

# Trip Notes

**Mt. Cho-Oyu Expedition, Tibet**



“Climb the world's sixth highest peak and test your physical ability to try the third pole, Mt. Everest.”

[www.grandhimalayaexpedition.com](http://www.grandhimalayaexpedition.com)

  
Grand Himalaya  
TREKS & EXPEDITION

# Table of contents

- » Duration
  - » Latitude & Longitude
  - » Physical Grading
  - » Trip style
  - » Service level
  - » Trip type
  - » Introduction
  - » Expedition Timing
  - » Expedition Highlights
  - » Grand Himalaya on Cho-Oyu
  - » Oxygen
  - » The team
  - » Support
  - » Sherpas
  - » Flexibility
  - » Travel Insurance recommendations
  - » Emergency evacuation
  - » Emergency contact
  - » Passport & visa
  - » Trip specific safety
  - » Accommodation in Kathmandu
  - » Accommodation on trek
  - » Meals on the expedition
  - » Electricity Chargers
  - » Time Difference
  - » Mobile phones, Internet and Wi-Fi connectivity
  - » Feedback
  - » Short Itinerary
  - » Cost Includes and Excludes
  - » Booking conditions
  - » Cancellation
  - » Note
  - » Essential climbing equipment list
-

## Expedition Facts



### Duration

44 days from Kathmandu to Kathmandu

**Latitude:** 28.0942° N

**Longitude:** 86.6608° E

### Physical Grading: 5

He/she who have at least basic knowledge about mountaineering and who is high altitude trekking or cycling, suitable for those with a high level of fitness and endurance.

### Trip style: Active

This trip is designed for outdoor adventurers who are ready to undertake some real challenge to the most physically demanding peak of the Himalayas. It offers a perfect training opportunity for those aiming for climbing the highest peak on earth, Mt. Everest, sometime in the near future.

### Service level: Basic

- ✓ Excellent value, competitive price
- ✓ For travellers preferring flexibility, convenience and the security of small groups
- ✓ Simple and clean accommodations and/or well-maintained campsites
- ✓ Highly experienced proficient and educated Staffs, who are mainly the Sherpa people from highlands of the Himalaya.
- ✓ Well designed itinerary by our experts, to suit from novice to experienced trekkers/mountaineers for the Himalayan adventure.

### Trip type: Small group

Group trips average about 12 travellers per departure, depending on the adventure.

The maximum is usually no more than 16.

## Introduction

**Cho-Oyu** is the sixth highest mountain in the world at 8,201 metres (26,906 ft) above sea level. Cho-Oyu lies in the Himalayas and is 20 km west of Mount Everest, at the border between China and Nepal. Cho-Oyu means "Goddess of Turquoise" in Tibetan.

The mountain was first climbed on October 19, 1954, via the north-west ridge by Herbert Tichy, Joseph Jochler and Sherpa Pasang Dawa Lama of an Austrian expedition.

This expedition is an excellent opportunity for climbers to extend their experience to extreme altitudes and is highly recommended as a first 8,000m Peak, or as a stepping-stone to an attempt on Everest. The comparative ease of access, lack of objective dangers and generally uncomplicated terrain makes Cho Oyu the most attainable of the world's highest mountains.

However, like all 8,000m Peaks, the climb is a serious undertaking and demands fitness, mountaineering skill and self-sufficiency from those considering it.

We fly from Kathmandu to Lhasa and spend a few days exploring the ancient Tibetan capital, taking time to let our bodies acclimatize, before driving across the Tibetan Plateau to Chinese Base Camp. From here, we load up Yaks and trek to Cho Oyu base camp, below the North West face. The route above base camp consists mainly of low-angled snow slopes up to 30° with one short but very steep section to bypass a serac barrier at 6,400m. We use three camps on the mountain; the highest at 7,500m is the launch pad for the summit, which is reached in 5 to 8 hours under normal conditions.

Increasingly, climbers choose to use oxygen on summit day, which we now include in the expedition cost. Our expeditions also include one climbing Sherpa for every two team members, as well as an extremely comfortable and well-stocked base camp.

