



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

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

Island Peak climbing - 21 Days

Trip Facts

Trip Cost USD 2660 P/P

Group Size above 2 Pax

Single Supplement \$ 350

Max Elevation 6189 m

Trip duration 21 Days

Trekking Type 14 night Lodge

Trekking Type 2 night Tent

Hotel in Kathmandu 4 Nights

Ending Point Kathmandu

Starting Pont Kathmandu



Overview

Not ready to summit Everest but you still want the adventure of summiting a peak? Try Island Peak (6189m) by passing through Kala Pattar and Everest Base Camp, Perfect for inexperienced climbers, the technically straightforward ridge is suitable even for those who have not climbed on snow and ice. The route, which passes through Everest Base Camp, allows you to be gradually acclimatized to the cold and altitude.

Anyone who is physically fit is well qualified to make the ascent to Island Peak (6189m). Island Peak is located at the top of the Chukung glacier, between the beautiful Mt. Ama Dablam and Lhotse Mountains. What attracts more than 300 groups each year to Island Peak? Besides the fact that it is an inexpensive expedition, with a low permit fee, it is a trek that is possible for the average person, and from its summit you get one of the most magnificent views.

To reach Island Peak, we trek up the Dudh Kosi valley from Lukla, passing through Namche and Tengboche on our way to Kala Pattar and Everest Base Camp. After being rested and feeling physically fit and acclimatized, we then head up the beautiful Imja Khola valley towards Island Peak. The group size can be from 2 to 12 people.

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The best season for Island Peak climbing is from March to May and from September to November. The duration of the Island Peak trek can be lengthened or shortened according to your preference. Annapurna Foothills Treks and Expeditions will arrange every detail of your Island Peak expedition; lodge accommodation, food, as well as all the necessary climbing and camping equipment.

Day to Day Detailed Itinerary

Day 01: Arrive in Kathmandu (1300m/4,265ft)

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.

Day 02: Preparation Day in Kathmandu

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. Sightseeing tours of Kathmandu Valley are also an option.

Included Meals (B,D)

Day 03: Flight from Kathmandu to Lukla; Trek to Phakdingma, (2610m/8,562ft) 4hrs

An early morning flight from Kathmandu to Lukla 2804m takes only 35 minutes. On arrival in Lukla, a guide will brief you and introduce our porters before we begin our trek towards Phakdingma, 2610m. Overnight stay at guesthouse. **Included Meals (B L D)**

Day 04: Trek to Namche bazaar (3441 m/11,289ft) 6-7 hrs

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Namche Bazaar, known as the capital of Khumbu and the gateway to Everest, has many good hotels and lodges. This is the biggest village along the entire Everest trail. Overnight stay at guesthouse. **Included Meals (B L D)**

Day 05: Acclimatization day- Trekking around Namche Bazaar

We will spend a day here in order to acclimatize and adjust to the thinner air. We will visit a museum which displays the traditions and customs of the Sherpa people. We hike up to the Syangboche Airport around Everest View Hotel where we can see the panorama of Khumbu peaks. Overnight stay at guesthouse. **Included Meals (B L D)**

Day 06: Trek to Tengbuche (3864m/12,677ft) 5-6 hrs

On reaching Tengbuche after our guide will tell you about the local monastery situated here. You will get to observe a prayer ceremony either in the evening or tomorrow morning depending on how the days trekking went. Overnight stay at guesthouse. **Included Meals (B L D)**

Day 07: Trek to Dingbuche, (4400m/14,435ft) 5 hrs

The trail descends through a beautiful forest, then crosses the Imja Khola (river) and passes through the village of Pangboche. The route continues through summer pastures where the yak graze, to Dingboche, 4400m, the second place to stop and acclimatize. Overnight stay at guesthouse. **Included Meals (B L D)**

Day 08: Acclimatization Day- Hiking Nagarjun Hill or Chukkhung Valley

For acclimatization we will trek 2 hours to Chhukung, 4730m, enjoy the view of Ama Dablam and Island Peak, and return to Dingbuche. Overnight stay at guesthouse. **Included Meals (B L D)**

Day 09: Trek to Lobuche, (4915 m/ 16125ft) 5 hrs

We continue trek through the wide valley beneath the impressive peaks of Chola Tse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier to Dugla. The trail zigzags through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt. Everest. We continue to climb to Lobuche, 4910 m, from where you will see the awesome Mt. Pumori Peak, 7220m, very well. Overnight stay at guesthouse.

