

Everest Base Camp- Expedition Information Pack

We have designed this document to give you all the detailed information you need in the most concise way possible. We hope you find it useful.

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Fitness & Training:

We have classified Everest Base Camp as a level 4 expedition, for more information about our levels system [click here](#). We expect participants to have a very good level of fitness. Although this is not a technical climb, it is very steep in places and you will be gaining height very quickly. For many people it will be the hardest physical challenge of their lives. The group moves at a comfortable pace and nobody is ever left behind. Nevertheless, it is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek.

Hillwalking: Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. We would recommend hiking at least twice per month in preparation for this expedition. In the three months prior to departure try to include two long training hikes (6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack. You or someone in your party should have walking experience and the necessary navigational skills whenever you go out on the hills.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least three cardio training sessions per week. The type of training is not important you just need to elevate your heart rate for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

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Training Weekends:

We hold training weekends prior to all expeditions. You will meet an expedition leader, expedition doctor and your fellow adventurers! An experienced expedition leader will be giving a full expedition brief, leading two training hikes and offering expert advice on all aspects of the expedition including training, equipment, weather etc. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location! When you book an expedition with Earth's Edge an account is generated for you on our website. You need to log on to your account to register for your training weekend.

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Equipment:

You are responsible for having the necessary personal equipment you need for this trek. If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing! When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors has an excellent range of expedition equipment, very knowledgeable staff and is 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter. To apply for a loyalty card please forward your confirmation email and your postal address to web@greatoutdoors.ie and they will send you a loyalty card. You can also take a copy of the email into their George's Street Store and they will generate a loyalty card for you while you wait. Allow 10 minutes for this.

EQUIPMENT CHECKLIST	
Walking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
Runners or sandals (to wear in transit & around camp).	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1 (knee length or below).	
Lightweight trousers x 1.	
Synthetic/wool/silk long johns (for night time use and summit night).	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layers x 2 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (as above).	
Mid weight fleece x 2.	
A down jacket. It must be heavy weight with a hood (at least 600 grams in weight).	
Waterproof jacket.	
Waterproof poncho.	
A fleece hat to wear in the mornings and evenings.	
A balaclava/a buff.	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
A pair of lightweight wool or synthetic liner gloves.	
A pair of down mitts.	
Walking poles.	
Rucksack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.	
Duffel bag (90 litres) or large rucksack to carry your equipment while trekking. We recommend you use something strong and sturdy as this bag will be carried by the support team.	
Dry bags (If either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags).	
Water bottles and water bladder. You must have the capacity to carry three litres of water while walking.	
A warm sleeping bag (comfort rating of -15°C or lower).	
Suncream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitiser. You need to have enough supplies for the duration of your expedition.	
Toiletries. N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.	
Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: <ul style="list-style-type: none"> • Rehydration salts • Plasters • Compeed 	

<ul style="list-style-type: none"> • Paracetamol • Ibuprofen • Buscopan • Throat lozenges • Nasal spray • Decongestant such as Sudafed • Antibiotics suitable to treat traveller's diarrhoea <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i> 	
<p>Personal medication. Please carry any medication you are currently taking on a regular basis such as:</p> <ul style="list-style-type: none"> • Asthma inhalers • Nutritional supplements • Blood pressure tablets <p>If you suffer or have suffered from any skin condition, bring appropriate creams such as:</p> <ul style="list-style-type: none"> • Canesten • Zovirax • Anusol • Hydrocortisone 1% 	
Small towel for washing.	
Personal snacks; although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
A spare set of clothes to wear after you finish the expedition.	
A photocopy of your travel insurance and passport.	
Your vaccination booklet.	
OPTIONAL ITEMS	
Diamox (tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
A sleeping bag liner (This is not essential but it helps to keep your sleeping bag clean and adds an extra season).	
Power adaptor – Plug type C is used in Nepal.	
Ear plugs.	
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Hand warmer sachets.	

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Flights:

For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions. For those that book a land only package please consult us prior to booking your flights. It is important you are on time for the trek briefing on the first day.

