

# NEPAL

## Trekking to Everest Base Camp



## Preparation Guide

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The deposit for this trip is \$800 for the trek, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- ☐ Information Form
- ☐ Booking Conditions Form
- ☐ Copy of Flight Information
- ☐ Copy of Issuing Page of Passport (Photo Page)

**Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) 90 days prior to the start of the trip.** A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

#### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Apply for your visa online before you arrive in Nepal at the following link: <http://online.nepalimmigration.gov.np/tourist-visa>. Please do not apply more than 14 days before your trip. You will need to get a 30-day visa (USD \$50). Please note that you will still need to complete the visa process in person upon arrival; be prepared for lines during the trekking season.

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### Money:

The currency of Nepal is the Nepalese Rupee. US Dollars are generally not accepted in Nepal except for gratuities. Credit cards are accepted in a few large hotels, where there is generally a surcharge for credit card use of 3-5%. ATMs are in larger towns only. You should plan on bringing cash and exchanging it for local currency. Make sure that your US dollars were printed in the last ten years and have no tears, rips, or marks on them.

In addition to gratuities, we recommend bringing \$15 per day for the trek to spend on snacks, bottled water (boiled water is provided), WiFi, and device charging. We also recommend bringing \$30 for an Everest Link card.

Suggested Gratuities: We suggest \$200 per person for the trek. This will be divided among your guides and porters. Your transfer drivers, city tour guide(s), and accommodation gratuities are included in your trip.

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### Travel Medicine

Make an appointment with a travel clinic. There are no immunization requirements for travel to Nepal, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history. You may want to discuss altitude illness medications with your travel doctor.

For more health information, go to [www.cdc.gov/travel](http://www.cdc.gov/travel) and navigate to the page about Nepal.

### Altitude Symptoms

At high altitude, it is typical for trekkers to feel some physical effects such as loss of appetite, fatigue, or headache. Symptoms become more severe if you experience acute altitude sickness. Symptoms of acute altitude sickness can include troubled breathing while resting, severe coughing, confusion, impairment of motor skills, and irrational behavior.

Notify your guide immediately if you believe you are experiencing any of these symptoms. As a highly trained professional, your guide makes your safety his top priority. If he determines that you are suffering from an acute form of altitude sickness, you will need to descend to a lower altitude.

### First Aid

All of your guides have extensive training in evacuation procedures, altitude sickness, and trekking leadership skills.

You should pack your own first aid kit for minor pains, cuts, bruises, blisters, altitude sickness, etc.

Please make sure to visit a travel doctor at least 1 month prior to your trip to obtain all relevant altitude and travel medications.



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These are our training suggestions. If you'd like to work with someone directly, we recommend contacting Trailblazer Wellness for a customized training program designed with you in mind. Before starting any training program, please discuss it with your physician.

### Planning Ahead

- ▶ Develop a three-month training plan that can be incorporated into your current exercise regimen. This information is from our personal experience and guest feedback, but this is all intended as suggestion. Make sure your training works for you.
- ▶ You cannot train for altitude. Training at high altitude is not needed or recommended. There is no target distance, no magical heart rate, and no definitive factor to indicate how your body will perform at high altitude.
- ▶ It is typical for trekkers to feel some physical effects of high altitude. Loss of appetite, fatigue, and headache are common effects. Discuss altitude sickness medication with your doctor, but keep your focus on physical and mental preparation.
- ▶ Consider working with a personal trainer, which can help you learn proper form to avoid injury and maximize workouts.

### Your Training Plan - Aerobic Exercise

- ▶ Strive for 40-60 minute aerobic workouts four or five times per week. Begin at 70-90 days before departure and gradually increase intensity at 60 days.
- ▶ Stretch after **every** workout. It is critical to stay flexible for your adventure, as it reduces soreness and chance of injury.
- ▶ Hiking is the best form of training. It is important that you walk on uneven footing, building your leg muscles and becoming one with your hiking boots.
- ▶ Train with your day pack! It will help you prepare to carry your water and your spare layers on your trip.
- ▶ Use alternatives to hills and hiking as necessary. Climbing stairs and walking hills on the treadmill (in your hiking boots!) are great alternatives if you just can't get to the trails.
- ▶ Choose aerobic exercises that work for you - running, swimming, biking, rowing, stair climbing, or the elliptical machine all elevate your heart rate. Just focus building your endurance.
- ▶ From 15-60 days before departure, try to go on one 3-6 hour hike every two weeks. This will simulate long trekking days and will prepare you mentally for your trip.
- ▶ Taper down aerobic workouts in the final two weeks before your departure. Focus on lower-intensity shorter workouts and stretching.

