

CHARLIE  WITTMACK



# THE WORLD TRI

---

EVEREST BASE CAMP TREK  
TRAIL GUIDE

---



INTRODUCTION . . . . . 4

ITINERARY & ROUTE DESCRIPTION . . . . . 6

1. ARRIVAL IN KATHMANDU . . . . . 6

2. FLIGHT TO LUKLA & TREK TO PHAKDING . . . . . 9

3. TREK TO NAMCHE BAZAR . . . . . 11

4. REST DAY IN NAMCHE BAZAR  
(OPTIONAL CLIMB TO KHUMJUNG) . . . . . 13

5. TREK TO TENGBOCHE MONASTERY . . . . . 15

6. TREK TO PERICHE . . . . . 17

7. REST DAY  
(OPTIONAL CLIMB OF CHHUKUNG PEAK) . . . . . 19

8. TREK TO LOBUCHE . . . . . 21

9. TREK TO GORAK SHEP . . . . . 23

10. REST DAY  
(OPTIONAL CLIMB OF KALA PATTAR) . . . . . 25

11. TREK TO EVEREST BASE CAMP  
(OVERNIGHT STAY IN EVEREST BASE CAMP) . . . . . 27

12. TREK TO LOBUCHE . . . . . 29

13. TREK TO TENGBOCHE . . . . . 31

14. TREK TO NAMCHE BAZAR . . . . . 33

15. TREK TO LUKLA . . . . . 35

16. FLIGHT TO KATHMANDU . . . . . 37

EQUIPMENT LIST . . . . . 38

RECOMMENDED INOCULATIONS . . . . . 43

---

## INTRODUCTION

---

Please join us on the final leg of The World Tri during a historic trek to the Base Camp of Mount Everest. We'll explore the Himalayas with the help of Charlie Wittmack, Pemba Dorjee Sherpa and the rest of The World Tri expedition team, while experiencing this fascinating civilization in a way that would otherwise be impossible.

The adventure begins in the exotic city of Kathmandu, Nepal. We will tour the city, explore ancient religious sites, visit The World Tri maternal health clinic and sample the wonderful local cuisine. After touring the city we will take a short flight to the mountain village of Lukla where we will begin our trek into the Himalayas.

Along our journey we will trek to many famous Sherpa villages including the market village, Namche Bazar, and the monastery in Tengboche. We will pass beneath some of the most spectacular scenery in the Himalaya including Mount Everest, Lhotse, Nuptse, and Thamskerku. We will also walk beneath the beautiful peak Pumori (Sherpa for "daughter peak" of Mount Everest) and the stunning obelisk of Ama Dablam, considered by many the most beautiful peak in the world.

Along the way we will visit the homes and families of our Sherpa teammates and experience their culture from within. We will also visit the Himalayan Rescue Association, the Tengboche Monastery, Sir Edmund Hillary's school, and many other remarkable sites.

We have designed the adventure for all skill levels, with moderate hikes during the day and optional climbing excursions on surrounding peaks for those who want to push their limits.

Please join us on this trip of a lifetime!

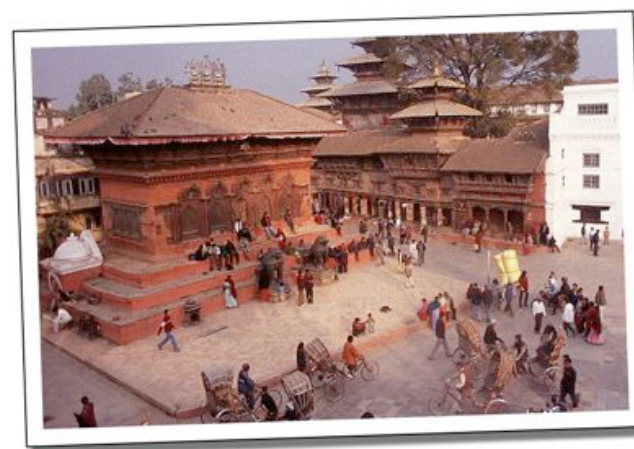
---

## ARRIVAL IN KATHMANDU

---

Upon your arrival in Kathmandu, you'll be met at the airport by one of our team members and transported to one of our fine lodges in the city center. After resting and relaxing, you'll have the opportunity to explore this incredible city.

Kathmandu is a virtual living museum, crammed with sights, scenes, smells and sounds. During our brief stay, you'll have the opportunity to explore the city with a guide or wander aimlessly through the narrow streets. Amongst the colorful confusion you'll come upon numerous temples, stupas and other holy places.



### DURBAR SQUARE:

First stop on the Kathmandu sightseeing trail is Durbar Square, also known as Hanuman Dhoka. This complex of ornately carved temples and monuments includes the old royal palace, the Kumari Bahal (the home of the "living goddess", a young girl chosen as the incarnation of the Hindu goddess Durga), the Kasthamandap (the wooden pavilion from which the city's name is said to have been derived) and the tall Taleju temple, built in the 16<sup>th</sup> century. The best time to visit is the early morning when people are going about their daily pujas.

