

This is a typical information document. It was provided specifically for the trek below. Information will vary from trek to trek. If you decide to join a trek to build you will be provided with information specifically related to your trek.

Trek to Discover Upper Karnali River Zone
18 September – 20 October 2007

COMMUNICATION:

Please note that Nepal is 5 hours & 45 min. (*UK winter time*) & 4:45 min. (*UK spring-early autumn time*) ahead of GMT. Mail to Nepal can take anything between 10 and 20 days and is not always reliable. Our contact addresses are:

* Nepal Trust UK – contact / Liz Donovan
Tel: 00 44 (0) 1343-810358
e-mail: admin@nepaltrust.org

* Trek Hotel in Kathmandu:
Vajra Hotel, Swayambhu, Kathmandu
Tel. (00 977 1) 427-1824 or (00 977 1) 427-2719
e-mail: vajra@mos.com.np

INSURANCE:

The Nepal Trust must have copies of and the contact details of individual insurance policies and companies. Also please make copies of passport page, airline ticket and contact details of a relative in the UK. You should have 4 sets of copies – one for yourself, one to leave with a relative, one to give to our office in Kathmandu and one for our office in the UK.

MONEY:

In Nepal traveller's cheques are practical and reasonably safe. They are accepted as payment in most places and your money will be refunded in case of loss or theft. Major credit cards are accepted in bigger hotels and restaurants and can be used to obtain cash in most banks, but expect to pay extra fees. There are a number of ATM machines in and around Kathmandu. Participants for the "Trek To Build" should bring around £200 pounds sterling for extra meals in Kathmandu and for pocket money for private excursions, souvenirs, etc. *£1.00 pound = 134 rupees (this fluctuates quite a bit)*

WEATHER & TEMPERATURE:

In September and October the weather in Nepal can range from hot or warm and humid in the lowlands and middle hills with cool evenings. In the mountains it will be warm if not hot in the day and cool or cold in the evenings at the higher altitudes. Temperatures average around 25 degrees Celsius during the day in and around Kathmandu Valley (*alt. 1350m or 4400 ft.*) with warm evenings at this time of year. The Monsoon rains will hopefully be finished - the rains usually begin in mid-June and end by the third week of September in Kathmandu Valley. The weather should be fine from Jumla to Humla, where we will be trekking but still there could be rain – so be prepared with adequate foul weather gear. During the days it could be quite muggy or warm or alternatively very bright and sunny. The evenings in September/October will be cool/cold, but the higher we go in elevation the colder it will get. Prepare carefully for the extremes of both hot and cold weather.

Bright and intense sun at higher altitudes can make it feel even hotter – like the Mediterranean in June. Without strong sun-cream protection or the use of a wide-brimmed sun hat and light scarf bad sunburns are a reality, as is dehydration if you don't drink plenty of water. On a warm sunny day: shorts, sunglasses, light shirt or T-shirt, sun cap/visor, light wind-breaker (*preferably waterproof/gortex*), sun-cream, trainers, light jumper, litre water bottle and day pack will be all you need. If it is a cool, cloudy or

misty day, a light waterproof jacket with wool shirt or light jumper and shorts will suffice. At night you will need thick socks, warm jumper, wool hat, wool gloves, light-weight down-vest/jacket, wool scarf, warm trousers or sweat pants/jogging outfit, thermals or long underwear, a good pair of sandals or trainers, gortex wind-breaker, hot water bottle, mag-light and head torch as well.

A quality 3-4-season sleeping bag will be necessary for this trip.

HEALTH CONSIDERATIONS:

A full and comprehensive group medical kit will accompany the trek. We do ask you to bring along your own small first aid kit *and include items that you may know you might personally need.*

Copies of Your Medical Records or Necessary/ & Vital Medications: We must know if you have any medical problems or history of medical problems and if you need or are taking some form of medication. If you have any history of medical problems, we *must* have a letter from your GP testifying to your fitness for the trek. It is essential that you take advice from your GP!

