18-DAY ADVENTURE

GOKYO LAKES TREK

Nepal

The Gokyo Lakes route to Everest Base Camp is a favourite with all the team at Kandoo. It is a tougher trek than the standard route, so will be a tough challenge for first-time, high altitude trekkers. For the more experienced trekker it is a fantastic extension to the standard route, taking in incredible scenery at Gokyo Ri, as you look out to Cho Oyu, one of the 8,000m peaks. This circular trek is ideal for avoiding the busier sections of the main basecamp route and ensuring there is no backtracking on your trek. The extension to the trek culminates in the crossing of the Cho La pass at 5,420m before you re-join the main Everest route. The whole of this trek is in teahouses so no need to camp anywhere.

With decades of Himalayan expertise, our veteran guides offer more than just an industry-leading safety record. By trekking with us, you're giving back through the Kandoo Himalaya Foundation, which funds education and development in Hongong—the remote village many of our team members call home.

TRIP HIGHLIGHTS

- An amazingly scenic circular route
- Climb Gokyo Ri and cross the challenging Cho La Pass
- Comfortable teahouse accommodation
- Every trek supports the Kandoo Himalaya Foundation

Mt Everest
8849m
Everest
Base Camp
Kala Pattar
5643m
Gokyo Ri
5357m
Gorak Shep
Tragnag
Gokyo
Lobuche
Dzongla
Machermo
Dole
Dingboche
Namche Bazar
Phakding
Lukla
KANDOO
ADVENTURES
Trek
Flight

ITINERARY

DAY 1

ARRIVE IN KATHMANDU

All trekkers need to organise their own flights to Kathmandu International Airport (KTM). From Kathmandu Airport we will arrange a private transfer to your hotel. That night or early the next morning you will meet your local Kandoo representative and have a full pre-trek briefing.

Accomodation: **Hotel**

DAY 2

FLIGHT TO LUKLA – TREK TO PHAKDING

This morning we will leave early doors to catch our flight, armed with a packed breakfast from the hotel. The flight from Kathmandu to Lukla takes 45 minutes and is an adventure in itself with great views of the Everest region (from the left of the plane) and ending with a hair-raising landing on a steep mountain runway. After meeting our crew, we will head to our first teahouse for a coffee, and perhaps a second breakfast, before starting our trek heading up the Dudh Koshi Valley, on a well-marked trail to Phakding. On a clear day, the guide will take you slightly off the main path to catch your very first glimpse of Everest!

Transport: **Flight**
Hiking time: **3 - 4 hours**
Ascent: **1500 m**
Descent: **144 m**
Max. altitude: **2800 m**
Accomodation: **Teahouse**
Meals included: **Breakfast**

DAY 3

TREK TO NAMCHE BAZAAR

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park, which was set-up to conserve this fragile mountain environment. We then ascend steeply to Namche and along the way, if the weather permits, catch the first glimpse of Mt Everest. Namche Bazaar is the main trading village in Khumbu and has a busy Saturday market. It is a meeting place for the Hindu traders from the lowlands and Tibetan yak caravans that have crossed the glaciated Nangpa La. You can enjoy an Illy coffee and amazing brownies here!

Hiking time: **6 - 7 hours**
Ascent: **794 m**
Max. altitude: **3450 m**
Accomodation: **Teahouse**

DAY 4

ACCLIMATISATION IN NAMCHE

Namche is tucked away between two ridges and has lots of lodges, tea shops and souvenir shops. Today we will trek up to the Everest View Hotel at 3880m for our first view of Ama Dablam and Mount Everest. Following the 'walk high, sleep low' principle, this hike will really help with your acclimatisation.

Hiking time: **3 - 4 hours**
Ascent: **430 m**
Descent: **430 m**
Max. altitude: **3880 m**
Accomodation: **Teahouse**

DAY 5

TREK TO DOLE

Today is a spectacular day in terms of scenery as we follow the main trail north out of Namche. A short climb to a ridge gives us wonderful views of Everest and Lhotse. We then follow the main trail for a while longer to a crossroads high above the Dudh Koshi. The trail to Everest drops down the hill but we turn off here and climb to cross the Mon La before reaching Phortse Tenga. From Phortse Tenga, the trail climbs steeply to Dole, through rhododendron and birch forest.