## Expedition Highlights

---

- ❖ Climb the world's sixth highest and one of the easiest 8,000m peak, Mt. Cho- Oyu (8,201m) in Tibet with professional and already summited Sherpa Guides
- ❖ Climb with the sherpas who have multiple times Mt. Everest Summits under their belt.
- ❖ Follow the traditional trade and pilgrimage route connecting Tibetans and Sherpas, the Nangpa La pass (5,806m/19,050ft), which is simply few kilometres west of Cho-Oyu Advance Base Camp.
- ❖ Explore the ancient and traditionally rich towns of Tibet.
- ❖ Experience the marvellous beauty of Tibetan plateau.
- ❖ Trek with the real caravans of Tibet and with the famous beast of burden of the Himalayas, Yak.
- ❖ Spend the night at the world's highest Barley farming town in Tibet, Tingri (4390m/14,420ft).
- ❖ Enjoy the drive to some of the world's highest motor-able road in Tibet, Lalung La pass (5,050m), and marvel at the close-up views of Mt. Everest and its massif from the windows of your van/jeep.

## Expedition Timing

---

The best time of year to climb Mount Everest is during April and May before the monsoon arrives making it impossible to climb.

The weather during the month of May is more predictable, though you'll still be subject to frigid temperatures and whiteout conditions.

The snow conditions on Mt. Everest will be quite stable at this time of the year with the May month offering best summit windows.

## Grand Himalaya on Cho-Oyu

---

Our aim is to provide you with a safe, enjoyable and successful expedition to Nepal. We provide all of our climbers with a smooth and efficient service to maximize both your enjoyment and your chances of a successful climb. The benefits of climbing with us on Cho-Oyu are:

A well- planned itinerary and acclimatization schedule based on our experience of leading expeditions to Cho-Oyu since 2004.

We provide a good level skilled of Sherpa support. Our Sherpas will stock the camps with tents, stoves and food, as well as climbing with members when necessary (for example, on summit day).

We have some veteran sherpas who have been working in this mountaineering industry for many years and with their experience, mountaineering skills, and their amazingly fit at high altitude will surely double the possibility of your successful climb.

Many of our sherpas have more than few Cho-Oyu summits under their belt and are mostly hails from the Everest and Kanchenjunga region, born and brought up at an altitude of above 3500 meters.

We have neat and clean, comfortable camp sites very often with separate tents for each team member, with folding backed chairs and tables in a mess tent and solar power.

Our amazing chef and the well trained kitchen crews will always feed you with the excellent food, with meals supplemented by western food.

We have high-quality mountain tents, stoves and equipment on the mountain and have the ability to leave tents in place at each camp and use an Advanced Base Camp at 5,400m.

## Oxygen

---

Grand Himalaya will provide enough oxygen for the ascent. Normally it would be budgeted as follows: One bottle for the climb from Camp-2 to Camp-3, one bottle for sleeping at Camp-3, 3 bottles for summit and return to camp-2. But to increase the possibility of successful climb and to descent back to camp 2 safe and sound, we will be providing 4 bottle of Oxygen on summit day and 2 for camp-2 and camp-3, all total 6 bottles.

## The Team

---

The team will consist of competent mountaineers, each with enough previous high-altitude and general mountaineering experience to climb an 8,000-metre mountain. This will ensure that team members are suitably prepared, physically and mentally, are technically competent, and are reasonably self-sufficient and capable of moving between camps unsupervised, if necessary.

## Support

---

If you join this trip with us, you will have a high level of support, starting with strong, confident leadership and experienced sherpas. This will maximize your chances of success without undermining the quality of your achievement. The Leader and any other Assistant will accompany you throughout the expedition, as you would expect.

## Sherpas

---

The expedition will be supported by several strong and experienced sherpas, at a ratio of one sherpa for one



team member especially on the summit day. If you book this trip early in advance, it would be much easier for us to make necessary pre-contract with our sherpas who have already made many ascents of 8,000 meter peaks to their credit on Cho-Oyu, Everest among others. In preparation of the route and for summit day, the sherpas will be responsible for all load carrying and for pre-placing all of the camp stores essential for each team member's ascent. This will leave the team members to focus on their own acclimatization and minimize exhaustion so that people start summit day least tired and as well prepared physically as possible. In addition to the Leaders, the sherpas will accompany the team to the top on summit day.

## Flexibility

---

Whereas every effort will be made to keep to the original itinerary; changes may occur due to snow conditions, electrical storms, or other imponderables of whatever nature whether physical, climatic, human or political.

## Travel Insurance recommendations

---



# Travel Insurance



We recommend cancellation insurance to protect your investment.