## SWAYAMBHUNATH:

One of the most impressive views of Kathmandu is from the Swayambhunath stupa, popularly known as the “Monkey Temple.” As you climb the seemingly endless stairs to the stupa, you will be approached by vendors offering a variety of items for sale, including colorful cloth, “singing” bowls, carvings and other local crafts. At the top of the hill are a pilgrims’ rest house, a Buddhist library and gompa (Buddhist temple), as well as a Hindu temple dedicated to the goddess of smallpox.



## BODHNATH:

Bodnath is one of the largest Buddhist stupas in the world and is surrounded by a thriving Tibetan community. Prayer wheels surround the mandala-shaped base. Spin the wheels clockwise as you walk around the stupa for good luck during your trek. The stupa is best enjoyed at dusk when the local monks light small butter lamps to light the square as they walk laps around the stupa while softly chanting prayers and spinning the prayer wheels.

## ROYAL PALACE:

The Royal Palace in Kathmandu was recently opened as a museum and you’ll have the opportunity to explore the Palace and investigate the scene of one of the most sensational tragedies to befall a modern royal family.

On June 1, 2001, the crown prince of Nepal, Dipendra, allegedly shot and killed several members of his family after his mother refused to allow him to marry his love interest. As a result of the shooting, ten people died and five were wounded. The dead included King Birendra and Queen Aiswarya of Nepal, Dipendra’s father and mother. Dipendra died three days later from injuries allegedly resulting from an attempted suicide. Thereafter the late King’s brother, Gyanendra, inherited the throne. Gyanendra’s rule was short-lived however, and he was ousted following the establishment of a federal democratic republic on May 28, 2008.

Numerous conspiracy theories suggest alternative facts for the royal massacre, but there is little evidence to support them. You may reach your own conclusions after taking a tour of the former royal palace!

## THAMEL DISTRICT:

The Thamel District is in the heart of Kathmandu and considered the center of tourism in Nepal. The District is packed with guesthouses, souvenir shops, bookstores, cafes, bakeries, music stores and mountaineering shops. The music and smells of Thamel are crammed together by the District’s exceeding narrow streets, as exotic shop offerings spill out each store’s windows and doors, creating an exciting and frenetic atmosphere that you will not forget.

We’ll spend some time shopping and exploring Thamel before departing the Kathmandu Valley for the respite of the Himalayas in the mountain village of Lukla.

---

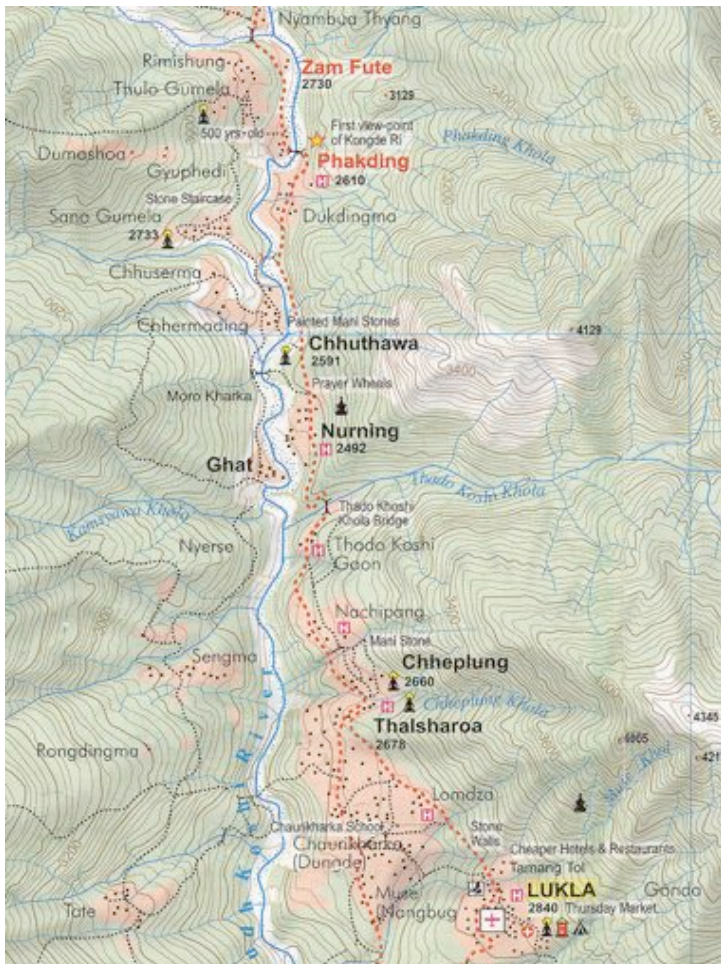
## LUKLA – PHAKDING

---

### SUMMARY:

Starting Elevation:	9317 ft.
Ending Elevation:	8563 ft.
Total Climbing:	- 754 ft.
Distance:	7 km
Estimated Time:	3 hrs

### TRAIL MAP:



### ROUTE DESCRIPTION:

Our adventure will begin with a short flight from Kathmandu into the Himalaya to the alpine village of Lukla. The flight is one of the most spectacular in the world, as we climb from the tropical Kathmandu Valley across the beautifully lush foothills before arriving between the



snow-capped peaks of the lower Himalaya. The landing in Lukla is frequently said to be one of the more memorable experiences of the trip as the airport features one of the steepest and shortest airstrips in the world.

