



# Annapurna Foothills

## Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism License No. 956/065

### Mera & Island Peak Expeditions via Amphu Labtsa Pass 25 days

#### Trip Facts

**Trip Cost** USD 3800 P/P

**Group Size above** 2 Pax

**Single Supplement** \$ 350

**Max Elevation** 6476m

**Trip duration** 25 Day

**Trekking Type** 12 night Lodge

**Trekking Type** 8 night Tent

**Hotel in Kathmandu** 4 Night

**Ending Point** Kathmandu

**Starting Point** Kathmandu



#### Highlights:

- Climb 2 of the finest trekking peaks in Nepal in one great holiday
- Climb Mera and Island Peak and trek across the Amphu Labtsa
- High and wild trekking in the remote Hongu Valley below Chamlang
- Trekking through the Everest region to Namche Bazaar
- Package price includes all meals and airport transfers

**Day to Day Detailed Itinerary from November 4<sup>th</sup> till November 28<sup>th</sup> 2022**

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### **Nov 4<sup>th</sup> 2022: Day 01: Arrival in Kathmandu 1,300 m/4,265 ft**

Flying to Kathmandu is in itself an exciting and memorable experience. On a clear day, you will get a panoramic view of the snow-capped towering peaks. After completing the visa formalities in airport, collect your luggage downstairs. As you exit the airport terminal, you will be welcomed by one of our representatives carrying your name on our company's signboard, Annapurna Foothills Treks & Expedition. Moving forward, you'll be taken to your hotel in our private tourist vehicle. Once you reach at hotel, you'll be welcomed by them as well and after that you can relax in your room. hotel

### **Nov 5<sup>th</sup> 2022: Day 02: Preparation Day in Kathmandu**

The Managing Director of our company will be there to meet you in the hotel and provide more information about the expedition. Your dues must be cleared before we proceed on the trip. We will finalize paperwork-permit for your trip and make a final check of your climbing equipment. In case you need additional trekking equipment, you will have a chance to buy it today. Sightseeing tours of Kathmandu Valley are also an option. Overnight at Hotel **Included Meals (B)**

### **Nov 6<sup>th</sup> 2022: Day 03: Fly to Lukla, and trek to Paiya (Chutok),(2,730m/8,956ft) 3-4 hrs**

The early morning flight to the Tenzing-Hillary Airport, Lukla, takes only 40-minutes. It is an amazing flight as the mountains seem to tower around the plane. We land in a valley surrounded by high mountains peaks. Our climbing team will be at the airport waiting for us and without any delay, we'll commence the trek. Beginning at Lukla and then descending to Paiya, is good for acclimatization. The trail leads through forests down to the traditional villages of Surke and Pakhepani along with rhododendron forests on the way. Also, you'll encounter a great view of Kongde Ri, Khatang, Tang Ragi Tu and other 7000+ meter peaks from Paiya. Overnight at lodge **Included Meals (B L D)**

### **Nov 7<sup>th</sup> 2022: Day 04: Trek to Pangoma, (2,850m/9,350ft) 5-6 hrs**

From Paiya there is a short descent to a wooden bridge which we cross and make a steep and slippery ascent to Kari La Pass, 3145m. A narrow trail winds down through the rhododendron and bamboo forests. The scene is beautiful with the Dudhkoshi River valley below and the Dudh Kund Himal in the background. Pangoma is a farming and trading village. Overnight at lodge **Included Meals (B L D)**

### **Nov 8<sup>th</sup> 2022: Day 05: Trek to Nigmsa (2,745m/9,005ft) 4-5 hrs**

The rocky trail descends to a rhododendron forest. Mani walls mark the trail as we trek over hills and ridges. The south face of Mera Peak, 6064m and Naulekh Peak tower ahead of us as we zigzag through pine and rhododendron forests and finally descend steeply to Sibuche. Overnight at lodge **Included Meals (B L D)**

### **Nov 9<sup>th</sup> 2022: Day 06: Trek to Chhetra Khola, (3,122m/10,242ft) 7-8 hrs**

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Today our trail starts angling toward the north with plenty of ascents and descents and rhododendron and bamboo forests. We cross the crystal clear Hinku (Inkhu) Khola on suspension bridges several times. We may sight some wildlife like the sloth bear, wild cats and a variety of birds. Overnight at lodge **Included Meals (B L D)**