Antiseptic cream or Wound Disinfectant: iodine and tube-squeeze cream.

Foot Care and Blister Treatment: band-aids, adhesive roll & strips, gauze pads, moleskin. (Please bring trusted and broken in walking boots).

Gauze Pads: 3", at least 6 pads. *Gauze Roll:* 2 - 3" rolls. *Adhesive Tape:* 2" roll.

Ace Bandage for the Ankle. Elastic bandage: 3" roll. *Water disinfectant:* iodine & chlorine tablets. (If you have a small press pump water filter, bring it along).

Antibiotics: (Triethoprim / sulfamethoxazole - Bactrim DS or Septra DS - double strength (160 mg/800mg). *Antidiarrheals* - Lomotil & pepto-Bismol tablets and make sure you bring Charcoal tablets!!!

Please see your doctor for more advice concerning medication for your own personal use!

Anti-Inflammatories: Advil, Rufen or Mortin. *Asprin / Tylenol or general painkillers.*

Strong Sunscreen Oil, Skin Antibiotic Cream / Antifungal Ointment, Lozenges, Small Scissors & knife, Safety Pins, Thermometer, Insect Cream and Repellent, Sun Glasses, Dehydration Salt Packets, Dental Floss, Foot Powder and Cream, Heat Balm for muscles / joints.

* Remember – this kit is for your personal use and you know your body and yourself better than anyone. Think of what you need, again ask advice and read up – your library or the Internet can be useful – keep the kit light and organised in a waterproof bag or tupperware container.

VACCINATIONS:

You should have a medical and dental check up before you go, and again carry important medical records and information with you. It is important that you receive the following vaccinations, which cannot be taken all at once please act soon and plan ahead with your GP.

The first 4 inoculations listed below are the most important:

1. Typhoid
2. Polio booster
3. Hepatitis A
4. Tetanus
5. Rabies (*most people do not get the rabies shot and most doctors and medical/trek web sites say that as long as you are travelling with a trekking group and for under a month in the Himalayas that they do not recommend this shot – but ask the advise of your GP*)
6. Measles (*only if you never had a measles injection*)
7. Also check with your Doctor whether it is necessary to receive the Meningococcus vaccine for Nepal – GP's have the latest data-base for medical precautions and vaccinations for every part of the world.

In Humla - malaria is not usually seen as a problem, but it is best to be aware and always use - *COMMON SENSE* - bring insect and mosquito repellent and some netting for your head and shoulders to keep pests out! Also wear long sleeves, light hat & scarf, pants and socks with light shoes at night. Long underwear and tights are a good solution.

ALTITUDE:

We will be in Kathmandu (4400 ft.) for about 2 days, which will help us acclimatise. The start of the trek is at Jumla (7700ft), which is a good altitude to begin the real acclimatisation process.

We will also receive a lecture on trekking at altitude in Kathmandu. Rest stops, drinking lots of water, trained staff and a measured pace should safeguard us against any altitude problems. The main thing is to take your time, avoid straining yourself and keep an eye on each other.

FITNESS:

YOU MUST BE FIT! Solid walks increasing to fast walks with some hills thrown in, with the aim of building up to some regular 30 minute jogs or runs - at least 4 times per/week - is necessary. If jogging is not for you then a combination of step-aerobics, yoga and/or stretching with regular exercise, e.g.: appropriate weight machines to increase heart rate and leg strength with some light upper body work thrown in, at your local health club is ideal. Building up the laps in the pool is also a good alternative.

Porters will be carrying the bulk of your equipment, but it is required that you bring a large, good quality day pack and are fit enough to carry snacks, filled water bottle/canteen, extra food for the trail, camera, film, map, jumper, sun hat, first aid kit, lightweight rain gear, etc. You will enjoy the adventure/work a lot more if you are in good shape.

