



# Annapurna Foothills

## Treks & Expedition Pvt.Ltd.

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

### Upper Mustang Trek 17 Days | High Nomad Camps - Lo Manthang & Chosar Valley

#### Trip Facts

<b>Trip Cost</b>	<b>\$ 1795 P/P</b>
<b>Group Size above</b>	2 Pax
<b>Single Supplement</b>	\$ 180
<b>Trek duration</b>	12 Day
<b>Trip duration</b>	17 Day
<b>Trek Starting Pont</b>	Jomsom
<b>Trek Ending Point</b>	Jomsom
<b>Trekking Type</b>	Teahouse
<b>Trekking Grade</b>	Moderate
<b>Max Elevation</b>	4070m



## Overview

### A short history of Mustang

15th - early 17th centuries: Mustang was called the Kingdom of Lo. Mustang then dominated the salt trade along the Kali Gandaki River bed, and throughout the Tibetan region, and was a wealthy and powerful region.

17th century: Mustang was forced to pay levies (taxes) to the Kingdom of Jumla and came under their extended Kingdom.

1795: Jumla was defeated by the Gorkhas and the Kingdom of Lo (Mustang) transferred its allegiances to Gorkha, which by then was the capital of a unified Nepal.

1855: Lo supported Nepal against the Tibetans. The King of Nepal thus allowed the King of Mustang to keep his title of 'Raja of Mustang' although he had little political power.

### Mustang (Kingdom of Lo)

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Formerly the Kingdom of Lo and a part of the Western Tibetan Kingdom of Ngari, 'forbidden' Mustang has lured intrepid travelers to its remote realm for centuries, but only the most adventurous made it to this mountainous and inaccessible bastion of Tibetan Buddhism.

People have inhabited this harsh region for thousands of years, some of the early dwellers living or meditating in ancient caves, rich in Buddhist art, which pepper the bizarre rock formations. Mustang became part of the Yarlung Dynasty of central Tibet, later falling under the jurisdiction of the Malla Kingdom of Nepal (Jumla) and in the fifteenth century, the independent Kingdom of Lo was founded, ruling such other remote regions as Dolpo. It was only incorporated into the Kingdom of Nepal in 1951. Soon afterwards, renegade Khampa freedom fighters battling the Chinese used Mustang as a base of operations, and it was closed to all Westerners until 1992.



This mythical land north of the 8000 meter peaks Annapurna and Dhaulagiri still requires a special restricted area permit to enter, and numbers are limited, thus helping to preserve its unique heritage.

### Birdlife

Hill and rock pigeons, crag martins, rose finches, pied wagtails, rock buntings, black redstarts, impeyan pheasants, grandala, snowcock and white-capped river chats, Himalayan griffin, lammergeiers, golden eagles and more.

### Wildlife

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Snow leopards, black bear, marmot, lynx, black wolf, Himalayan woolly hare, blue sheep, red fox, pikas and more.

This mythical land north of the 8000 meter peaks Annapurna and Dhaulagiri still requires a special 'Restricted Area' permit to enter and numbers are limited, thus helping to preserve its unique heritage and Tibetan feel.

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## UPPER MUSTANG TREK DETAIL ITINERARY

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### Day 01: Arrival in Kathmandu

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 Annapurna mountain range. In the airport, after completing the visa formalities, collect your luggage downstairs. As you exit the airport terminal, you will be met by our representative carrying your name on a signboard as well as our company signboard, Annapurna Foothills Treks & Expedition. You will be taken to your hotel in our vehicle, where you will be served free welcome drinks, tea or coffee or juice as you check in.

The Managing Director of our company will meet you in the hotel and provide more information about the expedition. Your dues must be cleared before we proceed on the trip. Afterward, you are free to relax or explore around the city.

Overnight Stay at hotel. **Meal included: (D)**

### Day 02: Preparation Day in Kathmandu

We will finalize paperwork-permit for your trip and make a final check of your gear. In case you need additional trekking equipment, you will have a chance to buy it. Sightseeing tours of Kathmandu Valley are also an option. Overnight stay at hotel **Meal included: (B)**

### Day 03: Drive to Pokhara, 900m

Today we will start early to drive from Kathmandu to Pokhara. The road leads us West following the Trisuli River.

