidelines on inoculations as advice changes rapidly due to new outbreaks of disease around the world. All participants **MUST** check with their GP before the event to determine their own current vaccination status and to see what is required for Nepal.

**As a guideline, inoculations recommended for Nepal** at present are detailed as follows:

- Confirm primary courses and boosters are up to date as recommended for life in Britain.
- Courses or boosters usually advised: tetanus; hepatitis A; typhoid; diphtheria; polio
- **Vaccines sometimes advised:** hepatitis B; rabies; tuberculosis; meningococcal meningitis; Japanese B encephalitis (for eastern and low lying areas); cholera

There is a risk of Malaria in the low lying southern plains or 'terrai' districts of Bara, Dhanukha, Kapilvastu, Mahotari, Parsa, Rautahat, Rupendehi and Sarlahi. There is no risk in areas above 1,500 metres.

The area we will be trekking is generally above 2,000 meters. Participants travelling on after the event should consult their travel clinic for further advice on anti-malarials. For further information see the NATHNAC website (link below) or contact your travel clinic.

Participants **MUST** obtain the latest information on inoculations and anti-malarials from their own doctor as the situation can change.

The following web sites are a good source of information with regards to vaccinations:

MASTA (Medical Advisory Services for Travellers Abroad): <http://www.masta-travel-health.com/>

Additional information can be found on the following web sites <http://www.fitfortravel.nhs.uk/> or <http://www.nathnac.org/travel/index.htm>

The Hospital for Tropical Diseases: <http://www.thehtd.org/>





# COUNTRY INFORMATION



## COUNTRY INFORMATION

Nepal is landlocked – sandwiched between Tibet to the North and India to the south. The great Himalayan range forms the border between Tibet and Nepal and has been a factor in protecting Nepal from invasion. The country has never been colonised by another nation and has developed a self-contained culture and society. Hindu is the dominant religion in Nepal, though Buddhism is the main religion in the Himalayan region we will be visiting.

Nepal has captivated the imagination of mountaineers, explorers and all manner of foreign visitors since it first opened its doors in the 1950's. This extraordinary country contains some of the most breathtakingly beautiful mountain scenery in the world, ranging from lush, terraced farmland and rice paddies, sub-tropical forest and sweltering valleys, to arid, windswept high-altitude plains, remote mountain passes and the summits of the highest peaks on earth.

### EVEREST BASE CAMP

South Base Camp is located at an altitude of 5,369 metres and is a rudimentary campsite situated on the southeast ridge of Mount Everest. There is also an Everest Base Camp – North Base Camp – which is situated at the same altitude on the Tibetan side of the mountain, used for climbing the mountain via the north-eastern ridge.

Climbers typically rest at base camp for several days, sometimes a couple of weeks, before attempting their ascent to the summit of Everest. This rest time is to reduce the risk and severity of altitude sickness. During this time, Sherpas and climbers will set up ropes and ladders in the treacherous Khumbu Icefall. Many climbers and Sherpas have been killed in this section - one of the most dangerous sections of the route. The Khumbu glacier, which forms the icefall, moves at such speed that large crevasses open with little warning, and shifting blocks of ice – ranging in size from cars to large houses – fall from time to time from constantly moving phenomenon. To reduce the hazard, climbers will usually begin their ascent well before dawn when the freezing temperatures glue the ice blocks in place.

### HIMALAYAS

The Everest region of Nepal is home to one of the most stunning mountain areas on earth, with Mount Everest sitting at 8848m.

The region is also home to the legendary Sherpas – the best known and most admired of Nepal’s ethnic groups. Sherpas migrated to the high valleys south of Mount Everest from Eastern Tibet about 450 years ago. The name ‘Shar-pa’ means ‘people from the east’ (A Sherpa woman is known as a ‘sherpini’. Their Tibetan origins are reflected in their language, customs and religion. Sherpas are highly regarded as elite mountaineers – experts in their local terrain as well as having good physical endurance and resilience to high altitude conditions.

Sherpa religion follows the Buddhist faith and the teaching of the Dalai Lama. The history of Buddhism dates back to 563 B.C., the birth of Prince Siddhartha Gautama in the lowlands of present-day Nepal. He renounced his claim to be king and wandered the land in search of enlightenment. After years of journeying he found his answer while meditating under a banyan tree. He came to be known as the Buddha or “Enlightened One” and his principles reached across India and Nepal.

Of the 1,200 Tibetan Buddhist monasteries in Nepal many were constructed in the latter half of the 20th century when the Chinese army moved into Tibet, the Dalai Lama fled to India and many reincarnate lamas, called Rinpoches, entered Nepal as refugees.