Hiking time: **6 - 7 hours**
Ascent: **634 m**
Max. altitude: **4084 m**
Accomodation: **Teahouse**

DAY 6

TREK TO MACHERMO

From Dole we climb steadily along the side of the valley, where rhododendron forests give way to scrub juniper as the altitude increases. The trail passes many summer settlements (yersa), which are used when yaks are taken to these pastures to graze in the summer months. Excellent views of Cho Oyu can be seen from here, as well as Kantega and Thamserku. Today's trek is a short one and we will arrive at Machermo in time for lunch.

Hiking time: **3 - 4 hours**
Ascent: **326 m**
Max. altitude: **4410 m**
Accomodation: **Teahouse**

DAY 7

ACCLIMATISATION IN MACHERMO

We are now approaching 4500m, so we will stay at Machermo for an extra day to acclimatise. There are plenty of possibilities for exploration around the camp and just above the village there is an excellent view encompassing Cho Oyu (8210m) and the mountains which flank the Ngozumpa Glacier

Max. altitude: **4410 m**
Accomodation: **Teahouse**

DAY 8

TREK TO GOKYO

We now head for the lakes at Gokyo. We follow a very scenic path to Pangka and then descend slightly, following one of the rivers which flows down the west side of the Ngozumpa Glacier. We climb a steep rocky incline into the valley by the side of the glacier, passing the first of the holy lakes. We soon arrive at the second of the lakes, crossing the path which heads across the glacier to Cho La - our route to Lobuche and Everest later in the trek. The third lake is known as Dudh Pokhari and on its eastern shore is the settlement of Gokyo. Walking by the side of the lake, the scenery is breath-taking with the summits of Cho Oyu and Gyachung Kang reflected in its emerald green waters.

Hiking time: **5 - 6 hours**
Ascent: **340 m**
Max. altitude: **4750 m**
Accomodation: **Teahouse**

DAY 9

ASCENT OF GOKYO RI – TREK TO TRAGNAG

Gokyo Ri looms above the village on the northern edge of the lake and we leave camp just after first light, following a steep path up the hillside. As we climb, the summits of Everest, Lhotse and Makalu slowly come into sight and the view from the summit of Gokyo Ri itself is one of the finest to be had in the Everest region - some say it is even better than that from Kala Pattar. After lunch we leave Gokyo to cross the Ngozumpa Glacier. We descend to the second lake and drop down onto the glacier. The route across the glacier is marked by cairns and is generally quite well defined. We climb off the glacier and follow a shallow valley to Tragnag.

Hiking time: **6 - 7 hours**
Ascent: **733 m**
Descent: **793 m**
Max. altitude: **5483 m**
Accomodation: **Teahouse**

DAY 10

TREK TO DZONGLA VIA CHO LA PASS

An early start is required today (around 4am) to cross the Cho La Pass and make the long descent to Dzongla. We collect a picnic lunch from our teahouse before setting off on this morning's trail. Continuing up the valley, we cross a ridge and an old lateral moraine, before beginning the rocky scramble to the pass. Here ropes are in place to aid in the ascent. From the top there are excellent views, across to the Rolwaling Valley in the west and Ama Dablam to the south east. The descent from here involves crossing a small glacier which is fairly straightforward. There are more excellent views of Ama Dablam and Cholatse as we descend.

Hiking time: **7 - 8 hours**
Ascent: **650 m**
Descent: **510 m**
Max. altitude: **5340 m**
Accomodation: **Teahouse**

DAY 11

TREK TO LOBUCHE

The way to Lobuche contours the grassy slopes above a lake, the Tshola Tsho, to join up with the main Everest trail from Pheriche and Tengboche. The trail flattens out and follows the valley on the west side of the Khumbu Glacier to Lobuche.

Hiking time: **3 - 4 hours**
Ascent: **98 m**
Max. altitude: **4928 m**
Accomodation: **Teahouse**

DAY 12

TREK TO GORAK SHEP – EVEREST BASE CAMP – GORAK SHEP

To reach our next stop, Everest Base Camp, we follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop for lunch at Gorak Shep before finally making our way to Base Camp itself. This takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier.

Hiking time: **8 - 9 hours**
Ascent: **436 m**
Descent: **200 m**
Max. altitude: **5364 m**
Accomodation: **Teahouse**

DAY 13

ASCENT OF KALA PATTAR – TREK TO DINGBOCHE

A very early start is required to reach the top of Kala Pattar (5641m) for one of the best viewpoints in the Himalaya. From here you can see the face of Everest and deep into the Khumbu icefield. After lunch we descend to Dingboche for the night.