**Option:** We have not included the airfare Kathmandu - Pokhara (USD \$125 Per Person). The exciting half hour flight from Kathmandu- Pokhara gives you the feeling of a mountain flight, high in the Himalayas where you can see the Langtang, Dhaulagiri and Annapurna ranges. If you chose to travel to Kathmandu by flight, we give free Airport Drop and Pick up. You need to book this flight before start the trek. Overnight stay at hotel **Meal included: (B)**

### Day 04: Trek to Kagbeni, 3-4 hrs, 2897m

A morning flight to Jomsom, the administrative capital of the Mustang district, reveals spectacular views of the region.

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From Jomsom we trek north to Kagbeni, the last settlement in lower Mustang and the most ethnically Tibetan in the unrestricted area. Overnight stay at guesthouse. **Meal included: (B L D)**

### **Day 05: Trek to Chele, 6 hrs, 3050m**

A check-post at Kagbeni checks our permits before we head up the sandy banks of the Kaligandaki river. The beautiful winding trail with many ups and downs brings us to the little village of Tangbe. The mud houses, painted white are a contrast to the surrounding fields of buckwheat, barley, wheat and apple orchards. To reach the next village of Chhusang, we cross the river and continue up river to where the Kaligandaki flows through a tunnel of huge red chunk of rock that has fallen from the cliff. Bypassing the tunnel we walk on small ridges above the river to reach Chele village. Overnight stay at guesthouse. **Meal included: (B L D)**

### **Day 06: Trek to Syanbochen, 6-7 hrs, 3475m**

We trek to Eklo Bhatti on an ascending trail and then through plateaus and narrow stretches to reach Taklam La Pass, 3624m. Along the way we get views of Tilicho Peak, Yakawa Kang and Damodar Danda. After a short descent to the village of Samar we climb steeply up to a ridge above Samar. A sharp descent leads down to a stream and takes us along cool streams and forests of juniper trees all the way to Syanbochen. The local people use the leaves of juniper trees as incense to worship their deities. Overnight stay at guesthouse. **Meal included: (B L D)**

### **Day 07: Trek to Ghaymi, 5-6 hrs, 3520m**

The trail to Yamda La Pass, 3850m goes uphill and passes Tibetan style villages with cozy teahouses and Buddhist chortens. After the mountain pass we pass through a forest of poplar trees and barley fields. The next ascent to Nyi Pass, 4010m, is a little longer. We descend to large village of Ghaymi where we stay overnight. Ghayami is surrounded by . Overnight stay at guesthouse. **Meal included: (B L D)**

### **Day 08: Trek to Tsarang, 4-5 hrs 3500m**

We leave Ghaymi through the large barren fields and cross the Ghaymi Khola to climb to a plateau where there is a very long Mani wall. These sacred stone walls have carved wooden wheels inset in them, and Buddhist people turn the wheels as they walk by. This sends their prayers to Lord Buddha. From the Mani wall, the trail continues east through fields and forests to the village of Tsarang, at the top of the Tsarang Chu Canyon. Colorful prayer flags strung from Tsarang's red Gompa will be fluttering in the wind. Overnight stay at guesthouse. **Meal included: (B L D)**

### **Day 09: Trek to Lo-Mangthang, 5 hrs, 3700m**

The trek to Lo-Mangthang offers a magnificent view of the peaks of Nilgiri, Tilicho, Annapurna I and Bhrikuti. The trail drops down steeply into the Tsarang Chu Canyon and then after crossing the river, climbs steeply at first and then gently up to the windy pass of Lo La, 3850m, from where you can look over the Lo-Mangthang Valley. As we descend, we can see the magnificent walled city of Lo-Mangthang and the hills behind it which mark the border of Tibet. Overnight stay at

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guesthouse. **Meal included: (B L D)**

### Day 10: Explore Lo-Mangthang

Besides enjoying the unique atmosphere and culture of this ancient city surrounded by Himalayas, we may explore the Namgyal Gompa monastery which doubles as an a local court for the community. We can walk northwest of Lo-Mangthang to visit Tingkhar on the Tibetan border. Other attractions are the tall Champa Lakhang "God house", the red Thugchen Gompa, Chyodi Gompa, the Entrance Hall, and the four- storey palace of the King. Overnight stay at guesthouse

**Meal included: (B L D)**

### Day 11: Trek to Drakmar, 6 hrs, 3810 m

We leave Lo-Mangthan on a different route than we came. We leave early in the morning as the dusty winds get worse later in the day. Trek to Gyakar where there is a gompa of Guru Rinpoche that is more than 1200 years old. There are rock paintings at Ghar Gompa that are very famous. There is a legend which says anyone who makes a wish at the Ghar Gompa will get their wish fulfilled. Overnight stay at guesthouse **Meal included: (B L D)**