Mount Everest features in Buddhist Legend of the Golden Chair. The evil deities were gathered together plotting to take over the world. Buddha heard of their plan and challenged the foremost deity to a race to Everest summit (Sagarmatha). The evil deity sped quickly off while the Buddha remained seated in his chair. After a time, deep in meditation, Buddha floated to the top of the mountain, winning the race and defeating the evil deity for all time.

## CLIMATE

The best time of year to visit the region is from October to April, when the weather is sunny and warm, although the nights are cold and temperatures can fall to freezing. The air is generally clean, visibility is good and the country is lush following the monsoon. May and early June are generally hot and dusty. The monsoon rains arrive in June and last until September bringing with them a period of muggy, cloudy weather.

Since we are trekking in a mountainous region, the weather can change rapidly and be unpredictable. We will be moving from warmer climates at low levels to conditions of **well below freezing** (it is particularly cold on the day we attempt to

reach Base Camp, when it is necessary to get up very early). You must be prepared for all eventualities.

The charts below show the year's average weather conditions for **Kathmandu**. This chart illustrates weather conditions in the valleys and in the Himalayan foothill region where our trek begins, but as we climb in to the mountains, the weather will be considerably colder than demonstrated here.

	Average Sunlight (hours)	Temperature				Average Precipitation (mm)	Wet Days (+0.25 mm)
		Average		Record			
		Min	Max	Min	Max		
Jan	6	2	18	-2	25	15	1
Feb	6	4	19	-1	25	41	5
March	8	7	25	2	33	23	2
April	6	12	28	4	35	58	6
May	5	16	30	10	36	122	10
June	2	19	29	14	36	246	15
July	2	20	29	18	33	373	21
Aug	3	20	28	17	33	345	20
Sept	5	19	28	13	33	155	12
Oct	10	13	27	6	33	38	4
Nov	10	7	23	-1	28	8	1
Dec	9	3	19	-2	24	3	0.2

NOTE: This chart is intended to give you an indication of weather conditions, but you should expect the weather to be colder and more changeable as we enter the mountainous region. (SOURCE: BBC WEATHER CENTRE. <http://www.bbc.co.uk/weather/>)

## CURRENCY & MONEY CHANGING

The Nepalese monetary unit is the Nepalese Rupee (NPR), which is not obtainable in the UK. US dollars, GB sterling and Euros' are readily accepted and can be easily exchanged for local currency at the airport or in Kathmandu. There is a cash machine in Kathmandu so some Nepalese money can be obtained on the first night stopover.

Outside the Kathmandu Valley, it may be difficult to use large-denomination Nepalese notes, so you should try to keep some small-denomination notes available.

Current exchange rate      £1 GBP = 160 NPR      September 2015

NOTE: Many UK credit card companies do not allow use of credit cards abroad unless they have been notified prior to departure. If you are intending to use a credit card in Nepal, please inform your credit card supplier before you leave.

## SPENDING MONEY AND SHOPPING

The currency of choice is the US\$. £Sterling are a poor 2nd best. As a rough guide, **US\$500** should be sufficient for the trek itself. (Don't forget to save \$100 for the porters' tip). All food is provided but drinks from the bar must be paid for. Shops and bakeries are available for you to purchase snacks and drinks if you wish during the day and at lodges. Hot water showers are available in several of the lodges, and the cost of these and charging electrical items can add up. There are many opportunities to buy local handicrafts on the trek, especially at Namche.

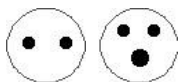
It is easy to obtain cash from ATM's and currency exchanges in Kathmandu and Namche. There is little chance beyond this. We advise taking more than you think. We have some time in Kathmandu for shopping at the end of the event, so there will be plenty of opportunity to do some souvenir shopping here. Kathmandu is very good for shopping but you may have to barter for the best price. Bartering for goods should be carried out with an element of humour. Smiling and common courtesy will go a long way. The best advice is to decide whether you would like the item first and how much you are prepared to pay, remembering that things are generally much cheaper in Nepal than the UK. The rest is then down to personal ability and how long you are prepared to spend doing the deal.

**NOTE: There may well be a departure tax from Lukla to KTM, probably in the region of \$5 Please keep enough cash available to pay this. Please see flights and travel arrangements section above.**

## LOCAL TIME

Detail local time in Nepal is GMT +5 hours and 45 minutes!

## ELECTRIC VOLTAGE AND PLUGS



230V, 50Hz

The plug systems used in Nepal are the European plug with two circular metal pins and the South African/Indian-style plug with two circular metal pins above a large circular grounding pin.