### **Nov 10th 2022: Day 07: Trek to Kothe, (3,600m /11,811ft) 6-7 hrs**

We start out trekking on narrow trails through bamboo and pine forests. As we follow the river, the Hinku Valley widens and we enjoy the view of Mera Peak ahead of us. Beyond Tashing Dingma there are a few teahouses where we have lunch. The trail follows on the ridge above the river all the way to Kothe. Overnight at Lodge **Included Meals (B L D)**

### **Nov 11th 2022: Day 08: Trek to Thangnak, (4,356m/14,291ft) 5 hrs**

We ascend gradually following the Hinku River. Mera Peak and other mountains tower around us now. On the ridge above the river are pastures. Gondishung is a summer herders' settlement where there is an ancient monastery. The trees become sparser as we are nearing the snow line. Thangnak is a summer grazing area. Overnight in Lodge. **Included Meals (B L D)**

### **Nov 12th 2022: Day 09: Trek to Khare, (5,045m/16,551ft) 4 hrs**

The trail crosses boulders left by Sabai Tsho, the glacial lake which is close to the trail north of Thangnak. We follow the lateral moraine of Dig Glacier to the grassy Dig Kharka, which offers spectacular views of Charpate Himal. The trail climbs through moraines to the snout of the Hinku Nup and Shar Glaciers and then climbs more steeply to Khare. From a ridge above Khare there is an excellent view of the route we will take to Mera Peak. Overnight in Lodge **Included Meals (B L D)**

### **Nov 13th 2022: Day 10: Acclimatization Day in Khare /Preparation day**

To acclimatize, we spend the day exploring and practicing climbing techniques with our guide. If we are feeling energetic, we might trek as far as Mera La. Overnight in Lodge **Included Meals (B L D)**

### **Nov 14th 2022: Day 11: Trek to Base Camp (5,350m/17,552ft) 4 hrs**

We ascend for three hours over a boulder strewn path up to the glacier. There is a short climb to a glacial plateau leading up to Mera La. The views from the pass are spectacular. From the pass we descend about 100m towards the Honggu side and set up our base camp on the rocky moraine below the ice. Overnight in Tent **Included Meals (B L D)**

### **Nov 15th 2022: Day 12: Trek to High Camp, (5780m/18,963ft) 4 hrs**

We make the steep ascent to Mera La and continue up the rock-strewn north flank to a rocky outcropping where we set up high camp. From High Camp we enjoy the view of Mt. Everest, Makalu, Kanchanjunga, Cho Oyu, and south face of

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Lotshe, Nuptse, Chamlang and Baruntse. We can also see most of the route to the summit. Overnight in Tent **Included Meals (B)**

**Nov 16th 2022: Day 13: Mera Peak (6,46m/ 21,246ft) Ascent and Decent to Kongme Dingma (4,900m/16,076ft) 10-12 hrs**

We have an alpine start before daybreak as the climb usually takes 5-6 hours. We put on crampons and rope together for the steep climb to the summit. There are a number of crevasses, so we will need to take precaution if there has been recent snowfall. The is a short sharp scramble up an ice-wall to the summit is well rewarded with spectacular views of Cho Oyu, 8201m, Lhotse, 8516m, Everest, 8848m, Makalu , 8463m, Pumori, 7161m, Lobuche, 6145m and many others. After reaching the summit and enjoying amazing views over the Himalayas, we have a short abseil before the long descent back to High camp. We will rest for 45 minutes before descending back down to our campsite in the Hinku Valley at Kongme Dingma. This is a very long but satisfying day! Overnight in Tent **Included Meals (B L D)**

**Nov 17th 2022: Day 14: Reserve Day**

There is no guarantee that there will be favorable weather for scheduled summit day. In case we are unable to summit Mera Peak on day 14 due to weather or any other reason like someone in the group having altitude related problems, this extra day gives some flexibility. **Included Meals (B L D)**

**Nov 18th 2022: Day 15: Trek to Hongu river Seto Pokhari (5,000m/16,404ft) 4-5 hrs**

We go further up the spectacular high-altitude valley, following the bank of the Hongu river. The Amphu Labtsa appears in front with Lhotse and the Everest group beyond and Ama Dablam just to the left. We can have an excellent view of Amphu Labtsa from the campsite and it is encircled by the beautiful mountains and spends the night in tent.

