

THE ALPINE CLUB OF CANADA
Best of Nepal – Trekking Camp
Tuesday October 6, 2009 to Saturday October 24, 2009.

Location: Khumbu Region, Nepal.
Guide: Felix Camire, (403) 609 1526, camirefelix@yahoo.ca
Camp Manager: TBD
Fee: \$3500 (no GST)
Cancellation Insurance: \$260.50 (optional)
Participants: Ten
Meeting Place: October 6, 2009 @ Hotel Encounter, Kathmandu.

Info Pack

The purpose of this info pack is to provide you with the details you need to prepare for your Adventure. If you have any questions, please don't hesitate to contact Rob Whiteway at the National Office in Canmore (adventures@alpineclubofcanada.ca, 403-678-3200 ext 112) or any of the camp staff listed above.

Membership

Your Alpine Club of Canada membership must be current at the time of the camp.

Accommodation

Nepalese teahouse trekking is a unique experience. For the duration of your trek through the Khumbu valley you will be doing it in style. Accommodation along the way is provided in Traditional Nepalese teahouses. The renowned hospitality provided by the local Sherpa people will make your trip even more memorable and of course much more comfortable.

A relaxing haven from the hustle and bustle of Kathmandu is provided while not in the mountains. The hotel is centrally located in downtown Thamel, the thriving hub for shopping and dining. Nights included are October 6th and 7th, before the trek and October 23rd, after the trek. For more information or to reserve additional nights in Kathmandu "Hotel Encounter" can be contacted directly: www.encounternepal.com/

Meals

While trekking in the Khumbu valley all meals will be provided. Meals range from improvised Western style dishes to the traditional Nepalese meal "Dal Bhat".

During your stay in Kathmandu meals are not provided. There are many different options for dining in downtown Thamel. If you don't feel like venturing too far then the Hotel offers dining and room service.

Getting There

You will be responsible for your own flight arrangements to Kathmandu, Nepal. Tourists who visit Nepal must hold a valid Passport and Visa (also your responsibility). Visa requirements are subject to change, for the latest information, contact the Nepalese consular offices in your country. Important information for Visa's, Customs, airport departure tax and much more can be found on the "Nepal Tourism Board" website in the travel guide section:

www.welcomenepal.com/. Or for Canadians www.voyage.gc.ca

Your Health

In order to determine your need for immunizations and/or preventative medicines, it is strongly recommended that you visit a Travel Medicine Clinic or see your Doctor 6 – 8 weeks before the trip.

Kick Off Meeting

Is at the Hotel Encounter Kathmandu, Nepal. See their website for location/directions

<http://www.encounternepal.com/>

Itinerary*

Oct 6: Meet in Kathmandu at Hotel Encounter (time TBD).

Oct 7: Sightseeing tour of Kathmandu.

Oct 8: Fly to Lukla and begin trek.

Oct 9 - 22: Trek to and from Everest Base Camp, with possible hikes along the way up Kalar Patar, Gokyo Ri, Chukung Ri.

Oct 22: Fly from Lukla back to Kathmandu.

Oct 23: Free day in Kathmandu or weather day to fly back.

Oct 24: Fly back home.

*Itinerary and route may change due to weather/snow conditions and/or goals and ability of group.

Insurance Options

If you do not have Canadian medical insurance, or if your provincial insurance is insufficient, we recommend purchasing insurance through Travel Underwriters. They sell a variety of insurance policies, including medical (annual and single trip), trip cancellation/interruption and insurance for visitors to Canada. To find out more about their insurance options, visit the Travel Underwriters website at www.travelunderwriters.com or call them direct at 1-800-663-5389.

Please contact Rob Whiteway (adventures@alpineclubofcanada.ca) to purchase your travel insurance for this camp.

Park Passes

National Park passes and Trekking permits are included in the cost of the trip.

Environmental Considerations

The ACC is proud to have earned the right to display the UIAA Environment Label. The UIAA is the world's recognized international mountaineering and climbing federation, with over 2.5 million members in 68 countries. The ACC's Mountain Adventures are conducted with great consideration for the environment, and we are thrilled to be recognized for the care we take. If you would like to learn more about the Environment Label, visit www.uiaa.ch, and select "Labels".

Recommended Reading

Guidebooks

Trailblazer: Trekking in the Everest Region, by Jamie McGuinness.

Lonely Planet: Trekking in the Nepal Himalaya, by Stan Armington

General Interest

Medicine for Mountaineering and Other Wilderness Activities, by James A. Wilkerson, M.D.