We require participants to have travel insurance that covers medical expenses, evacuation and repatriation. Please ensure that your chosen policy provides cover for the activities (Trekking and climbing with guide and roped up) and localities in which you will travel Nepal, to elevations up to (Altitude 8,201 m/26,906ft) above sea level).

## Emergency evacuation

---

Helicopter rescue services are not available inside Tibet. Emergency evacuation will be by the Land Cruiser or man power. However, emergency evacuation cost is not included in your expedition cost. You will have to pay directly to the Chinese Liaison Officer at base Camp and claim it back from your travel insurance.

## Emergency Contact

---

Should you need to contact Grand Himalaya during a situation of dire need, here is the contact information furnished below:



1. Office Landline phone1: +977 1 4474479 (10am to 5pm/ Saturday off)
2. Namgya Sherpa (Managing Director) Cell No. + 977- 98414274399 (7/24)
3. Prem Gurung (Operations Director) Cell No.: + 977- 9849164089 (7/24)
4. Sonam Bhote (Marketing Director) Cell No. : + 977- 9803852718 (7/24)
5. Tendi Wongmu Sherpa (Sales Officer) Cell No. : + 977- 9841427120 (7/24)

## Passport & visa

---

A passport with at least 6 months validity beyond the duration of the trip is required and it is your responsibility to obtain your own visa (this can be obtained on the arrival at Kathmandu international airport at a charge of:

- Single entry visa valid for 15 days - US \$25
- Single Entry Visa for 30 days - US \$40
- Multiple entry visa valid for 90 days - US \$100.



You will need **one** passport size photograph for the visa. (**We will forward you the visa form once you booked for the trip**).

4 passport size photographs and passport details will also be required for the climbing permit and these should be supplied to Grand Himalaya before the start of expedition on the **Post Box No: - 9935** Kathmandu, Nepal.

*For more details, please check [Travel Tips](#) on our Website*

## Trip specific safety

---

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. The hotels we use in Kathmandu have a safety deposit box which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

## Accommodation in Kathmandu

---

With Grand Himalaya trip cost, you will be accommodated in a 4 star category hotel in Kathmandu on B&B (Bed & Breakfast) basis. Team members will be accommodated on a twin share basis in large en-suite rooms. Single rooms are available if you prefer, for which a supplement is payable. However 5 star hotel accommodations will be arranged by Grand Himalaya on your request for additional cost. Your early booking the trip along with deposit of 25% of the total trip cost per person is highly required to make necessary accommodations in Kathmandu and Lodges in related trekking region, domestic flight reservation for your trip.

### **Important note:**

- Power cuts can and are a regular occurrence in Nepal, especially throughout Kathmandu. Although the hotel has generators there may be times when these won't work.

## Accommodation on expedition

---

Lodge accommodation will be provided during the expedition up to Cho-Oyu Chinese base camp and on the way back to Kathmandu after the expedition, which will be in the best available lodges in Tibet, team members will be accommodated on a twin share.

At base camps you'll be sleeping in your tiny little castle, "Tent".

The food will be served in a snugly and spacious mess tent, well equipped with tables and backed chairs. There will be another mess tent for cooking meals for the entire team and for storing the food and vegetables.

At base camp, each and every member will have their own tent along with reasonably thick foam mattresses, unless there are couples willing to share the tent.  
Above the base camp on high camps, two people will be sharing the tents.

## Meals on the trip

---

This expedition to the Himalaya's most attractive as well as the physically demanding peak is well furnished with the entire camping equipments along with the fresh food.  
At base camp, our well experienced and qualified chefs will serve you with the Nepali versions of western recipes such as Italian pizza and pasta, American French fries and sandwich, Indian and Nepalese veg. curry rice, Chinese friend noodles and steam dumplings, Sherpas mix stew and Tibetan bread, and so on. Hot drinks, snacks, soup and desert are also in the list of our special menu. French toast, cornflakes, muesli, chapatti, scrambled and sunny side up fried eggs, accompanied by tea variety and fresh coffee are in the hit lists of our breakfast. And of course Nepali milk tea is served every day.  
Above the base camp, there will be mostly packed/dry high altitude food and drinks for instance, American back country food, and the sherpas will prepare these food for you.

## Electric Chargers

---



### **Electricity**

230V

50Hz

### **Electrical Plugs**

European plug with two circular metal pins

Indian-style plug with two circular metal pins above a large circular grounding pin

### **Electrical Device Charging**

Most of our hotels en route on the trek, there will be pay electric devices charging facility.