After sorting our trekking equipment and catching our breath from the exciting flight and higher elevation, we will begin our trek with a downhill hike to the village of Phakding. As always, our team of porters and yaks will handle the loads so that we can focus on making photographs and enjoying the spectacular scenery. Depending on the arrival time of our flight, we will enjoy lunch at a small café in Lukla or Phakding.

The first day of hiking will draw to a close after crossing the Dudh Koshi River via one of the first of several memorable suspension bridges. We will lodge near the river in comfortable rooms with attached private bathrooms.

### NOTES:

---

---

---

---

---

---

---

---

---

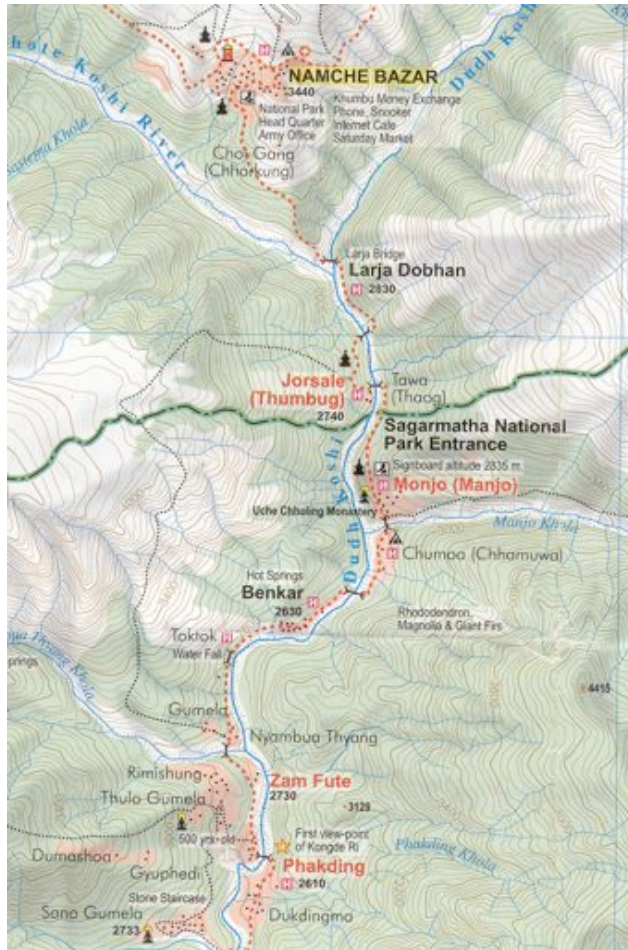
## PHAKDING – NAMCHE BAZAR

---

### SUMMARY:

Starting Elevation:	8563 ft.
Ending Elevation:	11,286 ft.
Total Climbing:	3323 ft.
Distance:	10 km
Estimated Time:	8 hrs

### TRAIL MAP:



### ROUTE DESCRIPTION:

In the morning we will resume our trek along the Dudh River, crossing the river twice while meandering up the valley to Monjo where we will stop for an early lunch. During lunch you may choose to visit the small Buddhist temple that is located on the top floor of the tea house or enjoy the incredible views of Kusum Kangru and Thamserku from the porch outside. After lunch we will officially enter Sagarmatha National Park and drop briefly down to the river valley before beginning the difficult, yet rewarding, hike to Namche Bazar.

The hike to Namche Bazar is considered by many to be the most challenging leg of the trek. The climb begins with a dramatic crossing of the Dudh Kosi River across a very high suspension bridge. The difficult ascent into Namche will be rewarded with a night spent in one of the finest lodges in the valley.

Those arriving to Namche early in the afternoon will have the opportunity to surf the Web or send an email from the Internet cafe, shoot pool at one of two local taverns, or enjoy a variety of excellent pastries at one of the village bakeries. There are also a number of interesting shops in Namche that sell a wide variety of items, including an incredible selection of local goods knitted from Yak wool.

Showers are available at the lodge for a small additional fee.

### NOTES:

---

---

---

---

---

---

---

---

## REST DAY: OPTIONAL CLIMB TO KHUNDE & KHUMJUNG

### SUMMARY:

Starting Elevation:	11,286 ft.
Ending Elevation:	11,286 ft.
Total Climbing:	1,415 ft.
Distance:	8 km
Estimated Time:	5 hrs

### TRAIL MAP:



### ROUTE DESCRIPTION:

Saturday is market day in Namche Bazaar. Traders from the tropical south and glaciated north (including Tibet) converge on the market to



sell their wares in a noisy and crowded outdoor carnival. If you are a fan of farmers' markets, this morning may be the highlight of your trek. On this rest day you may either enjoy relaxing and shopping in Namche or making the optional hike to the villages of Khunde and Khumjung.

Khunde and Khumjung are a bit off the standard trekking route, but each village provides rewards to the few who venture over the steep ridge from Namche. Khumjung is the former home of Tenzing Norgay, the first man to have climbed Everest, and appropriately provides our first opportunity to view Mount Everest. The village is also home to the Hillary School and the elegant Mount Everest View Hotel.