Hiking time: **8 - 9 hours**
Ascent: **477 m**
Descent: **1281 m**
Max. altitude: **5641 m**
Accomodation: **Teahouse**

DAY 14

TREK TO NAMCHE

From Dingboche we drop down again to follow the river and climb up through birch and rhododendron forest back to Tengboche. From Tengboche we descend over the Dudh Koshi before making our way back to Namche.

Hiking time: **8 - 9 hours**
Ascent: **90 m**
Max. altitude: **3450 m**
Accomodation: **Teahouse**

DAY 15

TREK TO LUKLA

Our final day's trekking follows the Dudh Koshi back down to Lukla. To celebrate our final night, we have dinner altogether this evening as a full team, it is customary for guests to buy dinner for the porters and guides on this night as a thank you for the support they have given you throughout the trek. There will also be an opportunity for you to hand out your tips for the support team during this meal.

Hiking time: **7 - 8 hours**
Descent: **650 m**
Max. altitude: **3450 m**
Accomodation: **Teahouse**

DAY 16

RETURN TO KATHMANDU

After an early breakfast, we will begin our return journey to Kathmandu.

Accomodation: **Hotel**

DAY 17

FREE DAY IN KATHMANDU

A free day in Kathmandu to explore the city at your leisure

Accomodation: **Hotel**
Meals included: **Breakfast**

DAY 18

DEPARTURE FROM KATHMANDU

We will collect you from your hotel and transfer you to Kathmandu Airport for your departing flight

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

This is a **tougher trek** than the standard EBC trek and gives experienced hikers a good challenge. No technical climbing is required, but there are several high passes to cross over, the days are long and there is are steep ascents and descents on this trek, so your legs will be getting a good workout. Trekking poles are a lifesaver, especially on the steep Cho La pass and a solid training plan will allow you to better prepare for the hikes and enjoy yourself when you're on the trail. You will reach a high point of 5641m on Kala Pattar. Trekking at this altitude requires a slow, steady pace as you will find you become short of breath. This is by no means a sprint, however a good level of fitness will ensure you have a positive experience.

If you are comfortable walking for 6-7 hours with an ascent of 1000m over consecutive days then you are certainly fit enough to succeed on this trek. We find that all successful hikers share a real *Kandoo* attitude and that means high levels of grit and determination.

Looking for training advice or a training plan in preparation for this trip? We'd recommend checking out Kate Sielmann and her coaching programs that are specific to mountaineering and trekking training. Find more details here.

FOOD & DRINK

You may have noticed that our prices for Nepal are generally much lower than other companies. This is because we have chosen not to include food and drinks in the teahouses within our trek cost. Our reasoning for doing this is as follows - as the quality of lodges has improved, so has the food. It used to be the case that the only meal available was Dahl Bhat - boiled rice with a very thin lentil dahl. This is what the porters will eat almost exclusively and you will often hear them joke "Dhal bhat - 24 hour power". It might be 24 hour power for a Nepali who has lived on it all his life but for anyone else it is pretty unappetising fair on a regular basis. Fortunately, all but the most remote lodges now offer an extensive menu of food including local delicacies such as Yak Steak with blue cheese sauce and more western alternatives such as calzone and chips as well as the standard Dhal Bhat.

We have found over the years that our guests require different intakes of food to suffice their energy needs and where some are content with Dhal Bhat everyday, others wish to sample the menu. We therefore decided that rather than restrict the options available to our guests with a set menu, we have handed over the choice to you; you can choose what you want to eat at the lodges, and settle your own bill in the morning. While you can eat heartily for very little money at any lodge, we do recommend that you budget £30-35 ($40-45) per day for meals and drinks. This will ensure that you not only have plenty of food, but that you enjoy your trek a lot more.

One word of advice, place your meal order as soon as you can upon arriving at the lodge as it is strictly ‘first ordered, first served’, and the best lodges are quite busy at meal times.

ACCOMMODATION

Your full day by day itinerary shows what is included in terms of hotel accommodation and meal basis. All of our pre- and post-trek nights are in comfortable 4* hotel accommodation based in the Thamel District of Kathmandu.