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### Your Training Plan - Strength Training

- ▶ Strength train for 15-40 minutes, two to three times per week. This can be incorporated into your aerobic workouts as necessary. If done on its own, strength training should also be followed by 15-20 minutes of stretching.
- ▶ Seek professional instruction for strength training. Incorrect form can cause injury.
- ▶ Use low weights and high repetitions to focus on muscle efficiency. At high altitude, bulky muscle will feel heavier. It's best to use high repetitions with low weights and full movement. You should be able to effectively perform a particular repetition 10-20 times with a chosen weight for three sets. If you can't, the weight is too heavy.
- ▶ Aim to train specific muscles you'll be using on the trail. These include your quadriceps, hamstrings, calves, and glutes.
- ▶ Use alternatives to weights to vary resistance training. Consider trying walking lunges, weighted lunges, squats, single-leg squats, calf raises, abdominal crunches, push-ups, and balance work.
- ▶ Taper down strength training in the final two weeks before departure. Focus on form and high reps, using 25% of the weight you normally would use. One week before your trip, continue to move and break a sweat, but focus more on eating well and resting your body so you can arrive for your trip rested, refreshed, healthy, and ready to go!

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### Your Training Plan - Mental Training

- ▶ Do not underestimate the importance of mental preparation. Days can be long, weather can change instantly, you will get dirty, and you will get tired. It is important to know this while you train for your adventure.
- ▶ Consistency is key. Even if you miss a workout, keep at it. If it's a struggle at first, gradually work up to five days a week.
- ▶ Vary your training schedule and mix up your workout routine. This will help strengthen your body while not overworking muscles, and will keep you interested in your training.
- ▶ Do not over-train. You might feel anxious as the trek approaches, but don't make the mistake of intensifying your workouts too close to departure. This can lead to injury and exhaustion, which will not help you enjoy this adventure.
- ▶ Do not give in to negative thoughts or fears. You can absolutely do this, and you'll be so proud when you complete your trek! We are with you and rooting for you every step of the way.

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### Your Accommodations

AdventureWomen chooses the best accommodation available along the trail. In some places you will have en-suite bathrooms, some you won't. The common areas of the tea houses are heated by a stove, but the rooms are not heated and can get quite cold at night. You will need warm clothing to sleep in - consider this as you pack. As you ascend, usually the level of service and accommodation decreases, but remember that it's really the only thing up there! Keep your sense of adventure.

Many of the lodges will charge you to use electricity to recharge your electronics. We recommend bringing a power bank or two so you don't have to pay the lodges to charge your phone/camera.

You can buy an Everest Link card about mid-way through your trek which will enable you to have access to WiFi for most of your trek. It isn't always fast, but you can get in touch with home once in a while that way! Your guide will provide you with more information on this service.

### Weather

Prepare for all weather conditions. (Really.) It may be rainy, muddy, snowy, cold, damp, warm, sunny, steamy - you name it and it happens. By following our packing guidelines, and by remembering that you are undertaking a true mountain adventure, you will have all you need for any situation.



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### During Your Trek

**Keep your eyes on the prize!** As with every challenge, a reward awaits at the end of the trail. The sense of achievement when you reach Everest Base Camp is intensely satisfying. Remember that every step of your trek.

**The destination is just the beginning.** You'll find motivation and camaraderie with your group and your guides. The bonds you create will stay with you for a very long time, and will keep your spirits up during the trek. Laugh, sing, and dance, even when it feels hard. Together, you can reach your goal.