## Time Difference

---

GMT is less than Nepal by 5 hours 45 minutes

## Mobile phones, Internet and Wi-Fi connectivity

---

Trekking is a wonderful break from the wireless world, but in the towns and cities out here, it is now your choice whether you disconnect or stay connected.

Check your mobile phone roaming services prior to leaving to know whether you might have service.

### ***Nepal - Kathmandu***

Most overseas roaming-enabled mobile phones work in Kathmandu and Pokhara. You should be aware that occasionally an SMS (text) message sent to you will arrive 20 times. You can send messages out, normally without problem. Blackberry services and GPRS etc are now available. Local SIM cards can be bought from corner shops and start at around \$8 (cheap!), and refills by scratch cards, very easy and convenient. You need an



UNLOCKED phone to use a local SIM. Internet cafés litter Thamel and other tourist haunts, so checking your Yahoo, Gmail etc. is easy and cheap. For laptop users there are more and more free Wi-Fi cafés.

### ***Cho-Oyu communications, Tibet***

We provide satellite, hand-held telephones, for use during expedition period when necessary in Tibet - including the mountain, whether base camp or summit!

We will provide each team member with a VHF radio for use on the mountain, so that full-time communication is possible between all climbers when operating above base camp

**Note:** Chinese SIM Card is available at most of the towns/cities in Tibet and you will get a mobile reception till up to Everest Base Camp.

## Feedback

---

After your travels, we want to hear from you! Your feedback information is vital to us to enhance the quality of our services and adventures. Please help us to improve our services by filling the feedback questionnaire, which will be provided to you at the end of the expedition. The best quality service is our foremost priority.

*“What is the shortest word in the English language that contains the letters: abcdef?”*

**Answer:** *feedback. We believe that feedback is one of the essential elements of progress.”*

## Short Itinerary

---

**Day 01:** Arrive Kathmandu

**Day 02:** Leisure in Kathmandu

**Day 3/4:** Fly Lhasa Leisure

**Day 5/6:** Drive Shigatse

**Day 07:** Drive to Shegar (Thingri)

**Day 08:** Acclimatization at Shegar

**Day 09:** Arrive Chinese base camp

**Day 10:** Organization at Chinese base camp

**Day 11-15:** Trek to Cho-Oyu Advance base camp

**Day 16-40:** Climbing the north-west face of Cho-Oyu

**Day 40:** Return trek to road-head

**Day 41:** Drive into Nepal

**Day 42:** Arrive at in Kathmandu

**Day 43:** At leisure in Kathmandu at the Shanker Hotel

**Day 44:** Depart Kathmandu

## Itinerary disclaimer

---

The itinerary is the strongest part of our trip. Stick to it and you will have little altitude related illness problems, go one day harder and you can be in big trouble. In our decade long experience as a guide and leader, we have tested these programs out several times. Sometimes they will seem slow but it's about enjoying the trip not pushing hard and having a headache all day. You need a very good reason to go faster. Going slower is Ok, just watch your overall progress. Shifting up one day instead of having a rest day can mean headaches and you then have to have a rest day later anyway!

Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions and the health of climbers can all contribute to changes. The

