MERA PEAK CLEAN-UP & AWARENESS EXPEDITION 2025

Summit of Mera Peak

Period: 21 days, October 05th 2025 – October 25th 2025

Price per person: 2,425 USD (see below what is included/excluded);

Book your place here https://docs.google.com/forms/d/e/1FAIpQLSer2Zm_aRHbS7xojii3-ttDFWiqDfDtDHuy9LGihVbEXeJJhQ/viewform and use MERA PEAK CLEANUP for the "Trip Code"

An advance payment will be required to confirm participation (T&C and additional info available under FAQ on https://hionlifeadventures.com)

For additional info regarding the expedition and booking you can contact Hi On Life Adventures at hionlifeasventures@gmail.com or Mobile: +977 9841142496 +46 707317276 and WhatsApp: +46 707317276.

For info regarding the clean-up and awareness aspects you can contact Mountain Synergies at contact@mountainsynergies.org

Introduction

The Mera Peak Clean-Up and Awareness Expedition aims to address the growing environmental concerns at one of Nepal's most popular classic trekking and climbing destinations. The expedition is organised by Hi On Life Adventures a Nepal-based tourism operator, in collaboration with the Swiss-based association Mountain Synergies (MS), combining mountaineering and sustainability.

Hi On Life (HOL) was set up by Saran Subba and Christina Sandstrom. Saran, who has been guiding for 26 years, and Christina, who has both studied and worked within the tourism industry for 18 years, came together with their visions, ideas and experiences in the field. The company has organized more than 200 tours and trips in 4 countries and made happy more than 2,000 customers.

Mountain Synergies' mission is to facilitate positive interactions between mountain regions' local communities, their natural environment and the mountaineering stakeholders, with the aim to connect ethical and environmental values with tourism practices. In 2024, the association published a Waste Management Manual for Sustainable Mountaineering Expeditions (WMM), focusing on the impact reduction of high-altitude tourism.

In addition to ascending Mera Peak, this expedition will focus on waste removal, environmental footprint reduction, and raising awareness about the impact of tourism on high-altitude ecosystems. Additionally, it will also implement an updated model for organizing commercial mountaineering expeditions that emphasize sustainable practices and ethical principles.

Background

The Mera Peak (6,476 meters) is a prominent trekking peak in the Himalayas, in the Makalu Barun National Park, which lies in the Mahakulung region of Solu Khumbu district of Nepal. It was first climbed on May 20, 1953 by Col. Jimmy Roberts and Sen Tenzing. Today it is attracting numerous climbers and trekkers annually.

It is considered as one of the best trekking peaks in Nepal. Firstly, because it does not require any previous mountaineering skills to summit this height. Secondly, the panorama from the summit is simply unmatched, and thirdly, the approach to this mountain is through the beautiful Hinku valley which is less crowded than the Khumbu valley, providing a fantastic trek.

Moreover, it offers an incredible panorama of the Khumbu, with five peaks over 8,000m: the Cho Oyu, Everest, Lhotse, Makalu, Kangchenjunga, as well as other mythical peaks such as Ama Dablam, Nuptse, Pumori and Chamlang. It is estimated that around 1,800 people climbed Mera Peak in 2022 with a success rate of around 80%1.

[1] https://www.muchbetteradventures.com/magazine/mera-peak-climbing-guide/

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However, this influx together with a lack of proper infrastructure and complying with the rules led to increased waste issues and environmental degradation. Addressing this issue is crucial to preserving the natural beauty and ecological integrity of the region.

As such our expedition is an expedition that has a scope and meaning beyond mountain tourism and aims to alleviate the pressure on the environment by first having a low environmental impact and second it includes a clean-up campaign and transport of collected trash off the mountain.

What makes this expedition special:

- One of the easiest 6000 m+ mountains. Technical skills or previous climbing experience are not required but fitness is mandatory
- Probably the best panorama from the summit of any other trekking peak in Nepal
- Views of five of the six highest mountains in the world: Mt. Everest (8848m), Cho Oyu (8201m), Lhotse (8516m), Makalu (8463m) and Kanchenjunga (8586m)
- Beautiful trek through alpine forests and rhododendron valleys staying at remote villages
- Considerably less crowded trails compared to the Khumbu trail and the possibility to see other aspects of mountaineering expeditions in less crowded areas
- **No flights**, use of local transport (electric vehicles)
- **Minimizing waste** and overall **environmental footprint** associated with the expedition
- Bring down from the mountain all the waste
- Support and advice from Mountain Synergies for organizing a more sustainable expedition
- Pre-expedition online meeting to introduce the team to the rules for the expedition
- **Clean-up campaign** – collect trash from trails on route to Mera Peak and other areas and organize transport off the mountain and processing in Kathmandu
- Collaboration with local authorities and other stakeholders with regard to waste management and sustainable mountain tourism