**Listen to and trust in your guides.** Your guides are fully prepared for any scenario. Additionally, it is essential for you to know that they are 100% committed to making sure you are safe every step of the way.

**Communicate openly** with your guide and Ambassador about everything. It is absolutely essential that you tell your guide if you are not feeling well, if you need special assistance, or if you have any questions or concerns at all. His job and first priority is to make sure you are safe and comfortable. He often has the skills and tools to fix whatever might be troubling you. If for some reason you are uncomfortable approaching your guide, make sure you speak with your Ambassador - she is there to help you.

**Aim for the top, but you have to be prepared to turn back.** You must understand that your highly skilled, professional guides have the authority to send you back down the mountain (either with a support guide or by evacuation helicopter) if they deem it unsafe for you to continue. They are trained to make such decisions and do so with significant professional consideration. Ultimately, they will do everything in their power to see you safely complete the trek.

**Don't forget to pack your spirit of adventure!** Nepal is a remarkable country, rich in culture, stunning landscapes, and potential. It is also one of the world's least developed countries, and even seasoned travelers are met with a few surprises. Things do not always happen as they do at home. Thus, staying flexible and keeping an open mind from the moment you land will make your trek all the more rewarding.

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### The Basics

Personal hygiene is critical for your comfort, health, and overall performance on the mountain. Following Leave No Trace principles will help preserve the environment.

Washing your hands before every meal and using hand sanitizer while trekking are the absolute best ways to avoid transferring germs that could make you ill while trekking.

Use moist towelettes and hand sanitizer while trekking as alternatives to water, but make sure you pack out all trash in a self-provided bag. You can dispose of the bag when you arrive at your accommodation each night.

Toilet paper is included in your trek - just ask your guide for a roll!

### Human Waste

Here are a few simple Leave No Trace rules you can follow to help preserve the environment and set a good example:

- ▶ Use the toilets provided at your accommodations as much as possible, including at night and just before leaving in the morning.
- ▶ When you need to go while on the trail, please make sure that you are 200 feet away from all water sources and trails. All toilet paper must be packed out. Bring it with you to your accommodation and dispose of it in the provided receptacles. For solid waste, you must dig a hole at least 6 inches deep, and make sure you cover it up completely and pack it down tightly.

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### Staying Hydrated

Drink at least four liters of water per day to keep yourself hydrated. Staying hydrated at high altitudes is one of the most important factors for a successful trek. This is especially critical on the first few days of the climb, while your body is adjusting to altitude.

The air will be extremely dry above 12,000 feet. Breathe through your nose through a Buff or bandana to avoid panting, and minimize sweating by removing layers of clothing when it gets warmer.

Sip fluids frequently and monitor your urine, which should be copious and clear in color. Consider bringing decaffeinated coffee, your favorite herbal tea, or powdered drink mix to flavor purified water.

### Drinking Water

Bottled water will be available in Kathmandu. Do not use tap water to brush your teeth, even at your hotel in Kathmandu. If you have trouble remembering, place something in the sink that will surprise you, like a bottle of water, or a shoe! It will cause you think before you use the water from the tap.

Boiled water is provided to you on the trek. You will receive two liters during breakfast, two liters during lunch, and two liters at night. Nalgene, Sigg, or bladder systems like CamelBak are all appropriate but we prefer the wide-mouth Nalgene.

Please note that especially with bladder systems, you will need to take precautions against freezing, such as fully clearing the tube before bed. CamelBak users will also want to bring two Nalgene; you will fill them with hot water at night and keep them in your sleeping bag to stay warm.

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### Eating at Altitude

**Keep your body fueled and hydrated at all times.** Loss of appetite often occurs at altitude, which is a function of decreased oxygen and the body's overall resistance to undertaking the task of digestion. It is crucial to continue to eat and drink, even when you don't feel like it.

**You must increase your daily caloric intake while trekking.** The menu is designed to be calorific in order to give your body the fuel it needs.

