



*... providing women guides and assistants
for women trekkers.*

What to bring

Nepal is a mountainous tropical country, which means it experiences climatic extremes. Night and day temperature differences can vary between 10°C and 30°C (50°F to 86°F) so you need to be prepared with a variety of clothing. The key to staying comfortable on a trek is layering. Suggested items to bring include:

- Trekking Boots - the single most important item to pack - comfortable, sturdy hiking boots
- Sleeping bag (easy to rent in Nepal) - needed for both camping and teahouse treks as teahouses usually only provide blankets (-20°C sleeping bag for >3000m)
- Backpack for assistant* to carry your belongings in (our company can supply)
- Lightweight shoes or sandals for changing into at night
- Socks – 2 to 3 pairs outer socks, one pair liner socks and one pair for night time
- Loose cotton trousers/calf length skirt
- T-shirts/long sleeved shirt
- Thermal underclothes
- Warm lightweight sweater/fleece
- Hat (sun and night), gloves or mittens, scarf
- Lightweight wind jacket (optional)
- Rain gear – a simple plastic poncho is adequate for most seasons
- Down jacket – depending on trek and season (easy to rent in Nepal)
- Day pack and walking sticks
- Sunglasses, sunscreen, chapstick
- Quick dry towel
- Flash light for midnight toilet trips and powercuts (good **batteries***)
- Water bottle
- Water purification – filter/Iodine
- First Aid Kit – essentials
- 3 passport photos for ACAP & TIMS permit

***IMPORTANT note:** We look after our staff and do not believe they should be carrying heavy loads. Max. weight of your belongings to be carried by a female porter is 10kg and a male porter is 13kg.

***GREEN note:** Use **rechargeable** batteries whenever possible. If you must use disposable batteries, please take the used ones with you to dispose of safely in your home country.

Tip: power bars will help get you up those hills

Many of the above items can be purchased or rented in Nepal.

Brief Cultural Considerations

The challenge for you as a visitor to Nepal is to respect the rights and beliefs of the local people and to minimize your impact, both culturally and environmentally. ACAP (Annapurna Conservation Area Project) is working to conserve the natural and cultural resources of the area. We can all play a part in this by simply being aware of our actions and how they will affect the environment around us. Here are just a few suggestions of things you may like to consider while trekking:

- **Dress appropriately** – “more is better”, revealing clothing in the mountain villages is not suitable, especially for women. T-shirts and trousers/long skirt are the recommended dress, but long shorts are also acceptable. Demonstrating an effort to be sensitive to their culture will enhance your experience with the Nepalese people.
- **Please don't encourage begging** - Please don't hand pens, money or sweets directly to the children. This not only encourages begging, but also causes much conflict between the children themselves. One of the wonderful organizations in Nepal set up for the children could put your kind donation to better use. Every school in the mountains would gladly accept your gift of pens and distribute them amongst the children.
- **Please don't take the culture home with you...** consider before you buy. Sacred relics and endangered animals might not make the best presents.
- **Leave nothing but footprints....** Let's help to keep unnecessary rubbish from accumulating in these magnificent mountains.
- **Smile...** easy to give, wonderful to receive. A smile surpasses all cultural boundaries.

Tip: remove your shoes before entering a Nepali home.

Water

Simple rule is **don't** drink it!

Water purification tablets or a good water filter will save you a lot of money and help keep unnecessary plastic from our environment. Iodine pills, known to kill all those little nasties in the water, are very convenient for trekking and one pill will purify 1 litre of water in 20-30 minutes. These are available in Nepal. Gatorade can be a healthy and delicious item to add to your water.

Tip: Vitamin C (ascorbic acid) or Tang powder in different flavours will remove that unpleasant taste of iodine ☺

Altitude Sickness

Rule of thumb “Don't take a headache higher”

Altitude sickness, also known as AMS (acute mountain sickness), is caused by a lack of oxygen at high altitudes (normally above 3,500m but some may be affected at 3,000m). It occurs as the result of our bodies' inability to adapt to a sudden increase in altitude. If given time, our bodies will adjust and a gradual ascent will decrease the possibility of altitude sickness. **Prevention of AMS:** go slowly, drink a lot of water, and pay attention to the sensations of your body. If symptoms occur you have climbed too far for the day. Rest at the same altitude will give you time to acclimatize and usually relieve mild symptoms. Mild symptoms include: headache, nausea, loss of appetite, mild shortness of breath with minimal exertion, difficulty sleeping, dizziness or light headedness, mild weakness, fatigue, a general unwell feeling. More serious symptoms include: inability to recover from shortness of breath with rest, severe persistent headache, low urine output, vomiting, confusion, delirium, loss of coordination. These require immediate descent as acclimatization will not take place at the same altitude. The best way to avoid AMS is to **walk slowly, carry a light pack** and just take it easy. **Allow your body the time it needs to acclimatize.**