Himalayan Mountaineering

Ever since the Himalayas in Nepal has been opened for climbing, it has attracted thousands of mountaineers. Thousands of people have challenged their minds and bodies to conquer these magnificent mountains.

Nepal Himalaya has numerous mountains which are 7,000 m and higher, which require extensive technical experience and a lot of money to climb. Apart from these technical expedition peaks, there was created in 1978, under the control of the Nepal Mountaineering Association (NMA), a list of mountains, between 5,587 m to 6,654 m, called “Trekking Peaks”. Unlike the technical expedition peaks, which are a complicated and an expensive affair, these “trekking peaks” can be climbed without financial and administrative problems. There are 1,310 identified peaks which are above 6,000 m, one fourth are officially opened for mountaineering.

Mera Peak

Mera Peak is a beautiful mountain located in the Hinku basin, south of Mt. Everest. We approach this mountain via Bung, in the Mahakulung region. The trek in itself is extremely beautiful with views of scores of snow covered peaks, glaciers, alluring waterfalls and alpine forests with birch, pines and rhododendrons. We also stay at a few remote and non-touristic villages where we can experience the rich culture of the Rais and Sherpa people.

Mera Peak offers an opportunity to climb such high altitude without the experience of previous climbing. It's a good mountain for trekkers who would like a straightforward introduction to mountaineering. Most part of the ascent involves a walk up a glacier requiring basic ice axe and crampon skills. There are plenty of opportunities to gain proficiency in these during our ice climbing training at the Base Camp. Although the mountain needs nothing more than glacial walk at inclination not increasing 30 degrees, the final summit dome involves a 30-metre ascent of a 60° inclination using fixed rope and jumar, depending on snow conditions.

Please note: *Any ascent of a Himalayan peak must be taken seriously. The Group leader will take all factors concerning group fitness and acclimatization, weather and snow condition into consideration when making a decision. While recognizing that this ascent is important to the group, first priority will always be safety. The decision on whether or not you will be able to attempt Mera Peak rest with the Group Leader. His/her decision is final and must be accepted.*

Program and Itinerary

After meeting in Kathmandu after arrival and having a **team briefing** and a **workshop** focused on sustainable mountaineering practices, we will get ready for an early departure next morning. The trek begins from Bung after transport by vehicles from Kathmandu, passing by picturesque farming villages towards Kothe and Khare. We will be crossing several passes along the way, and getting well acclimatized before reaching the Base Camp which will be set up at the Mera la (5,200 m). An Advanced Base Camp will be set up at 5,760 m from where the summit attempt will begin.

Itinerary:

Day 1. Arrive in Kathmandu (1330 m), **sustainable mountaineering workshop** & welcome dinner
Day 2. Drive to Salleri (2300 m)
Day 3. Drive to Bung (1780 m), meeting with local community
Day 4. Trek to Khiraule (2400 m)
Day 5. Trek to Cholem Kharka (3600 m)
Day 6. Rest and acclimatisation
Day 7. Trek to Khola Kharka 4300m via Hurhure pass (4550 m)
Day 8. Trek to Kothe (3600 m)
Day 9. Rest day at Kothe.
Day 10. Trek to Thangnak (4400 m)
Day 11. Trek to Khare (5000 m)
Day 12. Climbing training and safety briefing at Khare
Day 13. Trek to Mera Base Camp (5300m)
Day 14. Set up Advance Base Camp (5780 m)
Day 15. Summit Mera Peak (6476 m) back to Khare
Day 16. Trek to Kothe (3600 m)
Day 17. Trek to Cholem Kharka (3600m)
Day 18. Trek to Khiraule and drive to Patale
Day 19. Drive to Kathmandu
Day 20. Reserve day
Day 21. Departure

Mountain Clean-Up Phase

- **Trash Collection along tracks**: on the way up we will evaluate the situation on the tracks and elaborate a plan for trash collection on the way back;
- **Logistics**: we provide long tongs to pick up trash, gloves, and bags. Transport off the mountain and to Kathmandu is included in the expedition set-up and budget.
- **Processing** of waste in Kathmandu.