**Dieting is NOT an option on this trek.** If you are pursuing any weight loss regimens before your trek, speak to your doctor, as you will need to break and return to your regimen after the trek. It is crucial to eat and drink as much as possible on the mountain. Your metabolism speeds up at high elevations, and often causes you to lose weight even if you consume much more food than you do normally.

**Make sure to stay fueled during your climb** with snacks. There are some snacks available, but we recommend bringing a selection of your favorites.

**It is not advisable to eat meat on the trek** due to lack of refrigeration. Chicken should be ok at lower elevations, though some trekkers choose to avoid it for the duration of the trek. Eggs are safe to eat.

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**Luggage Limitations:** You will be provided a duffel bag in Nepal. You are allowed one 22 pound checked bag and one 11 pound carry-on bag on the flight from Kathmandu to Lukla. You can store extra luggage in Kathmandu while you are trekking.

Bring a day pack that you will carry during the trek to serve as your carry-on bag. Pack your essentials inside. Wear some of your trekking clothing on the plane - if your bag is delayed, you will still be able to start the trek!

### Luggage:

- ☐ Soft-sided duffel bag - a duffel bag will be provided for you in Kathmandu.
- ☐ Day pack - approximately 25-40 liters will accommodate all the essentials you will need while on the trail. Packs with hip straps are recommended; external frame packs are not appropriate.

### Layering:

Each layer has a specific function. The base layer (against your skin) manages moisture; the middle layer (insulation layer) protects you from the cold; the outer layer (shell layer) shields you from the wind and rain. You simply add or subtract layers based on your needs on the mountain.

**Base Layers:** Moisture management fabrics such as quick-dry wicking synthetics and merino wool help regulate body temperature by moving perspiration away from skin. **Cotton is NOT acceptable for trekking.**

- ☐ Underwear (1 per day or every other day -- pro tip: you can flip them inside out or wash in the sink)
- ☐ Sports bras (your preference - we recommend one for every two-three days)
- ☐ 2 long underwear tops (1 light or medium-weight, 1 heavy/expedition weight)
- ☐ 2 long underwear bottoms (1 light or medium-weight, 1 heavy/expedition weight)
- ☐ Lightweight synthetic short-sleeve shirt (1)
- ☐ Lightweight synthetic long-sleeve shirt (1)
- ☐ Loose-fitting, lightweight hiking pants, convertible/zip-off recommended for warmer trekking days (1)



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**Middle Layers:** Insulating fabrics like fleece and synthetic down help to maintain an optimal core temperature by trapping air close to your body.

- ☐ Lightweight fleece sweater or down sweater (1)
- ☐ Medium/heavyweight trekking pants, e.g. wind-resistant softshell pants -- don't hesitate to ask for suggestions! (1)
- ☐ Gloves or mittens, heavyweight (1 pair)
- ☐ Glove or mitten liners (lightweight, 1 pair)
- ☐ Fleece or wool hat, heavyweight, must cover ears (1)
- ☐ Balaclava or neck gaiter/Buff (1)

**Outer Layers:** Waterproof, breathable membrane technology - such as Gore Tex and eVent - are appropriate options for shell layers, and are intended to protect you from wind, rain, and snow. Durable Water Resistant (DWR) technology is not sufficient for heavy rain.

- ☐ Mediumweight, wind-resistant fleece or softshell jacket (1)
- ☐ Down parka, 550 fill or higher recommended (1) for the coldest days
- ☐ Shell jacket with hood, Gore-Tex or equivalent technology (1)
- ☐ Shell pants, Gore-Tex or equivalent technology (1)
- ☐ Optional rain poncho (1)

**Footwear:**

- ☐ Hiking boots, waterproof with ankle support (1 pair)
- ☐ Evening shoes, such as slippers or down booties with a tread (1 pair)
- ☐ Hiking/trekking socks (1 pair per 2 or 3 days, at least two of which are heavyweight)
- ☐ Gaiters, for keeping mud, dirt, and snow out of boots (1 pair)

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### Mountain Essentials:

