



**MOUNTAIN  
PROFESSIONALS**

# EVEREST

## TRIP INFORMATION PACKET

### TRIP INFORMATION

**Location:** Khumbu Himalaya, Nepal

**Days:** 65

Trip begins in Kathmandu Tribhuvan International Airport

Please follow this 8 step checklist to complete your trip registration:

1. Signed Policies Document
2. Signed Health Questionnaire
3. Signed Waiver Form
4. Fill out Bio Data Form for Climbing Permit
5. Send a copy of passport page plus a passport photo in email Please fill out these four documents, scan and return them in an email to **admin@mtnpromessionals.com**
6. Make \$5000 U.S. Deposit to secure your spot
7. Half of remaining balance due 60 days before trip (\$26,500 U.S.)
8. Final balance of payment due 45 days before trip (\$26,500 U.S.)

Payment Information is located on the last page of this document.

## PRICE INCLUDES:

- Mountain Professionals guides.
- 1:1 Nepali Sherpa climber to client ratio.
- Expedition permit.
- Four nights private accommodation in the Kathmandu at the 5 star Yak and Yeti.
- Full board on twin sharing basis during the Trek.
- Flight to and from Lukla
- All transportation in Nepal as per itinerary.
- Yaks, porters, and guides to and from Base Camp.
- Sherpa cooks, kitchen and climbing staff at BC and Camp 2; equipment, daily wages, insurance, and food.
- Carry bonus for Sherpa staff.
- Heated and Carpeted Dining tent, full kitchen, shower and toilet tents, chairs and tables at BC and C2; Espresso and Coffee, comfortable BC environment and highest quality food served at Everest.
- Imported US and European food at BC; equipment allowances, daily wages, insurance, food and lodging for Liaison Officer and Interpreter.
- Icefall and all route fixing costs.
- Group climbing equipment, high altitude tents, stove and fuel; high altitude food imported from the United States.
- Two way radios and VHF Base Camp to mountain communications; full Base Camp satellite phone communication setup.
- 5 bottles of oxygen and use of mask and regulator.
- Comprehensive medical supplies and Wilderness EMT/First Responders.
- Weather Reports and Base Camp Wifi
- Team Dispatches via Contact 5 Software our website

## PRICE DOES NOT INCLUDE:

- International airfare to and from Kathmandu.
- Meals in Kathmandu, outside of team dinners before and after expedition.
- Drinks, laundry, postage, telephone calls and all other items of personal nature.
- Nepal visa and re-entry visa, Kathmandu airport departure tax; personal travel.
- Personal climbing clothing and equipment.
- Travel/Trip Cancellation and Rescue Insurance (rescue insurance required).
- Staff gratuities for your personal climbing Sherpa and our Cook Staff



## THE EXPEDITION

We will begin our expedition in Kathmandu. Our staff will pick you up at the Tribhuvan International airport and transfer you to our hotel in the Thamel district of KTM. The first evening we will have a welcome dinner with the team. This is included in the trip cost. We will provide the hotel while staying in Kathmandu. You will be free to explore the amazing city for a couple days and get acclimatized to being in Nepal taking time to visit historic locations such as the Monkey Temple.

You will also have time to purchase any last minute items or gear that you would like to take on the expedition. There are many shops in Thamel with all the name brand American and European gear companies. There are also medium sized supermarkets where you are free to shop for extra personal snack foods for the expedition.

After you have packed for the expedition, you may leave a spare duffle bag with city items in storage at our Hotel. This will be kept in a locked storage room.

We will transfer to the domestic airport and board a flight for Lukla, roughly 40 minutes flying time. Once we land in Lukla we will begin to trek. We load your gear onto yaks and meet some of our local staff and begin the trek. We will visit the Sherpa capital village of Namche Bazaar. Visit the high Buddhist temple in Tengboche and take in views of some of the most famous mountains in the world such as Ama Dablam, Everest, and Lhotse.

This is the classic Himalayan Trek and travels directly through some of the most famous mountain terrain in the world. Our goal will be to reach the site of Everest Base Camp located at an altitude of over 17,000 feet. Along the way, we will trek through famous Sherpa villages and take in some of the most breathtaking views on the planet.

During the trek, we will sleep and eat our meals in carefully selected teahouses along the way. The trek to Everest Base camp will take us approximately 9 days. This allows a rest days in Namche Bazaar and Dingboche and a slow thoughtful acclimatization so we reach base camp feeling strong and healthy.

## PROJECTED ITINERARY:

Day 1: Arrive at Kathmandu Tribuvan International Airport. You will enter the Check In/ Visa area. Please have your passport, extra passport photos, paperwork (which you fill in on the plane or in this lobby) and cash dollars to obtain your Visa (see Visa section below for details). You will then go downstairs to baggage claim. Once you have your bags, walk outside and look for the sign with your name. Our staff will meet you outside and transport you to our hotel in the Thamel region of Kathmandu. You do not need to tip anyone during this process. You are amongst our Nepali office staff upon pickup. (Welcome Dinner)

Day 2: Relax and enjoy the vibrant city of Kathmandu. Some organization of personal gear and needs.