Expected Outcomes related to the Clean Up

- **Immediate Impact:**
    - Removal of waste from Mera Peak area and transport off the mountain for treatment
    - Availability of trash bins at critical spots on the trekking route
    - Increased awareness, knowledge and engagement among the expedition participants, local staff and eventually local communities.
- **Long-Term Impact:**
    - Encouraging the establishment of sustainable practices in the area.
    - Continued advocacy and clean-up efforts through partnerships and local initiatives.

Team Composition

- **Expedition Organizer**: Hi On Life Adventures https://hionlifeadventures.com/
    - **Contact**: hionlifeasventures@gmail.com Mobile: +977 9841142496 +46 707317276
- **Expedition Leader:** Saran Subba, from Hi On Life Adventures
- **Project Coordinators**: Lucian Negrut (in field), Valérie Thöni (office), from Mountain Synergies
- **Support Team:** local staff and porters, and logistics personnel; other MS staff
- **Expedition Participants:** experienced mountaineers willing to make a difference and take part in the clean-up phase

Pre-expedition Phase

- individual physical and mental preparation for ascending a 6,000+m peak
- online meetings to introduce the team, discuss the program, equipment and also present the expectations with regards to achieving a low environmental footprint and the clean-up phase.

Post-Expedition Phase

- debriefing after the expedition
- online feedback session to enable us to improve the concept of an “expedition with a purpose”
- optional follow up on the communication related to the clean up campaign
- dissemination of other related information.

Price: 2,425 USD/person

What is included

Expedition program offered by Hi On Life Adventures includes:

- *Transportation*:
  - All airport transfers and internal transportation in private vehicles (Kathmandu to Bung by Jeep and Khiraule to Kathmandu by Jeep), partly done by electric vehicles
- Expedition professionals, equipment provided and administration:
  - Online meetings and on-site workshops organized together with Mountain Synergies
  - All climbing permits and National Park fees
  - Staff insurance, tourist service fee and all taxes applicable as per state law
  - English speaking experienced expedition guide
  - Climbing Sherpa 1:3 (Sherpa to member ratio)
  - Porters
  - Use of a Personal trek pack = a duffle bag, high altitude down jacket and sleeping bag with a liner (recommended personal equipment is presented in the Equipment List further below and also sent to participants by email)
  - Climbing equipment: ropes, carabineers, pitons, jumars, ice axe, harness, descender
  - Emergency use Pressure bag (Gamow bag) and oxygen cylinders
  - Equipment & logistics for mountain clean-up activity
- *Accommodation and meals*:
  - 2 nights tourist class hotel accommodation on a bed and breakfast plan in Kathmandu
  - Accommodation at lodges and camping
  - Welcome dinner
  - All meals (Breakfast, lunch and dinner) during the expedition
  - Afternoon tea/coffee service on arrival at camp
  - Boiled and treated water as needed.

Price excludes:

- Personal accident and rescue insurance. You must provide your own rescue insurance
- Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times.
- Private room accommodation in Kathmandu unless a single supplement is paid.
- Optional tips to guides and porters.
- International airport departure taxes.
- Visa costs.
- Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance.
- Any other item or service not explicitly mentioned as included.

Below you can find the **detailed itinerary, additional important information** and **recommended equipment list**.

Summit of Mera Peak

Detailed Itinerary, important information and equipment list

Day 1: Arrive Kathmandu/ transfer to Hotel

Once you reach KTM airport and finish with the immigration and custom formalities be prepared to confront the confusion outside the airport which is common in most of the south Asian countries. When you have collected your baggage, you need to take either an elevator, escalator or a travelator to come down to the exit door. If you have baggage in a trolley, PLEASE DO NOT take the travelator, as most of the trolleys do not have brakes and you will often find people fighting to not let the baggage and the trolley run down the travelator. It is best to take the elevator or the escalator. You will meet our representative/ guide near the exit door to receive you. Please look for your name or Hi On Life sign board. Once you spot it, walk straight to the signboard and identify yourself.

From here we will take care of you. When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu. We will also collect some documents from you. Please have the following things handy when arriving.