- ☐ Sleeping bag, rated 0° or colder, synthetic down (1) - you can rent a sleeping bag in Kathmandu if you prefer
- ☐ Optional sleeping bag liner (1)
- ☐ Telescopic trekking poles (1 pair)
- ☐ Headlamp with extra batteries (1)
- ☐ Optional stuff sacks for organization (various sizes, sealable, waterproof)
- ☐ Waterproof day pack cover - or a garbage bag backpack liner (1)
- ☐ One-liter water bottles capable of holding boiling water, Nalgene suggested (3-4 depending on personal preference)
- ☐ Polarized sunglasses, 100% UV protection (1)
- ☐ Sun hat (1)
- ☐ Sunblock (SPF 45+)
- ☐ Lip balm (zinc oxide or SPF 45+)
- ☐ Insect repellent with DEET (for Kathmandu)
- ☐ Bandanas (1-3) and/or Buff
- ☐ Money belt, neck pouch, or fanny pack (1)

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### Personal Hygiene:

- ☐ Moist towelettes (showering is not recommended due to the cold weather as you ascend, so we suggest bringing several body wipes per day)
- ☐ Toiletry kit (toothbrush and paste, moisturizing lotion, nail clippers and brush, facial wipes, feminine products - avoid plastic applicators)
- ☐ Dry shampoo (optional)
- ☐ Camp or pack towel, quick-dry, small size (1)
- ☐ Hand sanitizer (1-2 small bottles)

### Recommended Extras:

- ☐ Electrolyte tablets for water bottles
- ☐ Favorite nutritional snacks
- ☐ Earplugs - We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs
- ☐ Wristwatch or travel alarm clock
- ☐ Inflatable travel pillow, or pillowcase to stuff with clothes
- ☐ Kindle/book
- ☐ Power bank
- ☐ Duct tape
- ☐ Safety pins

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**Personal First Aid Kit:** While your guides carry emergency first aid kits, trekkers' personal first aid kits should be utilized for minor cuts and ailments.

- ☐ Sterile eye drops
- ☐ Spare eyeglasses and eyeglasses straps. Contact wearers should bring solution and eyeglasses for use in dusty conditions.
- ☐ Personal EpiPen if needed
- ☐ Antibiotic ointment
- ☐ Hydrocortisone
- ☐ Bandages, blister prevention - we recommend Moleskin
- ☐ Ace bandage
- ☐ Hand and foot warmers
- ☐ Antacids
- ☐ Ibuprofen, aspirin, acetaminophen
- ☐ Mild laxative
- ☐ Anti-diarrheal
- ☐ Cold remedies
- ☐ Safety pins
- ☐ Scissors (travel-size)
- ☐ Tweezers

**Medications:** Consult a physician regarding the following drugs and combining them with any personal prescriptions you are currently taking. Please bring an ample supply of any other personal prescription medications in their original containers. **Do NOT take sleeping pills at high elevations.**

- ☐ Altitude sickness medication
- ☐ Anti-allergy
- ☐ Antibiotics
- ☐ Anti-emetics
- ☐ Anti-motion sickness

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.

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**How to Pack Your Carry-On:** It is essential to be prepared for your mountain adventure, and that starts with your flights to Nepal. If your baggage is delayed, it will be crucial that the following items from your packing list are in your carry-on. (You can wear many of these items on the plane.)

- ☐ Shell jacket with hood (Gore-Tex)
- ☐ Underwear (enough for all trekking days)
- ☐ Socks (enough for all trekking days)
- ☐ Long underwear top and bottom (one pair)
- ☐ Synthetic short sleeve shirt (2)
- ☐ Synthetic long sleeve shirt (1)
- ☐ Loose-fitting hiking pants (1)
- ☐ Hiking boots
- ☐ One-liter plastic water bottle (minimum 1, empty)
- ☐ Polarized sunglasses
- ☐ Toiletry kit
- ☐ Headlamp
- ☐ Money belt or neck pouch
- ☐ Prescription medications
- ☐ Camera
- ☐ Stuff sacks/dry bags of varying sizes



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### Buying Hiking Boots

- ▶ Look for “hiking” or “backpacking” boots with either leather or synthetic uppers. Full- or mid-height boots are recommended for ankle support.
- ▶ Boots with a Gore-Tex membrane give added weather protection and breathability. You will be trekking through mud, rain, and snow.
- ▶ New boots should be tested in a store that has a ramp to simulate both uphill and downhill terrain. Your toes should not touch the tips of your boots.
- ▶ When trying on boots, wear the same socks that you intend to wear while trekking.
- ▶ Try on at least three different pairs of boots to find the best fit for your foot. We recommend boots at least one half-size larger than your foot for trekking.