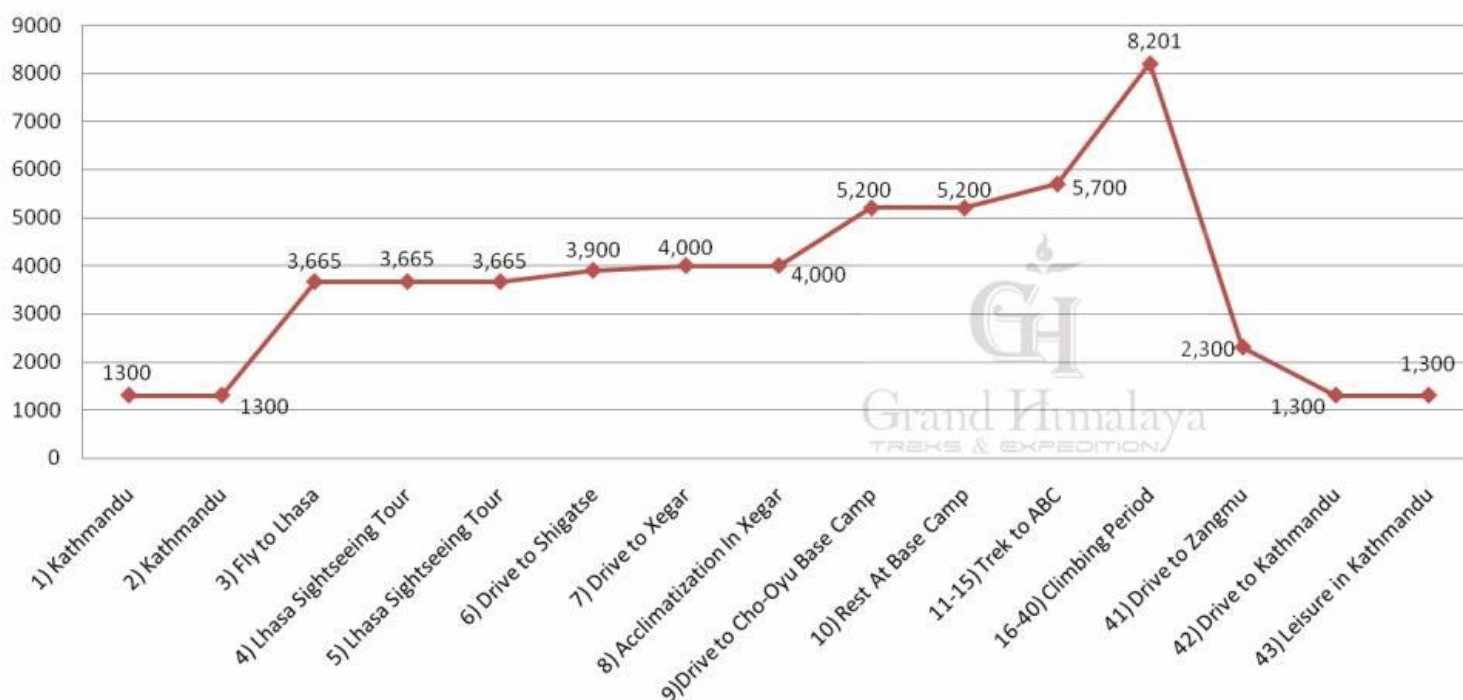
trek Leader/Guide and cook will try to ensure that the trip runs according to plan, but an easy going nature will be an asset! Issues that result in changes to trip finish dates, hotel or air tickets requirements etc need to be communicated to grand Himalaya HQ ASAP.

Furthermore, our Trip Notes is a general guide to the trek and region we are going to visit.

Any mention of specific destinations or flora and fauna is by no means a guarantee that they will be visited or come across.

## Altitude Profile In Meters

### Cho-Oyu Expedition



## Cost Includes and Excludes

### What the price includes

- 4 night hotel accommodation in Kathmandu in 4 Star Category B&B double rooms
- Peak permit fee & travel permit
- Chinese custom clearances
- Chinese group visa fee
- Chinese liaison officer & Interpreter
- Necessary transportation in Kathmandu
- Border transportation by private bus/jeep according to the group size.
- Transportation Zangmu - BC- Zangmu for staffs and expedition supplies

- Experienced expedition Guide/Sirdar (Cho-Oyu & Everest Summitter)
- Climbing Sherpa (1:2 ratio)
- Oxygen set-mask + reducer – 1 item for one climber (only for use)
- Oxygen cylinder ‘‘POISK’’- 2 bottles for one climber (only for use)
- 2 Full service camps on BC, ABC
- Full completed high camps
- Food in the BC, ABC (3 times a day and for the ascent)
- Bus and truck for the load to Zangmu and back
- 1 Yak per expedition member BC-ABC-BC (40 KG)
- All hotel accommodation and food while in Tibet en route
- Tents for the participant & maintenance staff in the BC, ABC & mountain
- Tent-kitchen in the ABC including all kitchen equipment
- Well insulated dining tent at ABC with gas heater inside
- Well trained Nepalese chef & Tibetan kitchen boys
- Solar system set for power supplies ABC plus back up power supplier of generators.
- Fuel for preparing food in the ABC
- Necessary numbers of EPI Gas-cylinder (250gr.) and burners only for high camps
- High quality tents for the high-altitude camps (on sharing)
- Sleeping mattresses at ABC (You are suggested to bring your own mattresses and sleeping bag for the higher on mountain)
- Climbing hardware gear such as Fix & main ropes, Ice screws, rock pitons, snow pickets, carabineers’
- VHF Radio base at BC & one hand held set for each member during climbing period
- General First Aid Kit for local staff (Clients are suggested to bring their own personal First Aid Kit)
- Toilet & Shower tents both at BC/ABC
- One storage tents at ABC
- Insurances of high-altitude climbing Sherpa and all maintenance staff.
- Celebration meal in Kathmandu after the expedition with all local staff at Everest summiteers club restaurant Run Doodle
- Full day city sightseeing tour around Kathmandu with city tour guide plus transportation either before or after the trip.
- Sufficient medical Oxygen on the driving plus portable Altitude chamber (PAC) with the team during the drive to the road-head and on the walk to base camp