After enjoying lunch in Khumjung we'll return to our lodge in Namche via Khunde, with quick visits along the way to the Khunde hospital and a government Yak farm. If we plan carefully, we should arrive back to Namche in time for a quick game of billiards in one of the local taverns before turning in for a much-needed night of sleep.

### NOTES:

---

---

---

---

---

---

---

## NAMCHE BAZAR - TENGBOCHE

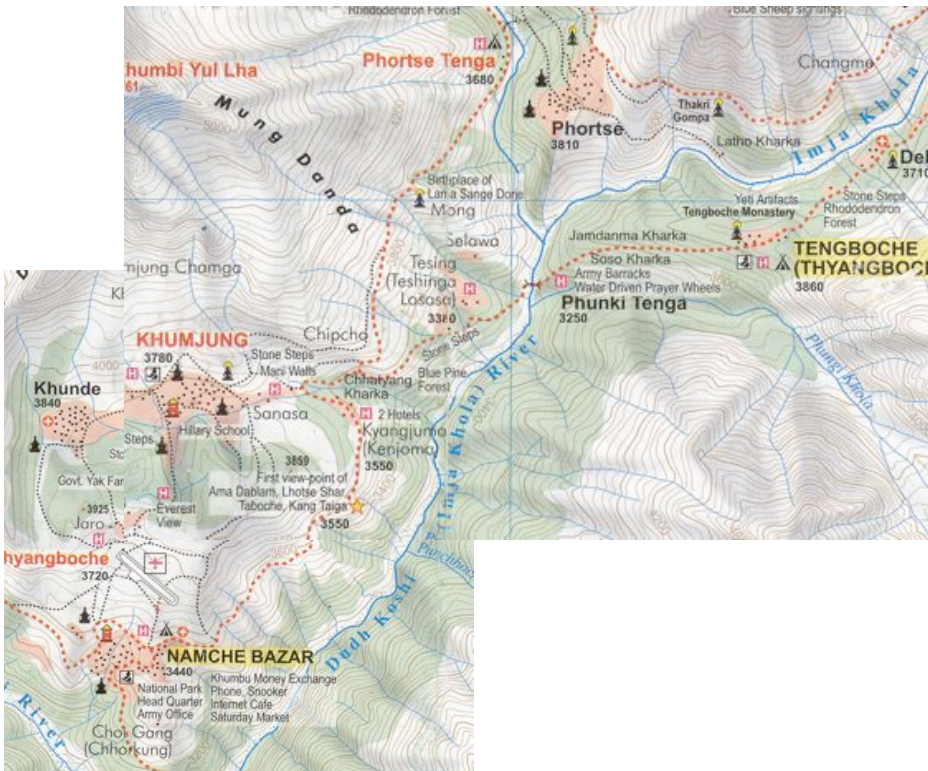
*For those who don't dally, our daily treks ended in the afternoon, but rarely before the heat and aching feet forced us to ask each passing Sherpa, "How much farther to camp?" The reply, we soon were to discover, was invariable: "Only two mile more, Sah'b..."*

- Dr. Tom Hornbein, Everest The West Ridge

### SUMMARY:

Starting Elevation:	11,286 ft.
Ending Elevation:	12,664 ft.
Total Climbing:	2,400 ft.
Distance:	10 km
Estimated Time:	7 hrs

### TRAIL MAP:



### ROUTE DESCRIPTION:

The trek to Tengboche will take us along a trail traversing high along the mountainside above the Dudh Kosi and timberline, where we will have incredible views of Ama Dablam as we hike. The morning hike involves a long descent as we hike down to the Imja Khola River and the village of Phunki Tenga, where we will cross the river and stop for lunch.



The afternoon climb up to Tengboche is arduous, but the scenery will help keep the spring in your step. The climb up to Tengboche is dominated by views of Ama Dablam as the trail weaves through a beautiful rhododendron forest.

Tengboche is the spiritual center of Sherpa Buddhism. We will visit this famous monastery and enjoy the inspirational views overlooking the river valley, Everest and Ama Dablam. There will also be an optional hike down the trail to the women's monastery.

Our camp will be pitched at 12,300 ft. in a meadow adjacent to the monastery. There are limited rooms available for lodging, but the camping here is extraordinary and not to be missed.