### Day 12: Trek to Ghiling, 5-6hrs, 3806m

Today, our long walk takes us to Ghiling. After lunch we can have a rest, as it will be dusty wind in the afternoon, and spend the evening exploring the area. Overnight stay at guesthouse

### Day 13: Trek to Chhusang, 6 hrs, 3050m

We re-trace our steps back to Chussang. The scenery and the view of the Himalayas along the way is superb. Overnight stay at guesthouse **Meal included: (B L D)**

### Day 14: Trek to Jomsom, 6 hrs, 2700m

Our last day of the Upper Mustang Trek starts early and is a long one. At Kagbeni, we leave the upper Mustang trail and join the famous Annapurna Circuit Trail, which descends to Jomsom. **Meal included: (B L D)**

### Day 15: Fly to Pokhara

The flights from Jomosom to Pokhara are usually in the early morning due to the high winds which blow up the Kali Gandaki Valley later in the day. The short flight to Pokhara takes us down the Kali Gandaki Valley with spectacular views of Niligiri and Dhaulagiri. You will have ample time to explore Pokhara for the rest of the day. You might want to hire a bike to cycle around to places of interest: Fewa Lake, Devi's Falls, museum, Tibetan Refugee Camp, Gupteshwar Cave. Overnight stay at hotel. **Meal included: (B)**

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### **Day 16: Pokhara to Kathmandu 6hrs by Road**

Early morning, we depart from the Pokhara Tourist Bus Station to travel back to Kathmandu 6- 7 hours. Check in the hotel in Kathmandu. Overnight Hotel. **Meal included: (B)**

**Option:** We have not included the airfare Pokhara – Kathmandu (USD \$125 Per Person). The exciting half hour flight from Pokhara to Kathmandu gives you the feeling of a mountain flight, high in the Himalayas where you can see the Langtang, Dhaulagiri and Annapurna ranges. If you chose to travel to Kathmandu by flight, we give free Airport Drop and Pick up. You need to book this flight before start the trek.

**Day 17 : Depart Kathmandu:** We will accompany you to the International Airport in time to board your flight **Meal included: (B)**

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Trip Cost: **USD 1795 Per Person** - Above 02 pax

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### *Trip Cost Includes*

- Transportations from Airport – Hotel – Airport Car, Van, Heice and Coaster
- Transportations from Kathmandu – Pokhara - Kathmandu by Tourist Bus
- Welcome dinner with Live Nepalese Cultural Program
- Accommodation during trek ; local lodges 12 Night (13 breakfasts, 12 lunches, 12 dinners, tea, coffee and twin-share rooms with beds with comfortable foam mattress and pillows included)
- Personal insurance for Nepalese staffs
- English Speaking experienced Sherpa, Govt. Trained/Licensed Holder guide
- Porters (One porter for 1 Guest basis, Max 25 KGS per porter from Pokhara – whole Trek
- Personal insurance for Nepalese staffs.
- Full board basis during trekking, Breakfast, Lunch, Dinner, Tea coffee and Bed
- Pokhara –Jomsom - Pokhara Airfare and local Airport tax in Jomsom
- One Sherpa,(guide assistance) group size more than 6
- A comprehensive medical kit
- All necessary paper work and permits (ACAP and Upper Mustang special trekking permit
- Accommodation in Kathmandu, three nights (bed and breakfast and tax included) Hotel Shankti or Hotel Holy Himalaya
- Accommodation in Pokhara, two nights (bed and breakfast and tax included) Hotel Meera

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### *Trip Cost Excludes*

- Beverages (Coca, mineral water and beer)
  - (Lunch & Dinner) in Kathmandu / Pokhara - keep \$ 10 to 14 for per meal in Tourist restaurant
  - Tips for driver and guide (mandatory)
  - Travel insurance,
  - Personal expenses, what are not mentioned in above services?
  - International roundtrip Airfare
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### TRIP NOTE!

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### **MUSTANG TRIP ACCOMMODATION**

Annapurna Foothills Treks takes great care to arrange the most comfortable accommodation possible throughout your stay. Accommodation is included in the cost of your package.

Our clients enjoy three nights in the Standard Hotel Holy Himalaya or Hotel Shakti", in Kathmandu, before heading into the remote regions and after returning trip. During the trek, eleven nights will be spent in clean and comfortable tea houses/lodges. In major town like Jomsom and Kagbeni, the rooms have attached washrooms; however rooms in the more remote villages have shared washing and toilet facilities.