### Break in your Boots!

- ▶ It is imperative that new boots are broken in to reduce the risk of blisters.
- ▶ If you are not able to wear them on a hiking trail before your trip, wear them to the gym, walking to work, or even around the house. Wear them on your flight!

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### Food, Water, & Hygiene

**For variety, consider bringing powdered drink mix** with electrolytes to stay hydrated, or bouillon cubes or soup mix for a savory fix. (You'll have hot water, tea, and coffee at mealtimes).

**In freezing temperatures, turn your tightly sealed water bottle upside down.** As the water freezes, you will still be able to drink from the bottle.

**Keep a snack by your bed at night;** if you're feeling cold, eating a little chocolate or some nuts will help warm you up.

**Be sure that your toenails are cut closely.** When you descend the mountain, you'll be very glad you did!

**If you need to go to the bathroom at night, don't resist!** Holding it will not only distract you from getting black to sleep, it will make you feel colder, as your body works hard to keep your bladder warm. Get up, relieve yourself, and enjoy a quiet moment alone under the blanket of stars.

### The Trek

**It takes time to get used to breathing efficiently at altitude.**

Remember to use controlled, steady breaths, and breathe through your nose for as long as possible during the trek.

**Measuring out even steps** or using the steady beat of your trekking poles can help to create a comfortable rhythm of breath.

**The rest step** is an extremely important mountaineering technique for conserving energy. It entails straightening your knee with each step in order to place the burden of your weight not on the muscles, but on the skeletal structure. This should be executed in a smooth, slightly robotic motion that you can practice on any incline or stairs. If done properly, it will spare your muscles an extraordinary amount of energy, even though each rest only takes a second.

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### The Trek, continued

**Pressure breathing** is a mountaineering technique that can be used at higher elevations to maximize the efficiency of your oxygen intake. It entails breathing in deeply through the nose and exhaling forcefully through the mouth. When done properly, you'll make a "whoosh" noise as you exhale. Just remember NOT to practice this at sea level as it could cause you to hyperventilate.

**Always speak up!** Don't be shy about asking your guide or Ambassador for assistance, they are there to help. Whether you don't feel well, you lost something, something is broken, or you just have a question, talk to your guide. Chances are he can fix whatever is bothering you.

### Clothing and Gear

**Change into the next day's fresh clothes as soon as you get to each lodge, and sleep in them.** You can even wrap boots in plastic bags and store them in your sleeping bag overnight to keep them warm for the morning.

**Bring a small pillowcase** and stuff it with clothing to make a pillow.

**Duct tape is every hiker's best friend** for quick fixes that range from blister care, to mending small rips, to fixing gear. It's not feasible to bring a heavy roll, so wrap a few strips of duct tape around your water bottle.

**Safety pins are great for small fixes**, like sunglasses are clothing, but they're also great for hanging up clothes to dry if you take advantage of a sunny day to wash small items.

**Your body will cool down very quickly when at rest** so don't hesitate to throw on an additional layer of clothing for warmth during short hiking breaks.

**Use your Nalgene bottle as a hot water bottle at night.** Place the tightly sealed bottle near your lower thighs to warm you as you fall asleep. (Never place it directly against bare skin!)

**Pack small items inside your empty water bottles** during international travel to save space and better organize your bags.

**Bring a watch with an alarm** and a light to tell time at night.

**Cold weather diminishes battery life.** Keep your camera and batteries in your pockets during the day and in your sleeping bag overnight to extend battery life.

## the fine print

# NEPAL

## Trekking to Everest Base Camp

### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

In this spirit, the successful adventure traveler should be a

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!