**Nov 19th 2022: Day 16: Trek to below the Amphu Labtsu high camp (5,400m/17,716 4 hrs**

Below the Amphu Labtsu is about 5,500m. We have a relaxed afternoon as our Sherpa team prepares the route over the pass and spend the night in tent.

**Nov 20th 2022: Day 17: The Amphu Labtsa (5,780m/ 18,963ft) and trek to Imja Valley 10 hrs**

This is the most involved and serious mountaineering day of the trip. The approach to the pass is over glacier and around stunning ice flutings and formations and presents no real difficulty at first. Stay overnight in tent.

**Nov 21th 2022: Day 18: Trek to Island Peak Base Camp(5,200m/17,060ft) 2 hrs**

the path climbs steeply toward the west and the turns north, following the valley along the moraine from the Lhotse glacier. We continue a short yet pleasant walk along the river side which leads to Big-Rock. From this point a 40 minute climb will take us to Island Peak Base Camp. Where we will set up camp and relax for the rest of the day. **Included Meals (B L D)**

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### **Nov 22th 2022: Day 19: Base Camp to Summit 6,189m/20,305ft and descent to Chhukung (4,710m/15,452ft) 10-12 hrs**

We have to start early in the morning to climb through the rock channel. Although it is not difficult, there are many short rock steps to be crossed before you come across the other side of the channel. Then the trail leads to the ridgeline where you traverse the snout of the summit glacier. You will need to rope up for the glacier as it contains several crevasses, which leads with little difficulty, to a 100m snow and ice slope (40-45°) on which the guides will fix a rope. From the top of this slope, 3 rope lengths along a sharp summit ridge will take you to the top. After enjoying the summit view, you will descend all the way to Chhukung, 4710m. Overnight in a lodge. **Included Meals (B L D)**

### **Nov 23th 2022: Day 20: Trek to Tengboche, (3,864m/12,677ft ) 4 hrs**

Gradually, we trek down to Dingboche and again pass through the Pangboche village, the same trail we used on the way up. The trail leads down to a river. After crossing the river, we walk for an hour up through the forest and reach Tengboche Overnight Lodge. **Included Meals (B L D)**

### **Nov 24th 2022: Day 21: Trek to Namche (3,450m/11318ft ) 3hrs**

From Tengboche we descend to the bridge over the Dudh Kosi at Phunki Tenga, where there are water driven prayer wheels, before making our way to Namche. Overnight Lodge **Included Meals (B L D)**

### **Nov 25th 2022: Day 22: Trek to Lukla (2,810m/9,219ft)**

Boosted by all our new red blood cells, we rush down the footpath toward Sagarmatha National Park gate, in Jorsale. Later, Lukla's footpath leads us back to the first villages we saw two weeks ago: Gumila, Phakdingma, and Choplung. The high peaks disappear behind the hills. In Lukla, this last evening in the mountains is the ideal opportunity for a farewell party with your sherpa guides and porters, and a good chance to sample some chhang, try Nepali and Sherpa dance and look back on the memorable trekking experiences. The staff will be hoping for some precious and well deserved tips. Overnight Lodge **Included Meals (B L D)**

### **Nov 26th 2022: Day 23: Fly from Lukla to Kathmandu** You take an early morning flight from Lukla back to Kathmandu . Over Night stay in Hotel **Included Meals (B )**

### **Nov 27th 2022: Day 24: Free day Kathmandu** After breakfast, there will be free time for souvenir shopping and other independent activities. Overnight stay at hotel **Included Meals (B )**

### **Nov 28th 2022: Day 25: Departure**

We will accompany you to the International Airport in time to board your flight.