### NOTES:

---

---

---

---

---

---

---

---

---

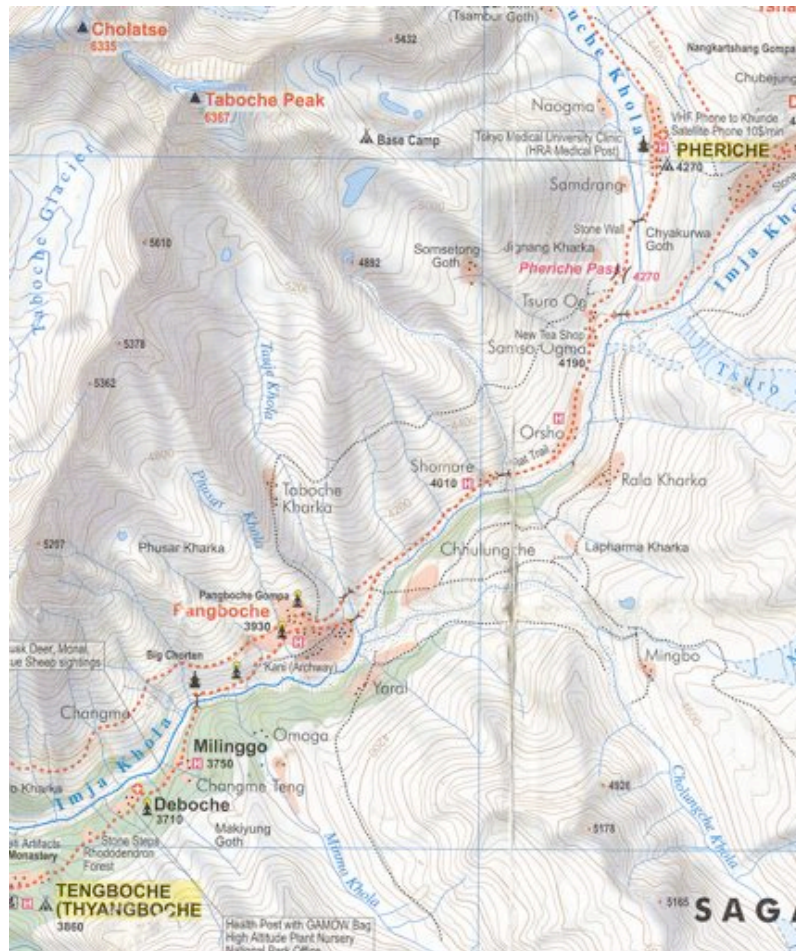
---

## TENGOBOCHE - PHERICHE

### SUMMARY:

Starting Elevation:	12,664 ft.
Ending Elevation:	13,910 ft.
Total Climbing:	1,946 ft.
Distance:	10 km
Estimated Time:	5.5 hrs

### TRAIL MAP:



### ROUTE DESCRIPTION:

You will start the hike to Pheriche after awaking in one of the most incredible camps in the world. As you step out of your tent in the courtyard of the monastery you will be surrounded by beauty. To the



northeast you will see the summit of Mount Everest in the distance. To the southeast the horizon will be dominated by the majestic peak, Ama Dablam, bathed in the morning light.

The trek to Pheriche is one of the most exotic days of the trek. The hiking begins with a steep and frequently muddy descent to the Imja Khola River. The path winds down through the Rhododendron forest past several farms and countless displays of Mani stones, most of which are hundreds of years old.

After crossing the Imja Khola River we will begin the long climb to Pheriche. As the route climbs we will pass chortens, a monastery, and the Pangboche Gompa. We'll stop for lunch in Pangboche.

After lunch, we will climb up over the ridge and into the alpine tundra. The contrast between the lush valley and desolate alpine tundra is remarkable.

### NOTES:

---

---

---

---

---

---

---

---

---

## REST DAY: OPTIONAL CLIMB OF NAGKAR TSHANG

---

*All men dream, but not equally. Those who dream by night, in the dusty recesses of their minds, awake in the day to find that it was vanity. But the dreamers of the day are dangerous men, for they may act their dreams with open eyes to make it reality.*

- T.E. Lawrence

### SUMMARY:

Starting Elevation:	13,910 ft.
Peak Elevation:	15,806 ft.
Total Climbing:	1,806 ft.
Distance:	4.5 km
Estimated Time:	4 hrs

### TRAIL MAP:



### ROUTE DESCRIPTION:

During this rest day you will have a variety of activities from which to choose. Pheriche is a nice place to take a rest day and trekkers may elect to spend the day catching up on journals and playing cards. We'll be lodging at the Mountain Guide Lodge, which is owned by Pasang Tshering Sherpa, an Everest Sirdar and the leader of Charlie's 2003 Everest expedition. Pasang has climbed Everest from a variety of different routes and is frequently overheard telling stories around his fire about his many ascents of Everest, his sighting of the Yeti, or the snow leopards that ate his Yaks.

Pheriche is also home to the Himalayan Rescue Association hospital. The HRA post was established by a grant from Tokyo University and is maintained today by an English foundation. In the afternoon we will attend a lecture on high-altitude physiology at HRA. HRA is also the home to the Everest memorial, which is dedicated to the climbers who have perished on the slopes of Mount Everest.

Those hungering for heights will be encouraged to make the optional climb up Nangkar Tshang. The hike to the summit passes by the Nangkarshang Gompa and finishes with an amazing vista of the high Himalaya.