- Travel/ Medical Insurance (photo copy)
- Passport to check you in the hotel

In the afternoon we will have a **workshop** and for the evening we will go for a traditional Nepali or Tibetan dinner at Kathmandu's finest Nepali restaurant to end the day.

Day 2. Drive to Salleri

- Drive: 10 hours
- Elevation of Salleri: 2300 m

We begin our drive after breakfast around 7 AM. The drive from Kathmandu to Salleri is a scenic journey through Nepal's winding mountain roads. We drive alongside lush green hills, terraced fields, and rivers. Expect bumpy stretches, steep ascents, and stunning Himalayan views. It's a mix of scenic beauty, rustic villages, and challenging terrain, offering unforgettable landscapes.

Day 3 – Drive to Bung

- Driving: 5 hours
- Elevation of Bung: 1780 m

The drive from Salleri to Bung is an adventurous journey through rugged narrow, winding mountain roads. The drive features dense forests, cascading waterfalls, and steep cliffside tracks. The journey offers breathtaking views of the Himalayas, remote villages, and serene landscapes, embodying the raw beauty of rural Nepal.

Bung is a picturesque village nestled amidst verdant hills, framed by stunning Himalayan peaks. It is home to the Kulung Rai community, whose rich culture and warm hospitality add to its appeal. The village features terraced fields, vibrant forests, and serene landscapes, offering tranquillity and breathtaking views. Bung is also a spiritual hub, with ancient monasteries and sacred sites reflecting deep-rooted traditions. The village of Bung serves as a gateway for trekkers exploring the remote Makalu-Barun region, providing an authentic glimpse into Nepal's unspoiled rural lifestyle.

We reach Bung at lunch time; this allows us to explore the village. The village of Bung comparatively much cleaner than most villages in Nepal. It is a great place to study how the local community has achieved this applaud worthy achievement of waste management.

Day 4 – Trek to Khiraule

- Trekking: 3 hours
- Elevation: 2400 m

The trek from Bung to Khiraule is a moderately steep trek. It is a scenic journey through lush forests, terraced fields, and traditional villages. It offers serene landscapes and panoramic views of surrounding Himalayan peaks. We reach Khiraule at lunch time. After lunch you are free to explore the village on your own.

Day 5- Trek to Cholem Kharka

- Trekking: 4 hours
- Elevation: 3600 m

The trek from Khiraule to Cholem Kharka is a moderate ascent through dense rhododendron and pine forests, high pastures, and rugged trails. The trail passes through Rhododendron and bamboo forest and soon we come out in the open at Chhada Khor where there lodges and sheep pastures. The trail continues north of this open pasture and climbs a ridge with bamboo forest and after a couple of hours we reach Cholem Kharka.

A lodge perched on a ridge at Cholem Kharka

Day 6 – Rest and acclimatization day

As the previous day we ascended 1200m, it is important that we reserve this day as a rest and acclimatization day. We will do a short hike to gain elevation and acclimatize.

Day 7 – Trek to Khola Kharka (Panch Pokhari)

- Trekking: 4 to 5 hours
- Elevation: 4200 m

The trail climbs steeply to a small pass which takes about a couple of hours. There are fantastic views of the Hinku valley and the peaks of Kusum Kanguru and Khyasar Khang. After taking a short break we continue to climb; now an even steeper switchback made of stone staircase until we reach the highest pass called Hurhure pass. After the pass it is about 30 mins descend to Panch Pokhari, which are a cluster of 5 lakes and hence the name. We usually take packed lunch this day and this place with the views of the lake is an excellent place to stop for lunch. After this break it is an easy 40 mins walk to our camp. Overnight Lodge

One of the 5 lakes at Panch Pokhari

Day 8 – Trek to Kothe

- Trekking: 6 to 7 hours
- Elevation: 3600 m

The trail climbs steeply for about 45 mins to a pass. From here there are great views of the valley ahead. The trail is undulating and follows the side of the exposed mountain for about 2hours until we start to descend gently down to the tree line. Here we stop for lunch. After lunch we descend steeply into a rhododendron and birch forest and after about a couple of hours we reach the bank of the Hinku Khola. From here we ascend gradually following the river upstream for about an hour to reach Khote. Kothe is a small and beautiful village that gives an impression of a village from a wild-west Hollywood movie. There are several lodges and shops selling trekking clothes and local bars with “carrom board” which is a kind of table snooker with small discs instead of balls. Here we also have the check post of Makalu Barun National Park. We will need to entry your permits and pay national park fees.

