



# Annapurna Foothills

## Treks & Expedition Pvt.Ltd.

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

### Mera Peak climbing 20 days

#### Trip Facts

**Trip Cost** USD 2700 P/P

**Group Size above** 2 Pax

**Single Supplement** \$ 250

**Max Elevation** 6476m

**Trip duration** 20 Days

**Trekking Type** 13 night Lodge

**Trekking Type** 2 night Tent

**Hotel in Kathmandu** 4 Night BB plan

**Ending Point** Kathmandu

**Starting Point** Kathmandu



- ❖ One of the most tempting Trekking Peaks of Nepal
- ❖ Culturally charming journey leading through obscure charming villages and forests
- ❖ From the top, you'll see five of the six highest mountains on Earth
- ❖ The climb of Mera comes at the end of a week - long trekking and acclimatization program designed to assist you the best chance of gratifying still rewarding journey
- ❖ Spend a night at Mera Peak Base Camp and High Camp before your summit push
- ❖ One porter for One Trekker basis in all of our Climbing Trip

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Day	Program	Elevation/Duration	Overnight
Day 01:	Arrive in Kathmandu	1,300m/4,265ft	Hotel
Day 02:	Preparation Day in Kathmandu	1,300m/4,265ft	Hotel
Day 03:	Fly to Lukla, and trek to Paiya (Chutok)	2,730m/8,956ft 3-4 hrs	Lodge
Day 04:	Trek to Pangoma,	2,850m/9,350ft, 5-6 hrs	Lodge
Day 05:	Trek to Nigmsa	(2,745m/9,005ft, 4-5 hrs	Lodge
Day 06:	Trek to Chhetra Khola,	(3,122m/10,242ft, 7-8 hrs	Lodge
Day 07:	Trek to Kothe,	(3,600m /11,811ft, 6-7 hrs	Lodge
Day 08:	Trek to Thangnak,	4,356m/14,291ft, 5 hrs	Lodge
Day 09:	Trek to Khare	5,045m/16,551ft , 4 hrs	Lodge
Day 10:	Acclimatization Day in Khare /Preparation day	5,045m/16,551ft , 4 hrs	Lodge
Day 11:	Trek to Base Camp	5,350m/17,552ft, 4 hrs	Tent
Day 12:	Trek to High Camp	5780m/18,963ft, 4 hrs	Tent
Day 13:	Ascent of Mera Peak, descent to Khare	6,476m/21,246ft, 9-10 hrs	Lodge
Day 14:	Reserve Day	5780m/18,963ft	Lodge
Day 15:	Trek to Kothe,	3,600m /11,811ft, 7hrs	Lodge
Day 16:	Trek to Thuli Kharka/ Chhatrwabuk	4,200m/13,779ft, 6-7hrs	Lodge
Day 17:	Trek to Lukla,	2,800m/ 9,186ft, 7-8 hrs	Lodge
Day 18:	Fly to Kathmandu and transfer to Hotel.	1,300m/4,265ft, 45 min	Hotel

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Day 19:	Free Day in Kathmandu	1,300m/4,265ft	Hotel
Day 20:	Happy Departure	<b>On the plane</b>	

**Trip Cost: USD 2700 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 13 nights (Full board meals with twin-share rooms ,beds with comfortable foam mattress and pillows)
- ✓ Accommodation during Camping ; Meals during Camping One night at Base camp and One night at High Camp
- ✓ 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 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 Climbing certificates issued from the respective body of Nepal Government.

### **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

### Detailed Itinerary

#### Day 01: Arrive in Kathmandu (1,300m/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. Overnight stay at hotel

#### Day 02: Preparation Day in Kathmandu (1,300m/4,265ft)

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. Overnight stay at Hotel **Included Meals (B )**

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### **Day 03: Fly to Lukla, 2820m, and trek to Paiya (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 is waiting to meet us and soon we start out on our trek. Beginning at Lukla and then descending is good for acclimatization. The trail leads through forests down to the traditional villages Surke and Pakhepani and rhododendron forests. There is a great view from Paiya: Knogde Ri, Khatang, Tang Ragi Tu and other 7000+ meter peaks. Stay overnight at lodge.

**Included Meals (B L D)**

### **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 farming and trading village.

Overnight at lodge **Included Meals (B L D)**

### **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)**

### **Day 06: Trek to Majang Khola, (3,122m/10,242ft) 7-8 hrs**

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)**

### **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)**

### **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)**

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

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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 Khraka, 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)**

### **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)**

### **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)**

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

### **Day 13: Ascent of Mera(6,476m/21,246ft) and back to Khare, 9-10 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. It takes about 2 hours to retrace to our steps to Khare. This is a very long but satisfying day! Overnight in Tent **Included Meals (B L D)**

### **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)**

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### Day 15: Trek to Kothe, (3,600m /11,811ft) 7hrs

We descend into the Hinku Valley to Kothe. Khote and it stays on the open hill side which lies west of the Hinku River. The winds blowing down the forest makes the descent quicker. We get fantastic views looking back on Mera Peak. . Overnight in lodge . **Included Meals (B L D)**

### Day 16: Trek to Thuli Kharka/ Chhatrwabuk (4,200m/13,779ft) 6-7hrs

Today, we again climb up about two hours through the lush forest on the west side of the Hinku Valley to Thuli Kharka. It's nice walk through the red Rhododendron forest with beaten trail of Himalaya of Nepal. We observe the wide range of Mera peaks, Mera North, Mera Central, Mera South from Thuli Kharka. Overnight in lodge **Included Meals (B L D)**

### Day 17: Trek to Lukla, (2,800m/ 9,186ft) 7-8 hrs

Two hours of steep ascent from Thuli Kharka takes us to the craggy Zatrwa La, 4610m, where we look back on the Hinku wilderness and the peak we just climbed. The descent from the high crags can be icy. Finally we reach the forest and farmland of the Dudh Kosi Valley. After many days in the Lukla seems to be a bustling place. We enjoy a celebratory dinner with our crew. Overnight in lodge **Included Meals (B L D)**

### Day 18: Flight from Lukla to Kathmandu and transfer to Hotel.

Overnight in Hotel **Included Meals (B )**

### Day 19: Free day in Kathmandu

After breakfast, there will be free time for souvenir shopping and other independent activities. Overnight in Hotel **Included Meals (B)**

### Day 20: Happy departure

Overnight in Hotel **Included Meals (B)**

## Trip Note

### Why Climb Mera 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 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

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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 independence if you desire.

To be safe, you dont need shops worth of Karabiners, ice-screws, snow stakes and rock racks- You need an experienced Sherpa guide as a partner. The routes we suggest are 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.

### **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 doesnt guarantee the successful ascent but often avoids the disappointment of a cloudy summit day.

### **Safety for Mera Peak Climb**

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.

We should also plan for few extra days as bad weather may affect the designed schedule. This doesnt guarantee the successful ascent but often avoids the disappointment of a cloudy summit day.

### **Mera 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 Standard Hotel Holy Himalaya , in Kathmandu, before heading into the remote regions and after returning trip. During the trek, 2 night Camping and 13 nights will be spent in clean and comfortable tea houses/lodges.

### **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. 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

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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

### Mera Peak Equipment and Packing List

This list is only our suggestion Mera 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.

*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)

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- 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 (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
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- 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
- 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**



**Annapurna Foothills**  
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