Day 3: Private team meeting and logistical/gear needs.

Day 4: Internal Flight to Lukla and trek to Phakding at 8,700'.

Day 5: Today we hike to the Sherpa town of Namche Bazaar. Here we visit the city and experience the people in the Sherpa Capital at 11,300'.

Day 6: Here we take another day in Namche to carefully acclimatize. We can take a museum tour or trek around the hills of this beautiful location.

Day 7: We will hike along the Dodh Kosi River and eventually make our way through the Rhododendrons to the Tengboche Monastery.

Day 8: Today we hike to Dingboche at 14,000' and view the famous Ama Dablam.

Day 9: We will likely take a rest and acclimatization day here to ensure good health.

Day 10: We walk along the Mani Stones and climb to the small village of Lobuche at 16,000'.

Day 11: If weather permits we trek to the top of Kala Pattar and get stunning views of Everest, tonight we sleep in Gorak Shep at 17,000'.

Day 12: We make our way to Everest Base Camp at 17,500'.

The route from Base Camp climbs through the Khumbu Icefall to Camp 1 at 19,000 feet. After sleeping in C1 we return to Base Camp for a rest and begin our planning for the next climb to the higher camps. We return to the upper mountain, bypassing C1 and going directly to Camp 2 at 21,000'. Our C2 location eventually becomes an advanced BC where we maintain a comfortable dome dining tent and permanent cook staff. After sleeping in C2 for several days we return to Base Camp. Our last foray up the mountain for acclimatization brings us to the Lhotse Face and we ascend to 24,000' to Camp 3. This will be our highest sleeping night in preparation for the summit push.

Day 13-60: This is our climbing and summit window; we carefully pick the most stable weather and make our attempts sometime mid to late May.

Day 60-64: We have carefully planned in extra time to allow for a late weather window and to take down our camps and pack up. We also travel back to Kathmandu.

Day 65: Down time in Kathmandu to celebrate and shop for gifts and enjoy our team celebration dinner.

## **PACKING INFORMATION:**

The best method for transporting your personal gear and clothing is to use 2 lockable and durable duffel bags.

In addition, you should bring a small simple storage bag which you can leave in Kathmandu at the hotel concierge for storage of clean city clothes and other items not needed on the mountain. You can easily buy one of these for cheap in Kathmandu.

You will be carrying a daypack during the trekking days into Base Camp. You are welcome to bring a small hiking pack for this section or you can use your on mountain climbing backpack. In this you will need to carry your rainproof layers, water for the day, snacks, additional warm layers and warm hat, camera, etc.

You have an additional 44 kg/100 lb. total limit of gear split between your two 22 kg bags. All clothing, sleeping bags, personal snacks, books, clothing, personal things etc. Please stay within the limit as additional kilograms are expensive for transport and for the safety of our porters carrying loads to base camp. If you feel like you will need additional baggage, we will arrange additional porters for you at additional cost.

A travel wallet that you can hang around your neck and place inside your shirt is a safe way to carry your money and travel documents. Other tips for this type of travel include the following:

- Carry a photo copy of your passport page and extra passport sized photographs of your self.
- Arrive at the airport with plenty of time to ensure your baggage is within weight limits and is properly checked through all the way to Kathmandu. Please double check that your baggage is either checked to KTM or know for sure if you need to collect your baggage and recheck onto connecting flights. Delayed baggage in KTM is stressful.
- There is no need for expensive watches or other jewelry that can only draw unwanted attention to a foreign traveler.



## VISA:

Visa is obtained upon entry at the airport. Have your Passport with plenty of time before expiration, cash, a passport sized photo ready (they will staple this on your paperwork), bring a pen with you on the flight so you can fill out the paperwork. US\$ 100 or equivalent foreign currency for Tourist Visa with Multiple Entry for 100 days. Keep any papers you receive with you during the trip.

## FOOD:

All the meals during the Expedition portion are included in the cost of the trip. The meals during your time in Kathmandu before and after the trek are at your own expense. We do provide the first nights welcome dinner and all breakfasts at our hotel in Kathmandu. Food is generally very inexpensive in Nepal and there are many excellent places to eat around our hotel. You will be staying in Thamel District of Kathmandu, which is very tourist friendly.

Meals on the climb will be prepared by our talented Sherpa cook staff. They will include hot breakfast, cereals, coffee and morning tea, and an extended menu of meats, pastas, rice dishes, chicken, steaks, pizzas, fresh breads, fruits and vegetables, deserts and more. The food is very good and our staff prides themselves on delivering excellent cuisine.

On the mountain we will provide high altitude meals for you in the tents. Please have additional personal snacks on hand. Please bring high altitude eating utensils which should include a light plastic bowl with lid, hot drink mug with lid, and spoon. Also if you prefer something special, bring things from home. Special instant soups, hot chocolate you love etc. It is a long trip, make yourself comfortable.