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NOTE: Some breathing problems may arise today due to the altitude. To prevent altitude sickness rest and plenty of water is necessary. You will crave some Chocolates or Snickers at this point. Overnight stay at guesthouse. **Included Meals (B L D)**

Day 10: Trek to Gorak Shep (5130m/16,830ft) 3 hrs and hike to EBC (Everest Base Camp (5364m/17,598ft)

Today we trek on past Gorak Shep 5130m, to reach Everest Base Camp. After celebrating our efforts and photographing this achievement, we return to Gorak Shep. Overnight stay at guesthouse. **Included Meals (B L D)**

Day 11: Early Morning ascent to Kala Pattar (5545m/ 18,192ft) and descent to Dingbuche, (4400m/14,435ft) 6-7 hrs

An early morning climb will take us to our destination peak, Kala Pattar, following the Khumbu Glacier. From Kala Pattar we will see the sun rise and enjoy superb views of the surrounding mountains. We descend for lunch at Lobuche, 4915m, and continue down to Dingbuche. Overnight stay at guesthouse. **Included Meals (B L D)**

Day 12 - Trek to Chhukung, (4710m/15,452ft) 2 hrs

Today we have an easy walk for about 2 hours, climbing up gradually to the small settlement of Chhukung. Along the way we have great views of Island Peak and the challenge that awaits us. A short trek to Chhukung, 4710 m. Overnight stay at guesthouse. **Included Meals (B L D)**

Day 13: Chhukung to Island Peak Base Camp, (5200m/ 17060ft) 3-4 hrs

From Chhukung, the path climbs steeply toward the South and the turns East, 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. We set up tents at base camp for eating and sleeping. **Included Meals (B L D)**

Day 14: Pre-Climb training and trek to High Camp (5450m/17,880ft) 2 hrs

Today, it is a very important day to acclimatize. After breakfast, our Sherpa guides give a short training on peak climbing techniques and using climbing gear such as ice axes, climbing boots and crampons, harnesses, ascenders and on how to go up and down using ropes.

After lunch, we head up the steep hillside towards the Island Peak High Camp, 5450m. At the beginning, the path is sandy but soon it turns rocky, before becoming boulder strewn. Where we will relax and make final preparations for our climb

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tomorrow. **Included Meals (B L D)**

Day 15: Ascend Island Peak (6189m/ 20,305ft) and descent to Chhukung 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 stay at guest house. **Included Meals (B L D)**

Day 16 : Reserve Day (in case of unfavorable weather)

Since we cannot guarantee favorable weather for the scheduled summit day, we have allowed an extra day in the schedule. If we are unable to summit the Island Peak on due to bad weather or some other reason, such as someone in the group having acclimatization problems, it is useful to have an extra day. If the trip goes smoothly, and we do not need this spare day, we will continue our return journey to Lukla. **Included Meals (B L D)**

Day 17: Trek to Namche (3441 m/11,289ft) 7-8 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 Tengbuche after continuously to Namche. Overnight Lodge **Included Meals (B L D)**

Day 18: Trek to Lukla (2810m/9219ft) 7-8 hrs

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. **Included Meals (B L D)**

Day 19: Fly from Lukla to Kathmandu

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After an early breakfast, we will head to the airstrip for our return journey to Kathmandu. Later, you have free time to explore. Over Night stay in Hotel **Included Meals (B)**

Day 20: Free day Kathmandu

After breakfast, there will be free time for souvenir shopping and other independent activities.

Included Meals (B)

Day 21: Departure

We will accompany you to the International Airport in time to board your flight. **Included Meals (B)**

Trip Cost: USD 2660 Per Person - Above 02 pax

Cost Include(s)

- ✓ 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 14 nights (Full board meals with twin-share rooms ,beds with comfortable foam mattress and pillows)
- ✓ Accommodation during Camping ; Meals during One night at Base Camp and **One night High Camp** (breakfast, lunch, dinner, tang juice, fruit, tea and coffee)
- ✓ 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 on Island peak climbing
- ✓ 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.
- ✓ Island Peak Climbing Permit
- ✓ Sagarmatha National Park Fee, TIMS permits & all required permits or Official Documentation.

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- ✓ Round-Trip airfare between Kathmandu and Lukla (Airport Tax Included)
- ✓ All government and local taxes.
- ✓ **Kathmandu – Lukla – Kathmandu Excess baggage fees**
- ✓ Island Peak climbing certificates issued from the respective body of Nepal Government.
- ✓ All required Personal and Group Climbing Equipments and Gears

Personal Climbing Gears includes:

- ✓ Mountaineering/ Climbing Boots
- ✓ 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/ hot shower 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.

Trip Note!!

Why Climb Peak with Annapurna Foothills Treks?

Annapurna Foothills Treks has been running climbing expeditions for over 10 years. Annapurna Foothills Treks reaches for the highest ethical business practices. Our team of mountaineering guides is dynamic, professional, and qualified as

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instructors.

Why Climb with a Sherpa?

Annapurna Foothills Treks is here to **save you the unnecessary expense** of going with an expatriate company and an expatriate guide. Our **qualified and experienced guides** are well able to guide your expedition safely and can provide an accurate cultural perspective as well. Additionally, when you book with Annapurna Foothills Treks, you are **supporting the Sherpa community** who are dependent on the trekking/climbing industry for their livelihood.