### NOTES

---

---

---

---

---

---

---

---

---

---

---

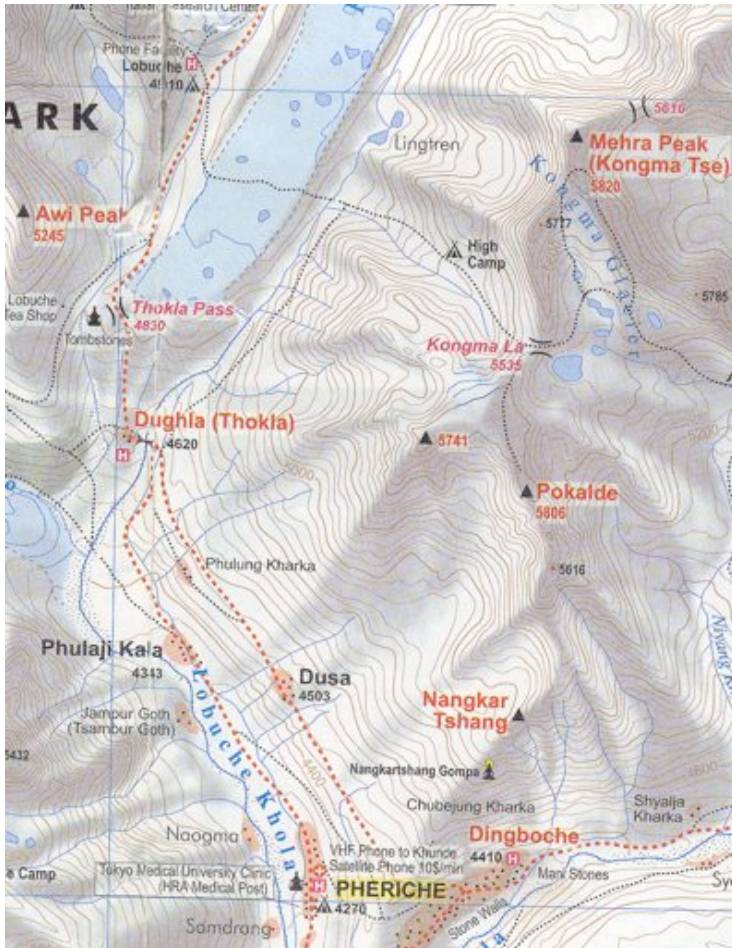
## PERICHE - LOBUCHÉ

---

### SUMMARY:

Starting Elevation: 13,910 ft.  
Ending Elevation: 16,108 ft.  
Total Climbing: 2,198 ft.  
Distance: 6.7 km  
Estimated Time: 4 hrs

### TRAIL MAP:



### ROUTE DESCRIPTION:



The trek to Lobuche will take us up the valley to Dughla where we will cross the Lobuche Khola River and stop for an early lunch. The steep terminal moraine above Dughla marks the lower end of the Khumbu glacier, which winds all the way down the valley from the slopes of Everest.

At the top of the moraine there are numerous rock chortens memorializing climbers who have lost their lives on Everest. Several of the chortens honor climbers lost during the 1996 Everest accident that was featured in Jon Krakauer's book, *Into Thin Air*.

Our hike will continue along the Khumbu glacier to Lobuche, the highest year-round inhabited Sherpa village in the Khumbu. In Lobuche we will be 1500 feet above the tallest point in the continental United States and 800 feet from the highest camp on Mt. McKinley.

Our evening will be comfortably spent around the warming stove at an excellent new lodge that has been built in Lobuche.

### NOTES:

---

---

---

---

---

---

---

---



---

REST DAY: OPTIONAL CLIMB OF  
KALA PATTAR

---

*Suffice it to say that Everest has the most steep ridges and appalling precipices that I have ever seen, and that all the talk of an easy snow slope is a myth... My darling, this is a thrilling business all together, I can't tell you how it possesses me, and what a prospect it is. And the beauty of it all!*

-George Mallory in a letter to his wife

SUMMARY:

Starting Elevation:	16,863 ft.
Peak Elevation:	18,208 ft.
Total Climbing:	1,345 ft.
Distance:	1.5 km
Estimated Time:	2 hrs

TRAIL MAP:



ROUTE DESCRIPTION:

During our rest day in Gorak Shep, we will have the opportunity to climb Kala Pattar (18,120 ft.). The path up Kala Pattar is modest but the views from the summit are spectacular and provide the perfect vantage for photographs of Everest, Lhotse, Nuptse, and a view into the Western Cwm of Everest, where much of the climbing on Everest takes place.



While the hike to the summit of Kala Pattar only takes two hours, it is a trip that you will remember for the rest of your life. If the weather cooperates, you'll be able to enjoy lunch on the summit and return to Gorak Shep at a leisurely pace in the afternoon.