On the way to Kothe

Day 9: Rest at Kothe

After having trekked for 6 days through rough terrain and steep ascents and descents we deserve a rest day here at Kothe. This day is mainly to let you relax your tired muscles and build up energy and get prepared physically and mentally for the days ahead. You can also utilize this day for showers, washing clothes etc.

Day 10: Trek to Thangna

- Trekking: 4 hours
- Elevation: 4400 m

Today is an easy walk with not much climbs, but watch out for loose falling rocks along the bank of the river. We will follow the river upstream along the erosion caused by the river system. It is a gentle and gradual ascent along the bank of the river for about 4 hours before we reach Thangna. Thangna is situated at an even flat area with breath magnificent views of the mountain peaks surrounding it. The peaks of Kyashar Kang lies towards the North and Kusum Kang Guru and Kangtega glacier towards North West. There are a few lodges here. We will stop here for the night.

View of Mt. Khyasar Khang from Thangnag

Day 11: Trek to Khare

- Trekking: 4 hours
- Elevation: 5000 m

Today is again an easy walk following the Hinku Khola. There are no steep ascends and descends and most of the time we are gradually climbing without even noticing the gain of elevation. We can see the Mera La right in front of us. Just about an hour before reaching Kahre, we will start to climb

steeply until we reach Khare by lunch time. Upon arrival to Khare, we will have lunch and settle to our rooms. In the afternoon we will take a gentle exploration of the area.

The valley below leads from Thangnag to Khare.

Day 12: Rest and acclimatization - climbing training day

Today we will have some ice climbing training and safety instruction. For those who have never walked with big climbing boots and crampons, it is an excellent opportunity to practice that. After lunch we will go through your climbing gears and make necessary preparations for the climb.

Day 13: Trek to Mera Base Camp

- Trekking: 3 to 4 hours
- Elevation: 5300 m

Right from the lodge we will start to climb gently and steadily along a ridge. There are amazing views of the mountains surrounding us. At the end of the ridge, we begin to climb a rocky scree, then soon reach the bottom of the Mera glacier. It takes about 2 to 2 ½ hours to reach Mera Base Camp.

Camp at Mera La, Base Camp

Day 14: Climb to High Camp

- Trekking: 5 hours
- Elevation: 5780 m

After breakfast we will pack and then wear your ice boots and harness and get ready for the climb to high camp. About 200m from base camp we reach the bottom of the Mera glacier. Here we put on our crampons and rope up and begin climbing the glacier. The beginning is a steep climb but soon the gradient becomes less steep. Soon we are on the Mera La, which is a beautiful snow and ice pass that connects the Hinku and Hunku valleys. From here we continue to climb on 10 to 20 degrees slope which will lead us to High Camp. Upon reaching High Camp we will be alloted to our tents. Then we rest and prepare our gears for the next day which will be our summit push.

On the way to High Camp. Mt. Cho Oyu, Mt. Everest and Mount Lhotse from left to right.

Day 15: Summit and trek back to Khare

- Trekking: 10 to 12 hours
- Elevation: 6476 m

We will wake up around 2 AM. Breakfast will be served right away in your tent, which will be some museli/ porridge, biscuits and nuts and some tea. We recommend you to carry your favorite snacks for the climb. At around 3 AM we start the climb and so it begins. The first part of the climb is a gentle ascent of about 20 to 25 degrees with switch backs along the face leading to the summit. We will climb on main rope attached to each member in groups of 4 to 5. We reach the bottom of the final ice serac, which leads to the summit, after a steady 5 to 6 hours climb. From the bottom of this serac we will fix rope and you will need to climb the fixed ropes using jumars for about 20 meters. Soon we are at the summit!

The views are unfathomable with views of 5 of the world's highest mountains viz. Mt. Everest, Mt. Kanchendzonga, Mt. Lhotse, Mt. Makalu and Mt. Cho Oyu dominating the Northern Skyline. Towards the South, you can see the cascading hills receding towards the Great plains of India.

After a victorious moment spent at the summit, we will start to descend down. It is a good 11 to 12 hours day from High Camp to summit and back to Khare.

Mera Peak Expedition 6476m Oct.2019 Nepal
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Day 16: Trek back to Kothe

- Trekking: 5 hours
- Elevation: 3600 m

We will retrace our way back to Kothe down the Hinku valley. We arrive Kothe early, and we can use this opportunity to take clean-up the trails nearby.