You will be staying at teahouses, situated in villages along the trail. The standard of accommodation still varies hugely but on the most popular routes there is generally plenty of clean, well kept accommodation. Namche features some really great lodges, including the Hil-Ten (this is not a region that makes much of copyright infringement) and if you are in need of refreshment there both Illy and Lavazza coffee are available. Rooms are normally twin shares and consist of two wooden bench beds per room with mattresses and sheets. Most will provide blankets but we would certainly recommend bringing your own good quality 4 season sleeping bag unless you are used to sleeping rough in freezing conditions. Whenever possible we will try to book en-suite rooms, but availability is very limited. Generally bathroom facilities will be shared and it will be a short walk to reach them so footwear to use at the teahouses is essential if you don't want to spend the entire trek in your boots. Showers are not always available and it tends to be just the communal areas that are heated.

Wifi is available in almost all villages and you will be able to access the luxury of hot showers at some teahouses. If you wish to use these sundry items then expect to add an additional $15 per day to your food budget. We do probably over-estimate the food cost, but ATMs are pretty much unheard of in the mountains and we would rather you have too much money with you than not enough.

Dining in the lodges will be in a large open room with tables round the outside and a fire in the centre. Our guides try to make sure we secure you a spot away from the door and nearer to the fire but can't always guarantee this.

The toilet situation is something a lot of our guests want to know about! In Nepal, the hotel we use has western flushing toilets. On the trek itself, the teahouses will have squat toilets or "posh squats". This will most likely be a tiled squat toilet with somewhere to wash your hands. We recommend bringing toilet roll with you as you won't find any in the toilets, however you will find it is available to buy at most teahouses.

TRANSPORT

We insist on using a high standard of vehicle and driver for all of our transfers. In Nepal it is not a legal requirement to have seatbelts fitted in the back of vehicles, and while we try to use vehicles that do have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office.

LUGGAGE

Duffel bags

You will be provided with a large duffel bag at the pre-trek briefing that will be yours to use for the duration of your trek. Your equipment will then need to be transferred into this bag. If you are travelling with a duffel bag then it is up to you which bag you choose to use for the trek, if you are travelling with a suitcase then this will need to be left at the pre-trek hotel and collected upon your return as our porters need the bags they carry to be flexible.

The internal flights operate an absolutely strict maximum limit of 10kg for your main equipment bag and a maximum of 5kg for your day sack. Your bag will be weighed before you leave the hotel to start the trek and if it is overweight you will have to take items out and leave them at the hotel. Your baggage will also be weighed by the airport staff so it is important that you do not exceed these limits. Please note you will be given 2 litres of water on arrival in Lukla to fill your platypus or water bottles for your first day’s trekking, so you do not need to carry water from Kathmandu. The porters can carry up to 15kg in the main equipment bag, so you can add items from your day sack once you reach Lukla.

All items must be packed in your main equipment bag. They should not be attached to the outside, as we are not responsible if items fall off when the bags are being carried on the trek.

HOW DO I GET THERE?

There are several ways to get to Nepal from Europe and the USA all of which involve an international flight to Tribhuvan International Airport which is the main airport in Kathmandu. There are a lot of flights that fly to Kathmandu through the Middle East. Qatar, Gulf and Air Emirates offer daily flights from Europe and the US to Kathmandu, with a stopover at their central hubs. You must be careful though, as some of these layovers are very long indeed. Check the schedules carefully, and consider using Qatar. They seem to have the shortest layovers (at Doha) by a substantial margin. The other alternative is to fly via Delhi, with BA, Air India or Jet and then catch a shorter flight up to Kathmandu. Again be careful of long layovers and be warned - some of the reviews for Air India are less than glowing!

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

Flight changes during Peak Season

Please note that during peak season **domestic flights will depart from Ramechhap rather than Kathmandu**. Ramechhap is a 5-6 hour drive from Kathmandu and as this is a national alteration concerning all domestic flights to the Everest region, flight companies will provide transfer buses to Ramechhap from Kathmandu. The change has been implemented to put less stress on Kathmandu airport as the number of domestic flights to Lukla increases with the popularity of the region. This will **only affect trips to the Everest region** not Annapurna. If your trip overlaps the dates these are implemented, you may find that you fly into Lukla via Kathmandu but return via Ramechhap.

Unfortunately, in classic Nepalese style, the exact dates this will affect will not be released until a few months prior to the trekking season starting.