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**Trip Cost: USD 3800 Per Person - Above 02 pax**

### Service Includes

- ✓ Transfer from Airport – Hotel – Airport: Car, Van, Hi-ace or Coaster in a private vehicle.
- ✓ Authentic Nepali welcome dinner with Live Nepalese Cultural Program.
- ✓ Accommodation in Kathmandu, Four nights on Twin share Bed and Breakfast Basis
- ✓ Accommodation during Trek ; local lodges 12 nights (Full board meals with twin-share rooms ,beds with comfortable foam mattress and pillows)
- ✓ Accommodation during Camping ; Meals during Eight nights Camping
- ✓ English speaking experienced and certified Sherpa Guide (Govt. Trained/License Holder).
- ✓ All Camping Equipment required during the trek, sleeping tents/mattresses, kitchen tent, kitchen equipment
- ✓ Climbing rope, Ice screws, Snow bar
- ✓ Trekking cook, kitchen staff, Trek Sherpa and other support staff while Camping Days
- ✓ One Sherpa guide-assistant if group size is more than 4 Trekkers.
- ✓ Porters: **One porter for One Trekker basis in all of our Climbing Trips**
- ✓ Trek Staff costs including their salary, insurance, equipment, food and accommodation.
- ✓ Personal insurance for Nepalese staff.
- ✓ Annapurna Foothill's Duffle bag for Trekking.
- ✓ Annapurna Foothill's T-shirt
- ✓ **Energy Supplies ( Snickers, Mars, Bounty) and Fresh / Can Fruits on the Trek**
- ✓ First aid medicine kit.
- ✓ Mera Peak and Island Peak Climbing Permit
- ✓ Sagarmatha National Park Fee, TIMS permits & all required permits or Official Documentation.
- ✓ Round-Trip airfare between Kathmandu and Lukla (Airport Tax Included)
- ✓ **Kathmandu – Lukla – Kathmandu Excess baggage fees**
- ✓ All government and local taxes.
- ✓ Mera Peak and Island Peak climbing certificates issued from the respective body of Nepal Government.
- ✓ **Thuraya satellite phone for logistical, safety and personal use. Personal calls can be placed for \$3 USD per minute**
- ✓ **Oxygen mask regulator and support**
- ✓ All required Personal and Group Climbing Equipments and Gears

### Personal Climbing Gears includes:

- ✓ Mountaineering/ Climbing Boots

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- ✓ Crampons
- ✓ Helmet
- ✓ Harness
- ✓ Ice Axe
- ✓ 2 x Screwgate Carabiners ( Lock and UnLock)
- ✓ Descender ( Figure 8, Belay Device)
- ✓ Ascender (Jumar)
- ✓ Prussic Loops
- ✓ 2 x Tape slings

### Cost Exclude(s)

- ☒ Your Personal Travel Insurance.
- ☒ Nepal Entry Visa Fee.
- ☒ Lunch & Dinner in cities - allow \$ 10 to 14 for per meal in Tourist restaurants.
- ☒ Beverages (soft drinks, mineral water,boiled water and beer).
- ☒ Tips for guide, porters and driver (customary).
- ☒ Any personal expenses not mentioned in above services.
- ☒ Additional night accommodation in Kathmandu because of early return from Trek (due to any reason) than the planned itinerary.

### Why Climb Mera and Island Peaks with Annapurna Foothills Treks?

Annapurna Foothills Treks and Expeditions is a Nepal-based company. We operate all tours independently. By choosing us, you will eliminate the added expense of paying commission to travel agents. We take pride in offering competitive rates, however, we make no effort to compete with companies who are offering unreasonably low rates and compromising standards which both you and the trekking support staff require to make the trek an enjoyable experience. We also refuse to offer cheap packages which have hidden costs that are an unpleasant surprise for you later.

There are some important points to be considered which will explain you why you should choose Annapurna Foothill Treks.

- To make sure that you receive a quality service with a reasonable cost. Our cost is almost 40 % than the most international companies charge. Joining a small company like ours means promoting the socio-economic status of the local Sherpa guides and porters. In addition, you save your money as well.
- As we have born and grown up in the mountain regions, we know more about the local environment and people.
- We have got the team of professional and well trained staffs. Therefore, we can guarantee you for the quality and professional service.