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Description & Detailed Itinerary:

We are the only company in the world who send an International guide and doctor on our Everest Base Camp (5,364m) treks while keeping group sizes sustainably small. Sending an international guide and doctor on all our Everest Base Camp treks allows us to deliver an unrivalled level of safety and service for each and every one of our clients. Having smaller group sizes allows us to minimise our environmental impact and foster a stronger team dynamic.

Our 18-day itinerary takes you on the historic trek through the Khumbu Valley to Everest Base Camp sitting at the foot of Mt Everest (8,848m). The world's highest mountain is known as Chomolungma "the Mother Goddess of the Earth" in Tibetan and Sagarmatha "Sky Head" in Nepalese.

This is arguably one of the best-known expeditions in the world and one of the most popular routes for burgeoning adventure trekkers to undertake. It's easy to see why as you take in the stunning scenery that awaits around every turn on the trail. We move upwards through the valley at a slow, steady pace taking the time to meet the locals in the villages we pass and absorb the sights and scents of traditional Nepalese life. We stay in locally run tea-houses each night, enjoying the warm welcome of our hosts and the inviting heat of the stove as we remove our boots after a long day's trekking.

We spend time in Namche Bazaar and get to see this busy market town in full flow. Sitting on the side of a hill in a near perfect horse-shoe shape Namche Bazaar has become an iconic stop en route to Everest Base Camp. We visit the local Sherpa museum, the statue of Tenzing Norgay the Tibetan mountaineer who became the first to step-foot on "top of the world" alongside Sir Edmund Hillary in 1953 and hopefully get our first views of the incredible mountains of the valley including Everest, Lhotse (8,511m), Nuptse (7,879m) and Ama Dablam (6,856m).

We spend 8 days trekking to Everest Base Camp, allowing for two rest and acclimatisation days which greatly increase the chances of reaching our goal comfortably and safely. An international guide and doctor lead each expedition and work in tandem with our incredible local team of Sherpas and porters to deliver an exhilarating experience every day on the trail! This trek is suitable for those with a good level of fitness and a desire to see these majestic Himalayan peaks up close.

You will come away from this trek with a great appreciation of the Sherpa way of life, getting the opportunity to experience their unique mountain culture and traditions. We also spend time in Nepal's main city - Kathmandu. This bustling city is a melting-pot of ethnicities and a great contrast to the relaxed pace of life in the mountains.

Day 1: Depart Dublin.

Depart Dublin for Kathmandu. Overnight flight.

Day 2: Arrive in Kathmandu.

Arrive in Kathmandu. Overnight hotel.

Day 3: Fly Kathmandu to Lukla, 35 minutes; Trek Lukla to Phakding, 3 hrs.

In the early morning we take the exciting flight from Kathmandu to Lukla. The views from the 14-seater planes are amazing. From Lukla we trek to the village of Phakding. The trail starts by descending Northwest to the village of Choblung in the Dudh Kosi Valley. From here we follow the Dudh Kosi River passing through Ghat and then into Phakding. Overnight tea house. Altitude 2,610m.

Day 4: Trek Phakding to Namche Bazaar, 8 hrs.

After breakfast we start walking, following the Dudh Kosi River. After some time we reach the confluence of the Bhote Kosi and Dudh Kosi and cross a large suspension bridge. The trail then ascends through pine forest and some small meadows to reach the distinctive horse-shoe shaped village of Namche Bazaar. It's a tough day on the trail but the possibility of great views of Everest (8,848m), Lhotse (8,511m), Nuptse (7,879m), Ama Dablam (6,856m) and Taweche (6,542m) make all the effort worthwhile. Overnight tea house. Altitude 3,440m.

Day 5: Rest and Acclimatisation Day in Namche Bazaar.

As the name suggests, Namche is famous for its local market. After breakfast we climb to the ridge above the village to marvel at the panoramic views of the Khumbu peaks including Everest, Nuptse and Ama Dablam. If people are feeling strong we have the option of ascending further to the air strip above the village. We then visit the National Park museum with the option of visiting the Sherpa museum too. The rest of the day can be spent exploring this colourful village or relaxing in the tea house. Overnight tea house. Altitude 3,440m.

Day 6: Trek Namche Bazaar to Phortse, 5 hrs.

Today's route has some stunning views of the surrounding landscape, dominated by Ama Dablam, which towers over us for the day. Towards the end of the route we have a steep descent to the Dudh Kosi and then a big climb up a steep trail to reach Phortse. Overnight tea house. Altitude 3,950m.