CLOTHING:

1. A "broken-in" pair of walking boots. Also bring 2 pairs of insoles to cushion your feet. (*foot powder, mole skin & blister cream and pads are important*).
2. Sandals or rubber flip-flops and a good pair tennis shoes are needed.
3. 2 pairs thick socks - 2 pairs normal.
4. Lightweight waterproof Gore-Tex jacket with hood (*trousers optional*).
5. Clothing for both extremes of climate and temperature. In the hot sun of the daytime you will need shorts or lightweight trousers/light cotton pants/jogging outfit or for women below knee length skirt, a long sleeve cotton shirt or a T-shirt (*they make great gifts for the porters*), and a sun hat. When the sun disappears it gets cold very quickly! You will need to supplement your daytime wear with thermal undergarments and down or fibre clothing. Also bring cotton hat, jumper, light scarf, warm down jacket or vest, and gloves / work gloves - dress in layers. Remember, international flights only take 20Kg. per/person, and you may want to bring souvenirs home with you, so please pack in an economical and efficient manner. Duplicate only what is necessary to duplicate - such as underwear, socks, T-shirts, pants, etc. Remember, to weigh your luggage before you get to the airport! (*You can only take one shoulder/hand-bag on the plane*).
6. A good 3-4-season sleeping bag with inner sleeping sheet and a therma-rest air mattress can really help with a good night's sleep. The Nepal Trust will provide one rubber/foam mattress per/participant for the trek.

EQUIPMENT:

1. Water bottle or canteen with at least 1 litre capacity and a supply of iodine based water purification tablets.
2. Small mag-light with spare batteries. * **Very important - please bring a head torch!!!** - with spare batteries and bulbs as well - you will see why when you go to the loo in the middle of the night, The head torch is necessary for card games, chess, reading in your tent and helps when you're eating in the dark.
3. Sunglasses. Spare prescription glasses if necessary.

4. Sun resistant cream, sun block and (*very important*) some lip cream is crucial! Bring plenty of extra lip balm.
5. Camera, film, cleaning equipment, polarising filter, spare battery, dust proof bag.
6. A good daypack or sack to carry your camera, water bottle extra clothing etc.
7. A good pocketknife. A well-equipped Swiss Knife is very helpful.
8. Small camping mirror.
9. Lightweight rain poncho.
10. Extra bootlaces.
11. Sewing kit with small scissors.
12. Twine with a few plastic clothespins & length of light cord 20ft. in length.
13. A good lightweight inflatable mattress is recommended, but a foam mattress will do the job. (*This is crucial for camping on the trail and at high altitudes – and don't forget the Nepal Trust will provide one rubber/foam mattress as well*).
14. Washing kit and towel & face towel. If appropriate: Shaving gear with gel tube cream; tooth paste & brush, hairbrush, skin cream for dry skin, your own toilet paper etc.
15. A must is to bring along plastic bags to keep your things dry, separate and organised. Larger plastic bags as well as different size zip-lock bags are useful!
16. Handkerchiefs, sweatbands, reliable watch, Walkman, small radio, etc.
17. If needed a walking stick (*or adjustable ski poles*), which can be purchased in Kathmandu. * Note - a lot of people swear by the adjustable ski poles - 1 for each hand. Bring along a deck of cards or miniature board game, and a good novel.
18. The Nepal Trust will provide a large heavyweight canvass duffel bag for your trekking gear and clothes. If you want to bring you own duffle-bag get a good one from an Army/Navy store. Also – you must bring your own locks and keys for the duffel-bag.
19. We will be spending up to 2-3 nights in total in Kathmandu. Bring along appropriate nice but casual clothes for eating out in restaurants. These can be stored and secured with other things and equipment at the Hotel Vajra in Kathmandu when you depart for the "Trek To Build".

* On the Trek, we supply porters to carry your backpack, the bulk of the supplies, two-man tents for sleeping, a mess tent, kitchen tent, toilet tent, plates, cutlery, seating stools, group first aid kit & mats.