PRE-TREK BRIEFING

Your pre-trek briefing will be at 4pm the evening before the trek begins, at your hotel. The briefing is an opportunity for your guide to check you are fully prepared and also an opportunity for you to ask any final questions. We will carry out your baseline health check which will be used to spot any early signs of altitude sickness after you start trekking.

BUDGET & CHANGE

The **Nepali Rupee** is a closed currency so you will not be able to buy this before you arrive. If travelling from the UK or the US, it is advisable to travel with your home currency and exchange this in Kathmandu. It is very important that bills be new (less than 10 years old), crisp and untorn. We recommend changing currency in Kathmandu rather than at the airport as you will get a much better exchange rate. There are exchange kiosks less than a 5 minute walk from the hotel and your guide will be happy to assist you in finding these should you need them to. Alternatively all the hotels in Kathmandu will change small amounts of money for you.

We recommend that you take local currency on the actual trek with you, as the teahouses prefer local currency. You will also get a more favourable exchange rate in Kathmandu than in the mountains. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

In Kathmandu a meal for two at a mid range restaurant will cost ~$20. A taxi will generally start on a base rate of $0.45 and then charge $0.4 for every km. Or you can ride the bus which will be around $0.15 for a 5km journey. Souvenirs in Kathmandu are generally on the cheaper side too. Whilst on the trek, we recommend that you budget £30 - £35 ($40 to $45) per day for meals and drinks.
You may also want to be prepared to pay for the cost of a helicopter which can fly in bad weather (around US$300-500 per person), in the case of your flight to or from Lukla being postponed due to bad weather conditions.

Our recommended guidance for spending budget in Nepal would be between $500-800 (depending on the length of the trip and your meal preferences) on top of your tips, to give you ample money for souvenirs and treats.

TIPS

We realise that tipping may not be a common practice in all countries but for Nepal it is a **standard practice** that all operators support. The decision on how much to tip should be determined by how well the team served you while you were on the trek. Tips are always discretionary and if you are not happy with the service you have received you do not have to pay tips. Tips can be made in US dollars or Nepali Rupees. It is very important that US bills be new (less than 10 years old), crisp and untorn.

We are members of the Trekking Agencies Association of Nepal and the Nepal Mountaineering Association, and follow their guidelines when recommending tip levels for guides and porters. We would suggest you budget $250 per trekker for your tip contribution on this route. The group tip can be given to your porters and guides during your celebratory meal in Lukla on the final night of your trek. You will then say goodbye to your porters the following morning.

FORMALITIES & HEALTH

PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Nepal. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling. You must carry your passport on the trek with you, as it is required for internal flights.

VISA

Most visitors to Nepal (including nationals from the UK, Europe, USA and Australia) require a tourist visa to enter Nepal. To secure a visa you will need to present proof that you have a return ticket, and proof that you have sufficient money to support yourself during your stay in Nepal. Visa can be obtained online at: https://uk.nepalembassy.gov.np/visa/. Visas are valid for 6 months from the date of issue, so do not send off your application too early.
The other option is to queue and pay for a visa on arrival at Kathmandu Tribhubhan International Airport. This will need to be paid for in cash. We highly recommend securing a visa before departure as this will ensure you have no problems passing immigration, as well as speed up the process of clearing immigration. You will need at least one blank visa page in your passport. Certain nationalities not mentioned above must apply for a visa in advance, so check with your local Nepalese Embassy or online at: https://www.immigration.gov.np/page/visa-on-arrival. If you are flying into Kathmandu, your entry point will be Tribhuvan International Airport.

For most of our trips, you may be ok with a 15 day tourist visa which costs USD30 (around GBP25). However, if you are adding any extra days in Kathmandu you would then require a 30 day tourist visa which USD50 (around GBP40). Visas can be extended once you are in Nepal, but overstaying your visa is taken very seriously, and can result in your being detained or not allowed to leave without paying a fine. In Kathmandu airport they will assume you are paying in your home country currency so make sure you have the amount you need for your visa, or to extend your visa, in cash in your home currency. For smaller currencies, USD will be the best replacement.

VACCINATIONS

The standard vaccinations required are diphtheria, tetanus, typhoid and hepatitis A, but you should always consult your doctor or travel clinic for the most up to date advice.

INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. For the Annapurna and Everest Regions, we recommend cover up to 6000m of altitude. If you are climbing Mera Peak or Island Peak you will need cover for trekking up to 7000m of altitude.

Please take a copy of your insurance policy to the pre-trek briefing, as the guide will need to collect your insurance details. We also ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

HEALTH

Malaria

There is no risk of malaria in Kathmandu and or on the majority of Himalayan treks that we operate, due to the altitude. However, there is a risk of malaria in areas of Nepal below 1,500m, particularly in the Terai district, the lowland region of Nepal adjacent to the Indian border. This region includes Chitwan National Park, so if you are planning a safari extension to your trek, you need to plan anti-malarial medication for this part of your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts at dusk and dawn when the mosquitos are active, and by using a DEET based mosquito repellent.

Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many trekkers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. All our routes in Nepal have been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

Diamox

There has been a lot of research on Diamox that shows it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start trekking to prevent altitude sickness, not once you are on the trek and symptoms have developed.

Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would so you should drink at least 3 litres of fluids every day while trekking. Even when you do not feel thirsty you have to drink this amount as a minimum, preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow trekkers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

We recommend that wherever possible you use your own gear for your trek as this is the best way to ensure your comfort and enjoyment. We recognise though that the cost of some items is very high and this may not be possible.

Duffel bags

You will be provided with a large duffel bag at the pre-trek briefing that will be yours to use for the duration of your trek. Your equipment will then need to be transferred into this bag. If you are travelling with a duffel bag then it is up to you which bag you choose to use for the trek, if you are travelling with a suitcase then this will need to be left at the pre-trek hotel and collected upon your return as our porters need the bags they carry to be flexible.

We do not have other gear available for rental but there are many places offering gear for rental in Kathmandu and we can recommend a number of places for you. The quality of rental gear is very variable and it is your responsibility to check carefully the condition of any item you rent. We accept no responsibility for the quality of equipment hired. An indication of the likely rental costs is below.

- Four Season Sleeping Bag - $2 per day
- Down Jacket - $2 per day
- Trekking Poles - $1 per day

Most of the rental shops close around 8pm, so if you are arriving on a late flight the day before the trek starts there will not be an opportunity for you to visit a rental store. If you are planning on renting equipment, you need to make sure you have allowed sufficient time at the beginning of your trip.

All rental equipment is included in your overall trekking bag weight, so make sure you have allowed for this when packing your bag at home. A sleeping bag will weigh around 2kg.

CLOTHING TO BRING

HEADGEAR

- Warm beanie style hat – knitted or fleece
- Buff - Essential to prevent the cold air reaching your lungs and causing "Khumbu cough"
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

UPPER BODY

- Thermal or fleece base layer (x2)
- Long sleeve shirt/tshirt – light or medium weight, moisture wicking (x3)
- Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)
- Fleece or soft shell jacket (x2)
- Insulated jacket – down or primaloft
- Lightweight water/windproof hard shell outer jacket
- Gloves – lightweight, fleece or quick drying fabric
- Gloves or mittens – heavyweight, insulated, preferably water resistant

LEGS

- Leggings – thermal or fleece base layer (x1)
- Trekking trousers – light or medium weight (x2) – convertible trousers work well
- Waterproof hard shell trousers – ski pants work fine (x1)
- Gaiters

FEET

- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around the teahouses
- Micro-spikes – may be required in snowy conditions
- Mid-weight trekking socks (x5 pairs)
- Breathable, high-wicking liner socks (x3 pairs)
- Thermal trekking socks for upper reaches of your trek (x1 pair)

EQUIPMENT TO BRING

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Sleeping bag (4 season or -15 Deg C) and compression sack
- Trekking poles
- Water bottle or hydration bag – must be able to carry 1.5-2L of water

OTHER ACCESSORIES

- Sunscreen - high SPF
- Lipbalm – high SPF - ESSENTIAL in Nepal!!
- Toiletries, including wet wipes and hand sanitiser – please carry all rubbish back off the trail
- Toilet paper - you won't find any in the toilets, but it is available to buy at most teahouses
- Camera and spare batteries
- Plug adapter, for charging devices in teahouses and hotels
- Personal medication and first aid kit
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes
- Microfibre towel for wiping hands and face each day
- Ear plugs, if you are a light sleeper
- Pee bottle, useful for late night toilet needs
- Dry bag (only required if your main duffle bag is not waterproof)

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.