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- Our all teams members such as guides and leaders represent from the Sherpa community
- Our staffs are trustable, faithful and hardworking and they make your trip memorable. We provide valuable trekking package.
- We provide better care and comfortable service to our valued service clients.
- We design trip according to your requirements. We are flexible in itinerary.
- Single person is responsible for everyday departure and organize trip
- You can choose the meal of your choice from the local menu
- Our staff's fine sense of humor will excite your trekking

### Term and condition / Travel Insurance

#### *Term and condition*

1. If we fail to provide you the trip (completely or partially), due to unexpected circumstances such as flight cancellations by the airlines, snow, or landslide (situations beyond our control), we will offer you an alternative trip of a similar nature and value. If this doesn't fit your personal interest, we will refund you the money deducting expenses till that point of the trip. However, any extra expenses incurred to you due to this cancellation will be your own responsibility. For example, any extra cost due to a delay of flights in Lukla, other remote airstrips, will be your personal responsibility. It is always wise and recommended to keep one or two spare days for treks involving flights to and from remote regions.
2. All packages are based on twin sharing basis. Single accommodation will be an additional cost.
3. Our trekking guide reserves the right to expel members from the group if they do serious unlawful acts which endanger themselves or others.
4. If you leave the trip on your own reason, whatever the reason be, once the trip starts no refund will be given for any unused portion of the trip
5. Our trekking guide reserves the right to alter the route, walking durations and make other amendments for the safety and interest of the group, especially due to weather conditions or in consideration of the health of a group member.

#### *Travel Insurance*

To be adequately protected in terms of insurance, you will need special travel insurance for participation in hazardous activities. A complete travel insurance policy that covers cancellation, lost baggage, theft, injury, liability, medical treatment, death and expenses is strongly recommended. Make sure the insurance covers all the activities that you will be undertaking during your stay in Nepal including trekking and climbing. If a client requires medical treatment, all hospital expenses, including doctors' fees and repatriation costs, are the client's responsibility.

If you are injured and unable to walk in a remote area, a rescue helicopter will be arranged. Annapurna foothills Treks has an agreement in Kathmandu that guarantees payment for helicopter evacuations. They will pay a cash deposit to the helicopter operator and collect the money from you once you have been rescued. Before leaving on the expedition, we will

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make sure your policy specifically covers mountaineering or alpinism otherwise you may have a difficult time settling the large claim.

### Clothing and Equipment

#### Mera Peak and Island Peak via Amphu Labtsa Equipment and Packing list

This list is only our suggestion for Mera Peak and Island Peak via Amphu Labtsa . You will want to adjust the list according to your personal requirements, interests, and season of your trip. Well-seasoned trekkers will surely have their own ideas about what to pack.

**Almost all of these items on the list are available in Kathmandu.** Kathmandu has a good selection of gear stores where many outdoor brands are available at a reasonable price (eg.North Face, Mountain Hardware, Everest Hardware and Marmot.) It is also possible to save money by renting equipment in Kathmandu.

Please remember that Annapurna Foothills Treks and Expedition provides one porter for every two clients. The weight limit for each porter is 30 kg. That means your duffle bag carried by the porter must not exceed 15 kg (about 33lbs). You will carry a day pack with extra windbreaker, sunscreen, water bottle and items you need on the trail.

Because most items are available in Kathmandu we have marked the **items which you should bring from home with an asterisk (\*)**. **Some marked items are available, but the exact variety may not be available in Kathmandu.**

#### Clothing

It is important to be equipped to cope with the extremes in temperature as well as unexpected bad weather. At high altitudes it can be very hot when hiking in the sun and very cold when you stop in the shade and when the temperatures dip at night. What is mentioned on the list is the minimum you should bring. A couple extra T-shirts is a good idea. You may get a chance to wash clothes, socks and underwear on rest days but that is not always dependable.