### **Difficulty Rating of Upper Mustang Trek**

Any avid walker who is able to hike approximately 5-7 hours a day carrying a lightweight backpack will be fit enough to do this trek. We recommend you bring walking poles, as you will find them helpful especially in the long descents when your legs may feel shaky, and the stone steps are uneven. The altitude is only 4010m, so there is no altitude related risk.

### **Local Customs You Should Know About of Upper Mustang**

Since ethnic groups of the hilly and mountain regions are predominantly Buddhist, it will be helpful to know some things that are important in their culture. You will see many mani stones, stupas, gumbas and prayer wheels. It is respectful to pass these objects with your right side nearest to the object, in a clockwise direction. Don't sit on mani stones, stupas, tables used for worship or anything that is a religious symbol, as that is considered disrespectful. Don't throw anything into the fire in any house, Buddhist or Hindu. In most cultures the household gods live in fire.

### **Drinking Water on Upper Mustang Trek**

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We suggest that you drink boiled water or bring chlorine tablets to purify the normal water available in the guest houses along the way. There is a small fee charged for the boiled water. Although mineral water is available in most places, there is no provision to dispose of the plastic bottles, so we encourage the guests to do what they can to protect the environment.

### **Re-charging Batteries of Electronic Items on the Trek**

You can recharge your digital camera, iPod, batteries etc. with electricity or solar power sources. You may need to buy an adaptor in Kathmandu before the trip since the plugs in Nepal might be different. The lodges charge a small fee per hour for recharging facilities.

Nepal uses 220-240 volts to power your appliances. The sockets fit both round and flat plugs.

### **Extra Advice for Upper Mustang Trek**

You will see many sweet village children, and you may want to give them something. Remember, many trekkers have felt the same. It is better not to distribute balloons, candy, money or even pens to village children as it encourages them to beg. Many children now ask for Mithai (candy) Paisa (Money) and Boom boom (balloon).

During the trekking, keep your valuable goods safe. Lock your door when you leave your guesthouse room. You are also advised not to leave your laundry hanging outside at night.

### **Spending Money per Day**

Although it depends on your spending habits, you should allocate US\$ 7 - 10 per meal in Kathmandu. On the trek, US\$10 - 15 a day should be enough to buy Coca Cola and a beer.

### **Travel Insurance for Upper Mustang Trek**

It is strongly recommended to be sufficiently protected when you go into remote areas. You need specialized travel insurance that covers emergency evacuation, injury, lost baggage, liability and medical treatment. Make sure the insurance covers all the activities that you will be undertaking during your stay in Nepal. Annapurna Foothills Treks and Expedition Pvt. Ltd. can organize the appropriate medical response based on your policy.

### **Washing and Toilet facilities for Upper Mustang Trek**

Most lodges offer hot showers, though sometimes a hot shower means a bucket of hot water. You can ask your trekking guide about the availability. For ecological reasons please try and limit your use of hot water unless the water is solar-heated. Please note that at higher altitude and in colder seasons there is very little chance to have enough hot water for all the trekkers. If the water is frozen then ask your guide to get warm bowl of water. Every lodge will have some kind of hand washing facility but it is good idea to carry a bar of soap with you.

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Toilets are usually Asian squat style and vary in how clean they are. Normally toilets are outside the lodge but now some lodges have attached or indoor toilets. The rubbish bin in the toilet is kept for your used toilet paper.

### Tea Houses

On the popular trekking routes villagers have built tea house lodges with plenty of character and good food. The simple rooms usually have two narrow beds. When you stay in the tea houses you will have close contact with the Nepalese people and are directly contributing to the local economy.

### Upper Mustang Trek Equipment and Packing List

This list is only our suggestion Upper Mustang Trek. 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 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 powerstretch, soft shell, 100 weight fleece)
- 1-200 weight fleece jacket or prima loft jacket
- 1-Waterproof shell jacket with hood (lightweight, breathable)

### Lower Body

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- 2-Thermal bottoms (merino or polartec powerdry)
- 1-Fleece or polartech powerstretch pants
- 1-Light weight hiking trousers
- 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
- Camp shoes/sandals (crocs are ideal)

### Hands

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

### 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 (- 15°C)
- Head lamp and spare batteries

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

- \*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, journal
  - Trail Map/Guide book
  - Journal & Pen
  - \*Travel game i.e. chess, backgammon, scrabble
  - Small pillow
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- Thermarest (optional – in case the mattress in the lodge is inadequate)
  - \*Earplugs (in case group member snores)
  - 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**



**Annapurna Foothills**  
Treks & Expedition Pvt.Ltd.

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