NOTES:

---

---

---

---

---

---

---

---

---

---

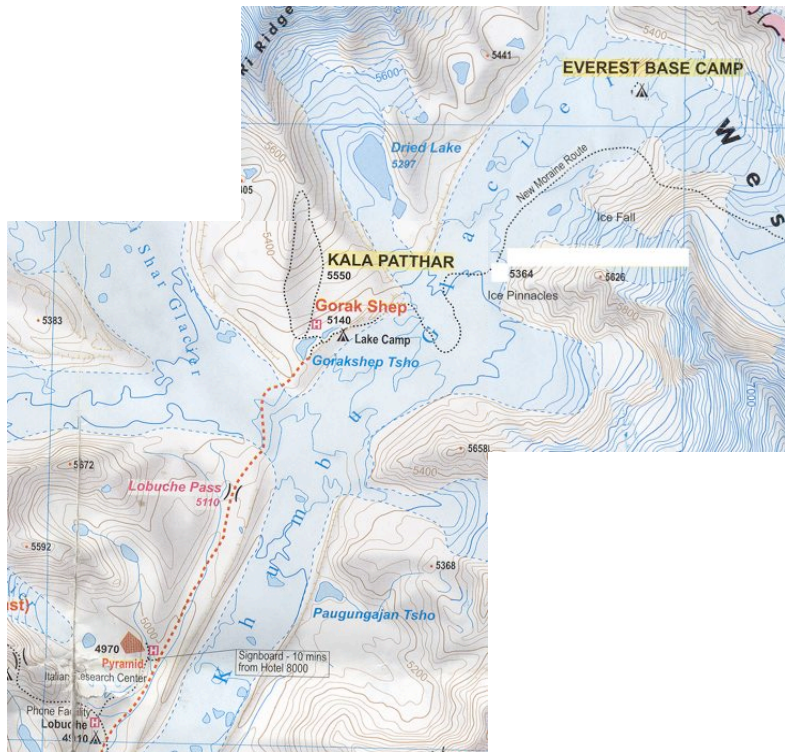


## EVEREST BASE CAMP - LOBUCHÉ

### DAY AT A GLANCE:

Starting Elevation: 17,600 ft.  
Ending Elevation: 16,108 ft.  
Total Descent: 1,492 ft.  
Distance: 10.7 km  
Estimated Time: 5 hrs

### TRAIL MAP:



### ROUTE DESCRIPTION:

Climbers frequently forget that the summit represents only the halfway point of any expedition. After experiencing our overnight in Everest Base Camp we will begin our return to civilization with a hike down the Khumbu glacier past Gorak Shep to Lobuche. As we begin our descent you will immediately notice your increased strength – a result of your trail-won fitness and acclimatization!



### NOTES:

---

---

---

---

---

---

---

---







---

## HOMeward BOUND

---

*Now I dream of the touch of a friend, the songs of birds, the smell of soil crumbling between my fingers, and the brilliant green of plants that I diligently nurture. I am looking for land to buy and I will sow it with deer and wild pigs and birds and cottonwoods and sycamores and build a pond and the ducks will come and fish will rise in the early evening light and take the insects into their jaws. There will paths through this forest and you and I will lose ourselves in the soft curves and folds of the ground. We will come to the water's edge and lie on the grass and there will be a small unobtrusive sign that says, THIS IS THE REAL WORLD, MUCHACHOS, AND WE ARE ALL IN IT.*  
-Charles Bowden, *Blood Orchid*

---

## EQUIPMENT LIST

---

### FOOTWEAR:

Footwear is the most important area of your trekking kit. Good socks and boots will make a huge impact on your enjoyment. It isn't necessary that your footwear is the latest technology (the boots I wear trekking are over a decade old and have been resoled three times). It is important that your boots fit well and are comfortable.

If you are looking for a new pair of boots, visit a retailer that offers a wide variety of options and has a suitable testing area. Smaller specialty shops tend to have experts who are trained in boot fitting and usually have a better selection than the big chain stores. After selecting a pair of boots, you'll need to apply a waterproofing agent and break-in the boots. Heavy-duty hiking boots may take several months to break-in, so use this as an excuse to get out and train! Yard work, shoveling, and after dinner walks are all great ways to break-in boots before the trek.

Hiking boots – Personal preference on hiking boots varies widely. Some trekkers prefer a lightweight low-top trekking shoe, while others prefer a heavier high-top boot. Either is suitable for the trek to Everest Base Camp. Heavier trekkers are likely to prefer a solid boot because of the additional support provided from the shank. Whatever you choose, be sure that it is comfortable on rocky terrain. "Fashion" trekking shoes with a soft sole are not appropriate for this trek as they will not provide adequate support for your foot and can lead to bruising of your sole and arch.

Shoes – Bring a pair of comfortable tennis shoes to wear in the tea houses and while exploring villages. Hiking boots are hard on the environment and a lightweight shoe will help reduce our impact in these fragile alpine ecosystems.

Sandals / Shower Shoes

Wool or synthetic socks (5 pairs) – Socks should be made of wool or synthetic materials such as Capilene or Polypropylene. These materials continue to insulate when wet and dry much more quickly than cotton. It would be

wise to bring a combination of mid and heavy-weight socks to provide comfort in various climates. Thicker socks are usually better for those who are prone to blisters.

Gaiters – Gaiters are designed to keep dirt, snow and water out of your boot and away from your socks. They are usually composed of a nylon cover with a Gore-Tex liner. I recommend including them in your trekking kit, but they are not required. If you choose to purchase a pair, look for a low version that is designed for hiking rather than the “knee high” models that are designed for deep snow.

Waterproofing – If you haven’t waterproofed your boots recently, pick up a bottle of NikWax, treat your boots, and bring the bottle with you on the trek.