Our climbing guides are dedicated mountaineers and license-holders who always put your safety first. They use harness and ropes below the every peak whether for crevasse danger or steep slopes. Our Sherpa guides are there to fix the rope as well as teach climbers how to fix the rope or set up a belay for glacier travel.

While some people spend unnecessarily to go with a foreign company, others risk their lives to save money by going without a guide. We encourage you to **play it safe**, and climb with our experienced guides. **Our packages are reasonably priced** and afford the **safety** of an experienced guide who will allow you the independence you desire.

To be safe, you don't need shops worth of Karabiners, ice-screws, snow stakes and rock racks- You need a Sherpa guide as a partner, some rope, a few bits of protection, good weather and overriding urge to die of old age.

The routes we suggest are almost always the most straightforward. Under good conditions, none of the routes are challenging for skillful technical alpinist. Safety-conscious amateurs have potential to provide satisfaction and experience without much risk.

Sherpa Support Staff:

Even our support staff are well experienced, so you can look forward to a well organized trip. The relationship we have developed among us over the years makes for a wonderful exchange of ideas, laughter and assistance. Your personal packs will be carried by the porters, saving you time and energy to fully enjoy the surrounding environment.

Each staff member at Annapurna Foothills Treks and Expeditions is insured for their appropriate roles. (Some companies are cutting corners here.)

Logistics:

You can fully enjoy the world of mountains unfettered by the rigors of food preparation, lodging and logistics. Annapurna Foothills Treks provides a wide variety of quality meals to keep climbers healthy and strong. Most of the food is flown in from the Kathmandu.

Environmental Responsibility:

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Annapurna Foothills Treks practices and teaches the Leave-No-Trace principles. Moreover, we are committed to protecting the land and culture of the indigenous people. The mountains are our home and we are unwilling to sacrifice their preservation for human objectives. **Annapurna Foothills Treks** believe that given the proper information most people will do all they can to help protect and maintain the environment.

Altitude Advice:

It is really difficult to head straight up to high altitude for the **first time** even if you follow the recommended 400m-a-day-rule. Walking, let alone climbing, uphill at 5000m is harder than you think. The trek in is a means of acclimatization and getting fit. Our itinerary is planned to allow rational acclimatization and avoid altitude sickness. We should also plan for few extra days as bad weather may affect the designed schedule. This doesn't guarantee the successful ascent but often avoids the disappointment of a cloudy summit day.

Everest Base Camp Island Peak 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 four nights in the Holy Himalaya 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.

Safety

When travelling in remote mountain regions, uncertainties such as weather, health problems and natural disasters require a certain amount of flexibility. While our goal is to follow the itinerary, that is not our first priority; **your safety is always our first priority**. Annapurna Foothills Treks and Expeditions request your cooperation to accept the decisions and advice of our trusted and experienced guides if they deem it necessary to change or cancel any part of the itinerary due to safety concerns.

Travel Insurance:

To must be adequately protected in terms of insurance. You will need special travel insurance for participation in hazardous activities. We recommend a complete travel insurance policy that covers cancellation, lost baggage, theft, injury, liability, medical treatment, death and expenses. 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 clients responsibility.

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If you are injured and unable to walk in a remote area, a helicopter rescue will be arranged. Annapurna foothills Treks has an agreement in Kathmandu that guarantees payment for helicopter evacuations. We 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 make sure your policy specifically covers mountaineering or alpinism otherwise you may have a difficult time settling the large claim.

Flight Delay/Cancellation

Domestic flights to mountain regions can be delayed or cancelled due to bad weather. Be aware that you may have long waits in the airports. From our side, if a flight is cancelled we make sure you get on the next possible flight.

If flight cancellations at the start of your trek delay your trek to the point of disturbing your onward travel schedule, you will be free to choose an alternative trip; there are many excellent options in the Annapurna, Langtang and other regions. If you do not wish to take an alternative trek, and wait in Kathmandu for the flight to Lukla, your original trek may be shortened due to the days lost in waiting. In such case, the client will be responsible to bear all additional expenses including food and accommodation.

If the client wishes to make an alternative arrangement such as a helicopter flight, Annapurna Foothills Treks and Expeditions will assist in making the booking, but will not cover the cost of the alternative arrangement. The refunded money of the unused flight ticket would be credited to the concerned client, however.

There will be no refund for the days of the trek that are missed. You will not be entitled to any refund for services in the package (ie hotel, transport, flight) that you did not use due to the cancellation.

It is advisable to allow one or two extra days at the end of your trip to allow for flight delay/cancellation.

Everest Base Camp Island Peak Equipment and Packing list

This list is only our suggestion for Everest Base Camp Island Peak Climbing . 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.

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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
- 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)

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- Camp shoes/sandals (cros 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):

- *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)

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- *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)
- 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)

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- *Music player
 - *Camera
 - Binoculars
 - Town clothes and shoes
 - *Swimming costume (for Kathmandu)
 - Tips for your Sherpa guide and porter
-

With best regards
Ngima Nuru Sherpa



Annapurna Foothills
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