#### Upper Body

- 2-Light weight thermal tops- long sleeved (medium weight merino or equivalent)
- 3-T shirts or cool-max trekking shirts
- 1- pull over or jacket (Merino, polartec power-stretch, soft shell, 100 weight fleece)
- 1-200 weight fleece jacket or prima loft jacket
- 1-Waterproof shell jacket with hood (lightweight, breathable)
- 1-Down parka with hood

#### Lower Body

- 2-Thermal bottoms (merino or polartec powerdry)
- 1-Fleece or polartech powerstretch pants
- 1-Light weight hiking trousers

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- 1-Heavy weight hiking trousers (wind proof soft shell for warmth at higher altitude)
- 1-Hiking shorts (optional)
- Waterproof shell pants (lightweight, breathable)
- \*Under Garments

### Feet

- 4- Warm Trekking socks (wool)
- \*4- Lightweight Cotton Trekking socks
- 2-Thick wool socks to wear at night in lodges
- \*Gore-tex waterproof hiking boots- (you should buy at home and break them in before you come)
- \*Spare laces for hiking boots
- Snow Gaiters (optional)
- Camp shoes/sandals (crops are ideal)

### Hands

- 1-Lightweight gloves-Polypro
- 1-Heavyweight gloves or mittens with a waterproof shell outer (seasonal)
- 1 pair expedition shell gloves

### Head

- Warm beanie hat
- Tubular Headwear (buff)
- Sun hat or cap (cap and buff all fit under your hood)
- Polarised Sunglasses with UV protection

### Accessories:

- 1-Daypack (approximately 2500 to 3000 cubic inches)
- 2-Water bottle or camel bag, 1-liter (one with an insulated cover is recommended)
- large duffle bag (and a lock as the porters will carry this)
- Stuff sacks, dry bags, garbage bags etc (to organise and waterproof your things inside the duffle bag)
- Trekking pole set
- Sleeping bag (- 30°C)
- Head lamp and spare batteries

### Personal First Aid kit (we suggest the following items):

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- \*Personal medication
- Broad spectrum antibiotics (e.g. Ciprofloxacin)
- Diarrhea stopper (e.g. Immodium)
- Rehydration salt sachets
- Medication for giardiasis (e.g. Tinidazole)
- \*Blister kit (tiny roll of 3M medical tape/breathable surgical tape)
- Antiseptic (iodine or alcohol wipes for cleaning wounds)
- \*Sterile non-stick absorbent dressing/gauze (for more serious wounds)
- \*Antibiotic cream (sample size)
- 10 ibuprofen tablets (anti-inflammatory; pain relief)
- 4 antihistamine tablets (for bites, allergic reactions; e.g. Benadryl)
- throat lozenges
- Small Swiss Army knife (which has knife, scissors and tweezers)
- Small whistle
- Diamox (consult your doctor about this)

### Toiletries/hygiene:

- Toothbrush & \*paste (preferably biodegradable)
- Toilet paper
- Light weight towel and \*soap (preferably biodegradable)
- \*Face and body moisturizer (the low humidity at high altitude dries the skin)
- Feminine hygiene products
- Small mirror
- \*Deodorants
- Nail clippers
- Wet wipes/ baby wipes (in case there is no warm water for a wash)
- Antibacterial hand gel
- Sunscreen (with a high UV factor needed for high altitude )
- Sunblock lip balm (kept in a pocket and regularly applied)

### Extras/Luxuries:

- \*Lightweight reading material
  - Trail Map/Guide book
  - Journal & Pen
  - \*Travel game i.e. chess, backgammon, scrabble
  - Small pillow
  - Thermarest (optional – in case the mattress in the lodge is inadequate)
  - \*Earplugs (in case group member snores)
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- Personal treats and snacks
  - \*Zip-lock bags for snacks so you can divide each day
  - A bag to leave these in Kathmandu (very cheap in Kathmandu)
  - Shoulder bag or small backpack for exploring around town (optional)
  - \*Music player
  - \*Camera
  - Binoculars
  - Town clothes and shoes
  - \*Swimming costume (for Kathmandu)
  - Tips for your Sherpa guide and porter
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**With best regards**  
**Ngima Nuru Sherpa**



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### **GOVERNMENT REGISTRATION NUMBERS:**

- » Office of Company Register: 52988/064/065
- » Office of Cottage & Small Industry: 10948/142
- » Tourism Industry Division License No: 956/065
- » Tax Department Regd. No: 302898457
- » Nepal National Bank Ref. No. Bi.Bi.Ni.E. (Trekking 914/065)
- » Trekking Agents Association of Nepal (TAAN)
- » Nepal Mountaineering Association (NMA)- Associate Membership AM # 662

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