Day 17: Trek to Cholem Kharka

- Trekking: 7 hours

We will trek back via Hurhure pass to Cholem Kharka

Day 18: Trek to Khiraule and drive to Patale

- Trekking: 3 hours
- Drive: 5 hours

In the morning we trek from Cholem to Khiraule where we will take a jeep to drive to Bung. On the trail we will do some clean-up. We will take a lunch break at Bung and then continue drive to Patale.

Day 19. Drive to Kathmandu

- Drive: 10 hours, 270 kms

Day 20: Reserve day – This day is a contingency day allowed for unfavourable weather, and or poor conditions on the mountain. If we have not used this day for any delays or as back-up for summit, it will be used as an extra day on trail for clean-up and exploring.

Day 21: Departure – debriefing, transfer to airport and departure home.

Important information

A Day on Your Trek

Although each day is different, considering the weather, general pace of the group and length of the days walk, in general your day begins with a wake up tea at around 6 to 6:30 in the morning. You will then be provided with a bowl of warm water for washing.

Then you will need to pack your duffel bag and your daypack and come to the lodge's diner for breakfast. After breakfast we will hit the trail and usually walk for about 3 to 4 hours before we stop for lunch. We will give you about an hour and a half rest during lunch, which will also give enough time for the staff to have their lunch and pack. Usually after 3 to 4 hours of walking we finish the

days walk by 4 PM. Tea/ Coffee and snacks will be served on arrival to the lodge. Your group Leader will often organize side trips in the afternoon. Your dinner will be served around 7 PM.

High Altitude

On this trek you will be going up to 6476m, so it is very important to understand the effects of altitude. The greatest provocation is going too high too fast. Hi On Life's itinerary has been carefully designed to minimize the effects of altitude. We ascend slowly and surely allowing enough time for safe acclimatization.

Headaches and breathlessness are common at altitude which in itself is nothing to worry about. In rare cases, this may worsen to Acute Mountain sickness (AMS), so a close watch is kept on all trekkers by the group leader who is trained to recognize the symptoms of AMS which are severe headaches, nausea, lethargy, loss of appetite serious breathlessness even at rest. If any trekkers show such signs they will be descended to relatively lower and safer altitude. The Group Leader's decision on evacuating such person to a safe altitude is final. Do not medicate yourself without first informing your group leader. Going to altitude slowly with adequate rest and adequate intake of fluid (3 to 4 litres per day), you will most likely have no problems apart from breathlessness on hills which is completely normal as the percentage of Oxygen in the air is relatively lower to that at sea level. The most important thing is not to worry about altitude because our team is there to take care of you.

Staff

Group leader: your most important member of your staff. Our Group leaders are highly trained in all aspects of the trek, conservation, first aid specializing on altitude sickness, emergency procedures and have extensive knowledge of the natural history of the area.

Sirdar: His job is to manage and organize staff duties. He is responsible for the actual operation of the trek.

Sherpas: Their job is to lead your way and distribute equal loads to the porters.

Cook: Responsible for your food. Hygiene of a high standard is taken into consideration in preparing the food.

Porters: They are responsible to transport your duffle bags and their job finishes once they reach the designated lodge. Our porters are provided with Gore-Tex suits, trekking boots, gloves, hats, socks, snow gaiters and snow goggles. Most importantly, we regulate them on a 25 Kg carrying which no other company does. Our clients can therefore feel comfortable knowing that our porters are working in a good humane condition. During the trek you can see porters carrying 60-70 kg and sometimes even more than 100 kg!!)

Weather:

Oct/Nov and March/April

On the trek at lower altitude (2500m to 3500m) during daytime the max temp can be around 10C to 15C and the min temp can be 3C to 7C At higher altitude (4000m to 5000m) the daytime max temp can be between 2C to 7C and min temp can be between -10C to -5C On your summit day you can expect between -15C to -18C and additional wind chill factor depending on the wind speed.

Please note that this is just general information and it could vary.

Healthy and trouble-free holiday

There are no compulsory vaccinations required for entering Nepal. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, **please give us a list of what you can and can't eat so that we can provide proper food for you**.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including antimalarials have side effects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on malaria in Kathmandu for the past couple of decades.

Insure yourself

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness and accidents. And it should also cover you for Emergency Helicopter Evacuation.

Money Matters

The ideal currency to bring with you is USD.