### **What the price does not include**

- Your return international flight to Kathmandu
- Nepal entry visa & re-entry visa fee for Nepal (Which is available on your arrival)
- Your personal insurance, Medical, mountain rescue & repatriation cover is obligatory.
- Your personal expenses e.g. phone calls, laundry, and alcoholic beverage.
- Your main meal (Lunch & Dinners) in Kathmandu apart from celebration meal in Kathmandu.
- Cost of electronic appliances
- Your personal climbing gears for ascent

- Summit bonus for your climbing Sherpa (Minimum \$500)
- Satellite phone usage is available, but at an additional cost
- Tipping to the local maintenance staff.
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary.

## Booking Conditions

---

A deposit of 25% of the total trip cost is payable at the time of booking and the final balance due 8 weeks before the start of the trip. The act of booking implies that you have accepted the ethos of the trip and any objective or subjective risks associated with it.

## Cancellation

---

Should you wish to cancel your booking please inform us immediately in writing by email or letter. The following charges will apply, as a percentage of the trip:

- ✓ More than 42 days before departure – 25% of total cost
- ✓ 42 to 29 days – 50% of total cost
- ✓ 28 days to 15 days – 75% of total cost and
- ✓ 14 days or less – 100% of total cost.

These cancellation charges go to paying, amongst other things, outside Guides that have been contracted in, hotel or airline deposits, staff wages, setting up costs etc.

## Note

---

No refund if any member breaking from the group due to illness or otherwise, and not utilized any services. Medical evacuation costs, extra accommodation or any other fees associated with early departure, change of itinerary, or breaking from the group due to illness or otherwise. The cost may need to be paid by clients at the time and may be able to be claimed back from your travel insurance company.

## ✓ Essential gear checklist

---



### Personal Clothing

- 1 pair of 3 season walking boots, must be well fitting & comfortable
- 1 pair of Trainer (approach) shoes
- 5+6 pairs of Warm woollen socks plus thin cool max socks
- A warm woollen base layer
- 4/5 Cotton or Cool max T-shirts

- 2 suit to Thermal top & bottoms Icebreaker are recommended
- 1 suit of Wind proof jacket with hood & trouser with full side zip (Gore-Tex)
- 1 Suit of Waterproof jacket & trouser
- A fleece jacket & trouser with side zips
- 1+1 Warm hat wool or Synthetic that covers your ears.
- Thick Gore-Tex & thin fleece gloves
- 1+1 Sun & snow Glacier glasses 100% UV protection with side flaps and a hard-sided storage case (i.e. Julbo/Cebe). 1 pair extra sunglasses (Also with UV protection in case your 1st pair breaks or lost)
- 1 Down jacket (available for hire in Kathmandu at charge of \$ 2 per day) if required.
- 1 - 4/5 season sleeping bag (available for hire in Kathmandu at charge of \$ 4 per day) if required.
- 1 Rucksack 60-70 litre
- 3 Walking trousers must be warm & comfortable
- 1 pair of Sandals
- 1 Shade hat or baseball cap
- 1 Small duffel bag for luggage storage in Kathmandu
- 1 Small stainless steel thermos (optional)
- Binoculars (optional for viewing the route from the lower camps)
- Camera 1 light weight point & shoot on the mountain, 1 large SLR type is optional for the trek in and base camp

Hydration bladder with drinking tube for lower mountain-(optional).

Sleeping pad full length closed cell foam (mandatory) and/or? Length Therm-A-Rest for extra warmth and comfort

Swim suit while you in Kathmandu hotel

## **Personal Equipment**

1 pair of Mountaineering boots (Everest or Millet type). However, climbing boot must be comfortable & well fitted over two pairs of socks on.