Day 7: Trek Phortse to Dingboche, 6 hrs.

Another stunning day on the trail, which offers views of Everest if the weather is clear. We ascend over 500 metres today so it's important to take it slow and acclimatise correctly. Today we walk above the tree line and experience a more barren but equally beautiful landscape. Overnight tea house. Altitude 4410m.

Day 8: Rest and Acclimatisation Day in Dingboche.

After a lazy start we go for an acclimatisation hike ascending the high ground near the village. We then return to the tea house for a hot lunch. The afternoon is free to relax and explore Dingboche which is home to a number of good bakeries and a pool table! Overnight tea house.

Day 9: Trek Dingboche to Lobuche, 6 hrs.

We start from Dingboche with a steep climb onto the ridge above Pheriche. Upon reaching the top of the ridge we are greeted with fantastic views of our route so far and Ama Dablam. After about three hours we stop for lunch in Dughla and then ascend a long hill to reach the memorials for climbers who lost their lives climbing Mt Everest. The last section of the walk is quite flat and takes us right into Lobuche. Altitude 4,940m.

Day 10: Trek Lobuche to Everest Base Camp to Gorakshep, 9 hrs.

We start early and climb almost 300 metres to Gorakshep for lunch. The terrain is rough in places as we pick our way through the Khumbu glacier. From Gorakshep it's two and half hours to reach Everest Base Camp (5,364m). After eight days on the trail there is a real sense of achievement upon reaching base camp! After taking in the atmosphere and sights we walk back down to Gorakshep. Overnight tea house. Altitude 5,164m.

Day 11: Trek Gorakshep to Kala Patthar to Pheriche, 10 hrs.

For those with the energy there is an optional early start to climb Kala Patthar (5,550m). It's a tough trail to the top but Kala Patthar offers some of the best views of Everest in the entire region. Afterwards we return to Gorakshep for breakfast. From Gorakshep we descend all the way back to Pheriche. Overnight tea house. Altitude 4,371m.

Day 12: Trek Pheriche to Tengboche, 4 hrs.

Today we descend to Tengboche. The route offers amazing close-up views of Ama Dablam (6,856m) widely considered one of the most stunning peaks in the world. In the afternoon, we can visit Tengboche monastery the largest and most significant monastery in the region. Overnight tea house. Altitude 3,860m.

Day 13: Trek Tengboche to Namche Bazaar, 4 hrs.

From Tengboche we descend for one hour to reach the Dudh Kosi river. We then climb for over an hour and follow the river canyon to Namche Bazaar. In the afternoon, there is plenty of time for shopping in the market. Overnight tea house. Altitude 3,440m.

Day 14: Trek Namche Bazaar to Phakding, 5 hrs.

Today we retrace our steps all the way back to Phakding. We notice a big change in the landscape as we drop almost 1,000 metres to Phakding. Overnight tea house. Altitude 2,610m.

Day 15: Trek Phakding to Lukla, 3 hrs.

Our last day of walking always brings out mixed emotions. The trail follows the Dudh Kosi river and then climbs into Lukla. There is plenty of time for reflection and to enjoy the last views of the highest mountains in the world. We say goodbye to our support team in Lukla and enjoy our last dinner on the trail. Overnight tea house. Altitude 2,860m.

Day 16: Fly Lukla to Kathmandu, rest followed by evening celebration meal.

We fly back to Kathmandu in the morning and check into our hotel. We then have some free time for resting at the hotel or exploring the surrounding area. In the evening, we enjoy a celebratory meal in one of Kathmandu's best restaurants. Overnight hotel.

Day 17: Kathmandu to Dublin.

Enjoy a free morning in Kathmandu for some exploration and shopping. In the evening, we depart for Dublin. Overnight flight.

Day 18: Arrive in Dublin.

Arrive back in Dublin in the morning. Expedition ends.