#### OUTERWEAR:

Gore-Tex jacket (or equivalent) – A lightweight, windproof and water-resistant jacket will serve you well during the trek to Base Camp. The most important feature of the jacket is that it fit over your fleece jacket. Jackets with zippers under the arms allow you to ventilate the jacket to avoid overheating.

Gore-Tex pants – an inexpensive pair of waterproof nylon pants or Gore-Tex pants will serve you well during windy, rainy or cold days on your trek.

Down jacket – The temperatures in early April can be cold in our highest camp. A down sweater can be worn in the evenings to keep away the chill.

Fleece jacket or heavy wool sweater.

Fleece pants.

Cap – Many trekkers prefer a synthetic hat with sides that cover the ears and neck, and a strap to keep the hat in place. A baseball cap works fine as well. Visors are discouraged.

Rain Gear or poncho – Outdoor Products makes a good poncho (under \$20) that is perfect for trekking. We will

probably experience a couple of rainy days during our trek and a poncho will be more comfortable during the hike than a Gore-Tex jacket.

Stocking cap – synthetic or wool is preferred.

Gloves / Mittens – A lightweight pair of wool or fleece mittens or gloves will keep your fingers warm during cool mornings.

#### CLOTHING:

Hiking shorts (2) – Synthetic shorts that dry quickly are preferred. Many trekkers prefer pants that have zip-off legs.

Hiking pants (2) – Synthetic pants that dry quickly are preferred.

Short-sleeved shirts (3) – Synthetic shirts are nice during warm days low in the valley. Shirts tend to get wet and need to be washed more than pants or shorts. Synthetics dry more quickly and insulate when they are wet.

Long-sleeved synthetic shirt – A long-sleeved synthetic shirt helps provide protection from the sun. A loose-fitting cotton shirt may be suitable as well, but tends not to travel very well after a few days on the trail.

Long underwear (2 sets – one silk-weight, one mid-weight). A zipped neck provides extra warmth during windy or chilly days.

Underwear (7 pairs) – synthetics are preferred.

Button-down shirt – a cotton button-down shirt is cool in Kathmandu and more appropriate in the monasteries and temples than a t-shirt.

Khakis / Chinos – for traveling and town wear.

Belt

## TRAVEL EQUIPMENT:

Duffel with lock - A duffel bag to be used during the trek will be provided to you upon receipt of your final payment. All of the equipment that you do not plan to carry yourself will need to fit in this duffel. You may also want to bring an additional duffel to leave in Kathmandu with any souvenirs and street clothes.

Daypack – You should bring a small pack to carry a few supplies, camera gear and your jacket during the day. I find a book-bag style an appropriate size for trekking.

Trekking poles – There is a shop in Estes Park that gives hikers trekking poles to use free of charge. They do it because so many people come back and buy them after trying them for just a day. If you have any knee or hip problems a pair of poles will make your trek much more enjoyable!

Sleeping bags – Should be rated to 20 degrees. If you are a naturally cold sleeper you may prefer a bag rated to 0. Either down or synthetic is fine.

Camera gear

- Camera and lenses
- Batteries
- Tripod
- Flash media cards

Binoculars (optional)

Sunglasses – Very important sun protection!

Headlamp / flashlight – Many of the lodges where we will be staying are without power or have only a limited supply. Bring a good headlamp or flashlight with batteries and an extra bulb.

Pocket tool

Water bottles (2)

## TOILET KIT:

Each of the following items should be kept in plastic zip-locked bags in order to keep things dry and allow for easy identification.

Toothbrush	Comb
Toothpaste	Lotion
Toilet paper	Lip Balm
Razor and blades	Sunblock – SPF 45
Shaving cream	Contact Lenses / case
Deodorant	Contact Solution
Shampoo / soap	Nail clipper
Clothes soap	Bug spray
Washcloth	
Travel towel	

## MISCELLANEOUS EQUIPMENT:

Walkman	Travel alarm
Headphones	Bandanas
Tapes or Discs	Hard candy
Books	Vitamins
Journal	

## DOCUMENTS:

- Passport
- Visa (available on entry)
- Extra passport photos (4)
- International Certificate of Vaccination
- Traveler's checks
- Credit cards

## FIRST AID KIT:

We carry an extensive group medical kit. You should review this list and bring any items with which you anticipate making extensive use.

Aspirin	Pepto Bismol
Neosporin	Antacids
Potable Aqua	Pepcid AC
Moleskin	Breath Right Strips
Foot powder	Dust Masks
Adhesive tape	Diamox
Band-aids	Immodium
Cough drops	Drixoral
Dermatone	Earplugs
Nivea Lotion	Aloe

---

## RECOMMENDED INOCULATIONS

---

NOTE: The following lists are only included for your consideration. You must consult with your physician and the CDC about your specific needs before traveling to Nepal.

TETANUS-DIPHTHERIA

TYPHOID (injectable vaccine is generally found to be more effective than the oral dose)

HEPATITIS A

HEPATITIS B

MENINGOCOCCAL MENINGITIS

POLIO (most Americans have received this in school)

MEASLES, MUMPS AND RUBELLA (most Americans have received this in school)