1 pair of Gaiters for boots appropriate to type of boot, e.g. for Koflach use Forty below neoprene over boot.

1 pair of Foldable Trekking-poles

1 pair of Crampons of rapid-fix, quick-releasable bail type

1 Pocket knife (Swiss knife)

1 Goggle (wearing on Ski type)

1 Harness comfortable and well fitted

1 Abseiling gear: descender (Figure of 8), locking bineer

2+1 Ascending gear: Jumar (recommended Petzl made) plus tap slings

2 Cord or tape with carabineer for clipping onto fixed rope

1 Helmet (Recommended Petzl made which is much lighter)

1 Head lamp with enough spare batteries and a bulb

1 Ice axe non-technical l (55'-60mm) length

1 Fleece scarf of neck gaiter



- 2 Water bottle 1 litre (Nalgene or Sig type)
- 1 Hard Shell jacket with hood Waterproof and breathable. Gore-Tex or equivalent is best, roomy enough to fit over multiple layers.
- 1 pair of Modular expedition shell mitts. OR Pro Mitts If they do not have wrist straps consider sewing one on so that you can either attach it to your jacket or cinch the strap to your wrist so that you do not lose your mittens in high winds.
- 1 Daypack is optional for the approach hike, possible use on summit day and carry-on pack. If you plan to use it for your summit pack it must be large enough for your down jacket, misc. clothes, food and water. The Lowe Alpine Neutrino or Black Diamond Speed 28 is excellent, lightweight (16 oz.) choices.
- 2 Locking carabineers Large, pear-shaped carabineer is best, screw gate type recommended
- 1 Down sleeping bag rated to -40 C.
- 1 First-aid kit with ibuprofen and any other doctor recommended medications
- 2 sticks Lip balm, at least SPF 20. A string taped to the stick is helpful, to hang around your neck
- 1 Sunscreen. At least SPF 40
- 3 Water bottles 1 litre wide-mouth Nalgene (1 is a pee bottle).
- 1 Plastic mug w/snap-on lid, 16 oz. or larger.

3 regular carabineers Light weight BD Hot wire are recommended

Ice axe w/leash Light weight (i.e Grivel Air tech, Black Diamond Raven, or Charlet Moser Snow Walker) Under 5'7" use 60cm, 5'7"- 6'2" use 65cm, over 6'2" use 70cm

Face mask/balaclava

### **Other Personal Gear**

Valid Passport and passport size photos

Fanny pack or wallet for travel documents, money & passport

Small padlock for duffel bag (depending how many duffel bags you have).

Favourite snack foods

Paperback books, Sudoku book, cards, Walkman, iPod etc

Personal toiletries as necessary

3-4 Large plastic bags, for keeping miscellaneous gear dry

Nylon stuff sacks for food and gear storage (OR has a good selection); large Ziplocs are useful also.

Camp towel

Hand wipes

## Equipment supplied by us

- ✓ 2 Kit bags (1 Kit bag with your name on it will be provided for you in Kathmandu for the trek. This will be included in your trek cost. Your travelling kit bag can remain at the Hotel in Kathmandu with spare clothes for after the trek.
- ✓ Satellite phone (pay for air time used: USD \$5/minute)
- ✓ Sleeping tents, dining tent, all cooking and eating equipment & food on trek/climb
- ✓ 240VAC generator at BC to recharge camera batteries
- ✓ Barrel or duffle bag for transporting personal gear by Yak and truck
- ✓ Climbing ropes, fixed safety ropes
- ✓ Snow anchors, ice anchors, rock anchors, v-thread cord etc.

**NOTE:** You must have all of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment (If forgotten) but don't rely on it.





# Grand Himalaya

TREKS & EXPEDITION

Grand Himalaya Treks & Expedition Pvt. Ltd.  
Chabahil Stupa, Near Ganesh Mandir,  
Kathmandu, Nepal  
P.O. Box No.: 9935  
Phone No.: +977 1 4474479

Email: [info@grandhimalayaexpedition.com](mailto:info@grandhimalayaexpedition.com) OR [grandhimalayaexpedition@gmail.com](mailto:grandhimalayaexpedition@gmail.com)

[www.grandhimalayaexpedition.com](http://www.grandhimalayaexpedition.com)

**Leader in the**  
Himalayan Adventures



Trekking/Peak Climbing/Mountaineering