In Kathmandu: Each meal will cost around 4 to 6 USD. Plus 10 to 20 USD for your taxis if you wish to go around the city.

On trek: You will need around 6 to 10 USD per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

Tipping

Although tipping is entirely optional and personal matter the following is recommended as a guideline In Kathmandu: for bellboys, waiters and porters 30 to 50 Nepali Rupees

On the trek: At the end of the trek it is a customary to tip the field staff.

- For Staff: 100-150 USD depending on group size. The group leader will collect the tip and then split it between the staff and put it in envelops so that the trekkers can give it to the staff during the "Farwell Ceremonies". Your Group Leader is not included in this tip.

- For Group Leader: 30 to 50 USD per person

Some Do's and Don'ts

Nepalese people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture.

While in Nepal please observe the following:

- Full or partial nudity is not accepted
- Over display of affection between men and women, especially in temples and monasteries are discouraged
- Please remove your shoes before entering monasteries and temples
- Never point the soles of your feet at a person or shrine
- Many Hindu temples are closed to non-Hindus. Please ask before entering
- Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory

PLEASE SEE BELOW THE RECOMMENDED EQUIPMENT!

Equipment list

Recommendations for things you should bring:

Clothing:

Head:

- Warm hat wool or synthetic that covers your ears
- Balaclava
- Sunhat
- Glacier sunglasses with side shields, 1 pair ski goggles with light and dark lenses
- Headlamp with extra batteries
- Buff or head scarf, also useful for dusty conditions

Multi functions of buff

Sample of sunglasses you will need for the climb

Upper Body:

- 2 polypropylene or wool mix t-shirts
- 2 polypropylene or wool mix long sleeve t-shirts
- 2 long sleeve thermal underwear shirts, lightweight preferably woolen
- 1 polar fleece pullovers medium weight or 1 heavy wool thermal underwear
- 1 polar fleece jacket, OR Primaloft/ Down light weight jacket
- Gore-Tex jacket with hood, waterproof and breathable
- For high altitude use, 1 very warm goose-down jacket with hood **(we provide this)**

Base layers

Hands:

For trekking:

- 1 pair light weight windstopper gloves

For climbing:

- 1 pr. lightweight poly-liner gloves
- 1 pair mittens, consists of 1 Gore-tex over mitt matched with the very warm polar Fleece mitt liner OR down gloves

Lower Body:

- 1 pair walking shorts
- 1 to 2 pair walking trousers for trekking
- 2 pair lightweight thermal bottoms
- 1 pair medium or expedition weight thermal bottoms OR polar fleece trouser
- 1 pair Primaloft OR light weight down trouser for evenings at Base Camp and Advance Base Camp
- 1 pair Gore-Tex trousers, Waterproof/breathable with side zips

Feet:

- 1 pair climbing boot preferably for 6000m+ (you can also hire plastic boots in Kathmandu)
- 1 pair trekking /walking boots with good ankle support
- 1 pair trainers, running shoes and/or sandals for Kathmandu and in camp;
- 1 pair down booties for use in camp (optional)
- 2 pair med-heavy preferably wool socks
- 2 to 3 pair of liner socks. Polypropylene or wool
- 2 to 3 pair lightweight trekking socks, poly or wool

Some recomendations on the type of boots you need for climbing.

Sleeping:

We provide:

- 1 down sleeping bag (rated to – 20 Centigrade or -0 F)
- 1 polar fleece liner
- Exped Down 7W mattres and foam kari-mats.

For every trek we provide these 1400 gm to 1800 gm down sleeping bags depending on altitude, and down jackets

Rucksack and Travel Bags:

- 1 medium rucksack (40-50 litres)
- We provide you 1 big duffle bag.
- Small padlocks for duffel kit bags.

Accessories:

- headlamp
- trekking poles
- 1 small roll of repair tape, 1 sewing repair kit
- Small personal first aid (including a blister kit)
- sunscreen (50+), lip balm
- Personal hygiene kit, towel, personal medication, earplugs
- 1 cigarette lighter
- 1 compass or GPS, paper map (optional),
- Camera
- Nylon stuff sacks for food and gear storage, large Ziplocs are useful also
- 3 Water bottles (1 litre)/thermos
- 1 small folding knife
- Books, playing cards, ipod/mp3 player, games, small musical instruments
- Adequate number of batteries, etc.
- Personal snacks