* IMPORTANT! WHILE ON THE TREK WE MUST RESTRICT YOU TO 12 KG OF PERSONAL GEAR FOR THE PORTERS TO CARRY.

A DAY ON THE TRAIL:

Just after the sun rises, you will be brought a cup of tea to your tent. We will try to have hot water in the morning to wash and shave. Breakfast will consist of muesli or porridge, eggs, chapattis or bread, dry fruits, jam, peanut butter, coffee and tea. We then help pack up and move out for approx. 4 hours of walking before we take a pack-lunch. We will then trek for another 3-4 hours and try to reach our night camp by the late afternoon. A hot evening meal is served between 6:30-7:00 pm.

VISAS:

You have two choices to acquire a visa for Nepal:

1. You can fly to Nepal and fill out a visa form and pay **\$30.00 US** for your visa when you land at the airport in Kathmandu. You will need to have your passport and 2 passport photos if you opt to get your 2 month single entry visa upon arrival in Kathmandu. This is straightforward and easy but the drawback is that you may have to wait in queue for up to 30 min. or more as most people who come to Nepal also get their tourist visas upon arrival.
2. Contact the Nepalese Embassy in London for your visa – you can download information and an application form from <http://www.nepembassy.org.uk/> and post it to the embassy with 2 passport photos, your passport, relevant payment and a self-addressed stamped envelope. You need the 2 MONTH SINGLE ENTRY tourist visa and list the Hotel Vajra as your address while in Nepal. The visa should cost you £20.00. Please make sure your passport is currently valid and will be throughout your stay in Nepal. When we arrive in Nepal, our Nepalese partners will take care of all trekking permits before we leave Kathmandu for Humla.

WHAT THE PRICE OF THE TREK INCLUDES:

1. Economy class return air travel from London.
2. Internal flights/transportation in Nepal
3. All Transports and transfers as per the itinerary, transport to and from Kathmandu Airport and hotel and tourist destinations in Kathmandu Valley.
4. All hotel breakfasts in Kathmandu, celebration dinners to start and end the trek.
5. Tour guide in Kathmandu Valley.
6. Transport to temples and sights in Kathmandu Valley.
7. Hotel, all meals and transfers in Nepalgunj - Western Nepal.
8. All camping facilities sharing two person tents and sleeping mats and 3 meals per/day on the trek.
9. Full trek service inc. guides, cooks, porters, staff insurance, mess tent, toilet tent, etc.
10. Pack animals (*mules, horses or yaks*).
11. Trek Leader, qualified Nepalese guide (*sardar*) and one local experienced Nepal Trust health worker and trek first-aid supplies and medicines.
12. All Trekking and National Park permits.

WHAT THE PRICE DOES NOT INCLUDE:

1. Travel Insurance (including mountain rescue)
2. Cost of Nepalese visas -£20.00 pounds at London Embassy or \$30.00 US from Kathmandu airport.
3. Medical check up and vaccinations - (*Again - see you GP for advice*).
4. Porters/guides tips. Normally – about £50 total per/trek participant - put into a tip-pool at end of the trek for Sardar (*guides, staff and porters*) – who will work very hard for you and make your trip easier.
5. Bar bills, hotel refreshments, meals other than breakfasts in Kathmandu (*except for start and finish celebration dinners in Kathmandu*), laundry, telephone calls, souvenirs, independent travel in Kathmandu and the Valley.
6. Entrance fees to historical sites and temples - (*when going to an historical site or temple you will be informed*).
7. Personal clothing and equipment (*some equipment can be rented in Kathmandu*).
8. Airport tax leaving Nepal: 1700 Nepalese Rupees (Nrs.) This tax must be paid for in Nepalese rupees when you check-in your bags for departure at Kathmandu airport.
9. Excess luggage.
10. Sleeping bags.

Minimum recommended personal spending money : £200

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