Please have additional snack food that you really enjoy on hand during the days. Examples are candy bars, fruits and nuts, or salty snacks. Energy bars are a great supplement for calorie intake. Plan to bring about 5 lbs./2.25 kgs. of assorted snack foods. Many, many snacks are available for purchase in Kathmandu.

## BRINGING MONEY:

It is a hard suggestion to make, because personal tastes dictate the amount. However a good general suggestion is to bring \$1500 in cash in U.S. bills. This will be enough to cover your entry visa and Nepali staff tips as well as leaving plenty for small things along your travels, buying presents, beverages, and some snacks. There are ATM machines in Kathmandu. These will dispense Nepali Rupees and give a decent exchange rate automatically within your transaction. There are lots of money changing stores throughout Thamel, it is very easy to change Dollars, Euros, and Swedish Kroner into Nepali Rupees. Less easy to find stores that change Norway Kroner, but they are around.

It is an industry standard to tip on Everest. We employ only the most talented climbing Sherpas and they are highly skilled. The Sherpas are very appreciative of and expect to receive a tip. If you and your climbing Sherpa summit Everest, it is common practice to Tip your climbing

Sherpa \$800-\$1000 USD or more if you feel they deserve it.

For our cook staff. We would ask that each team member put around \$250 USD into a group tip and we will make sure that the appropriate tip gets to each job done, cooks, assistants, servers etc.

American guides; our team of mountain guides are passionate about what they do for a living and work hard to deliver the best expedition experience possible. Tipping from either individuals or a combined group is not a requirement but is greatly appreciated and is common in the American guiding industry.



## FIRST AID:

Our expedition team will have a comprehensive first aid kit. We also have direct medical consultation with our Doctor in the United States and the Himalayan Rescue Association Doctors at base camp.

Bring a small personal kit include:

- Any personal prescription medications in their original containers
- Over-the-counter anti-diarrhea medication
- Acetaminophen, aspirin, ibuprofen, or other medication for pain or fever
- Throat lozenges (These are very useful in the Khumbu during the Trek)
- If you have a history of severe allergic reaction you should consult your doctor about a prescribed Epinephrine auto-injector (also known as an EpiPen).

## ADDITIONAL INFORMATION:

International travel to developing countries is exciting and new to many folks. Please start taking precautions regarding your health from the moment you step onto the plane for travel. This should include washing hands regularly and drinking only bottled water from this point until you reach your home country. It is recommended that you brush your teeth with bottled water while traveling in Nepal.

On the trek and mountain, you will be able to fill your water bottles each morning from boiled thermos containers. Many trekkers decide to just buy bottle water for trekking days. It is a very good idea to bring some Immodium in case of bad traveler's diarrhea. Low level pain medication such as Ibuprofen and/or aspirin with codeine can also be useful for bad headaches or stomach cramps with diarrhea. Please bring 2 small personal bottles of Purell type hand-sanitizer.



## COMUNICATIONS:

While in Kathmandu: Plenty of telephones and many internet cafes offer every type of communication.

While on the mountain: We will have a satellite telephone that you can use at a cost of \$3 per minute. You will also have the ability to send emails. This will be at a cost of \$3 per email.

You will be able to receive incoming Emails on our system. Each incoming email costs \$3.

Note: Most cell phones now get service at Base Camp. Therefor it is quite easy to send and receive text messages on your own smart phone, this is the easiest and cheapest way to communicate home.

We will also have unlimited Wifi at our base camp, so that you can use your own computer or phone for internet usage.

Our team will post dispatches with text and photo descriptions on the Mountain Professionals website under the NEWS tab. Friends and family can follow the adventure there.

[http:// www.mtnprofessionals.com/home/news.php](http://www.mtnprofessionals.com/home/news.php)

## CHARGING:

Please bring spare batteries for electronics. You should think through any cords and chargers you would need as well as a converter for the local plug. Universal kits are available in outdoor/ travel stores and in Kathmandu.

Additionally our team will be carrying several batteries and solar panels with a universal charger input that will accept several types of plugs, USBs, etc. at base camp for your use.

## CONTACT INFORMATION:

Mountain Professionals Direct Line: (1) 303.956.9945 (USA)

**admin@mtnprofessionals.com**

Main Contact: Ryan Waters, Director

In Kathmandu:

Our Nepal Logistics Office

(977) 01-4250649

Main Contact: Tshering Sherpa, Expedition Manager



## TRIP INSURANCE:

Travel and Trip Cancellation Insurance is highly recommended, Please check with your insurer to see if you are covered on travel. Here are resources.

Travel Guard - [www.travelguard.com](http://www.travelguard.com) (USA Residents)

Bupa Global - <http://www.ihl.com> (Any Nationality)

We Require that you have a Rescue Insurance section in your policy. If your current insurance does not cover you then the best resource for buying a policy is Global Rescue. Mountain Professionals is an Affinity Partner with this company.

**Global Rescue - <http://www.globalrescue.com/mtnprofessionals>**

If you were to leave the expedition prior to our scheduled departure, you will be responsible for any costs incurred. Therefore Insurance is a must especially considering the use of aircraft to evacuate from the mountains.

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