Going Higher - Oxygen Man and Mountains, by Dr. Charles Houston.
Freedom of the Hills, the Mountaineers.

Map Sheets

Everest Base Camp Adventure Map: 3001, 1:50,000 National Geographic Adventure map.
Khumbu Himal, Map No. 02 (MN003), 1:50,000 Schneider Nepal Maps.

Equipment

The equipment list should be carefully reviewed when packing for this camp. Please do not hesitate to contact Felix or **TBD** if you have any questions at all about your equipment - we want to be sure that you have all the right gear but that you don't bring too much! Remember that altitude has a negative impact on cardiac output, you will be carrying everything you bring, so pack lightly.

You may be asked to carry a small selection of group gear in addition to your own personal items, so leave some room in your pack. We recommend that the total weight of your pack **not exceed** 14-16 kg (30-35 pounds).

If you require rental equipment, Gear Up (On Highway 1A in Canmore) offers a 25% discount on rental gear and a 10% discount on retail climbing gear (excluding ropes) to Alpine Club of Canada Mountain Adventure participants. For further information and equipment reservations call (403) 678-1636 between 8:00 a.m. and 7:00 p.m. MT. In Calgary, the Campus Outdoor Centre at the University of Calgary www.calgaryoutdoorcentre.ca/ (403) 220-5038 8:00 a.m. to 8:00 p.m. MST, rents climbing and backcountry ski gear and accessories, and the Mountain Equipment Co-op www.mec.ca (403) 269-2420 in Calgary, or (604) 872-7858 in Vancouver, has a more limited rental inventory, but will apply a portion of your rental cost toward purchase.

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Equipment List

Suggested Clothing List (please note: Due to the nature of high altitude trekking close the tropics, lower altitudes can be quite warm while higher altitudes can be very cold (and sometimes snowy))

- Long underwear top and bottoms (synthetic or merino wool)
- Warm outer pants (Schoeller or fleece)
- Fleece or other synthetic jacket/sweater
- Gore-Tex or equivalent waterproof/breathable **Lightweight** shell jacket with hood
- Gore-Tex or equivalent waterproof/breathable **Lightweight** shell pants
- Comfortable wool or synthetic hiking/trekking socks
 - Tip: add a thin liner sock if you are prone to blisters
- Gaiters (knee height) that fit over your boots
- Warm gloves or mitts
- Gore-Tex or other waterproof over-gloves or mitts
- Toque (warm hat) or balaclava
- Sun hat with neck and ear protection
- Down or synthetic insulated jacket
- Hut Slippers
- Convertible style trekking pants (“shorts” mode can be nice at lower altitudes)
- Lightweight trekking shirt or Lightweight Merino/Synthetic T-Shirt
- Hiking Boots – Sturdy, Supportive and Waterproof

Personal Equipment

- Overnight pack - waterproof, durable, comfortable and large enough to carry personal gear and some food (40-50 liters).
- Sleeping bag (-10°C to -20°C/ 14°F to -4°F, depending on your comfort level)
- Headlamp – Small LED type is best
- Water bottle(s) - 1 litre, wide mouth, plastic with tight lid
- Small personal first aid kit - Band-Aids, Moleskin, medications, tape, etc.
- Toilet kit including light camp towel and “Camp Suds” (biodegradable soap)
- Sunscreen and lip protection with minimum SPF 30
- Insect repellent
- Hand Sanitizer
- Sunglasses with good UV protection
- Toilet paper (a small personal amount for during the days)

Optional Equipment

- Collapsible trekking/ski poles for hiking
- Water purification tablets/solution
- Earplugs (good for sleeping in noisy huts)
- Camera and film/extra memory card, batteries.
- Pocket knife (Swiss Army style)
- Map and compass / Altimeter / GPS
- Reading material/journal/pencil
- Raincover for pack

- ☐ Shorts

The ACC will supply all group gear including, 1st aid kit, group repair kit, fuel, etc. All teahouses are supplied with eating utensils and mattresses

Some notes on equipment:

Very little equipment or replacement parts will be available on the trip, so be sure you arrive properly equipped with all items adjusted, sized and in very good condition. Shortages and inadequate gear may limit your enjoyment of the experience, rule out your participation in some activities, or impose an unnecessary burden on other participants. It is highly advisable that all equipment (particularly new, borrowed or unfamiliar gear) is checked out extensively before the camp on at least one other trip.

Please remember you must carry everything you bring - pack light!