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Expedition Costs:	Euro	Sterling	Dollar
Total costs excluding international flights. (Land only)	€2,749	£2,369	\$3,039
Total costs including international flights from Dublin.	€3,499	-	-

A deposit of €399/£399/\$399 is taken at the time of booking and the final balance is due two months prior to departure. Prices in Dollar and Sterling were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

Expedition Costs Include:

- International flights from Dublin to Kathmandu return economy class.
- Internal flights in Nepal.
- Experienced Irish/UK expedition leader.
- Experienced Irish/UK expedition doctor.
- Training Weekend.
- Local English speaking guides, local cooks and support team.
- All accommodation based on twin sharing in hotels in Kathmandu and in guest houses elsewhere.
- All meals and drinking water are included except in Kathmandu where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants

Expedition Costs Exclude:

- Personal travel insurance.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as; bad weather, landslides, road conditions and any other circumstances beyond our control.

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Spending Money & Tips:

We recommend that you bring US \$300 in cash and a debit/credit card with you to Nepal. There are ATMs throughout Kathmandu where you can withdraw cash using your card. If you intend on using your card on the trek, we recommend notifying your bank that you will be abroad and possibly using your card. On the trek, it is best to have some Rupees as it is difficult to get change for foreign currency when buying small items. It is possible to convert US Dollars to Nepalese Rupees in or near our Kathmandu hotel. Our recommended tip for Everest Base Camp is US \$150, please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip among all local staff. The recommended spending amount above includes the tip for the local staff.

In the unlikely event that flights to or from Lukla are cancelled due to inclement weather, additional spending money may be required. The domestic airline will aim to get us on the next available flight when weather conditions are favourable, either later the same day or on one of the following days. We visit this region when the weather is most favourable but please be aware there can be bad weather during the trekking season from time to time. In some cases, the weather may be too bad for planes to fly but helicopters can operate, as they can fly in less favourable conditions. Should it be required, the cost of helicopter hire must be covered by you as changes due to weather are outside the control of Earth's Edge and as per our booking conditions, we don't cover costs associated with changes outside our control (Force Majeure). The cost of helicopter hire is not fixed but should cost in the region of \$80 - \$300 per person per flight.

Whilst on the trail, wifi and hot showers are available in some tea houses at a cost of approx US\$5 each. Drinking water is provided by Earth's Edge on each day of the trek, this water is filtered and treated with purification tablets. If you wish to change the flavour of the water it is recommended to use electrolyte tablets/sachets or add concentrated flavour drink.

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Weather:

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -10 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: <http://www.mountain-forecast.com>

Norwegian Meteorological Institute: www.yr.no

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Altitude Considerations:

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). You will be encouraged to drink at least three litres of water per day. Five litres per day is ideal. You should eat well, snack regularly between meals and do not under any circumstances try to diet on this expedition. This will keep your energy levels high throughout the expedition. Although frustrating at times, remember to keep your walking pace slow and steady which will in turn have the same effect on your heart rate. It is those who can set and maintain the correct pace on the approach days that are strongest at higher elevations.

AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you experiencing altitude sickness. Our staff are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. Please note it is common for most people to experience mild headaches at higher elevations. Always keep your guide informed on how you are feeling.

At high altitude, and especially in dry conditions, it is essential you protect your airway. This means walking with a bandana covering your mouth and nose, often in hot weather, or when you are breathing heavily. Getting used to covering your airway while walking takes some time, so you should practice prior to departure.

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants especially those who have had AMS in the past to take Diamox prophylactically (as a preventative) on this expedition, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

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Your Medical History:

When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a consent form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). The Doctor's Consent Form can be downloaded from your Earth's Edge account.

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Your Dietary Requirements:

We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them when completing your medical declaration on your Earth's Edge account. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather

than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

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Vaccinations & Prophylaxis:

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic (www.travelhealth.ie) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account. When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking.

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Tourist Visa:

At the time of writing, EU passport holders were able to obtain a tourist visa upon arrival in Nepal. The visa fee is approximately US \$40 payable in cash upon arrival. You must have at least two free pages in your passport and ensure that your passport is valid for at least six months after you return to Ireland.

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Travel Insurance:

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness b) trekking up to 5,600 metres (c) helicopter evacuation in an emergency situation, and d) repatriation to country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We recommend Trailfinders for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To obtain travel insurance with Trailfinders go to www.trailfinders.ie/insurance or call their travel insurance phone line +353 1 702 9102.

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Safety Standards:

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. We use local guides, cooks, drivers and support staff of the highest standard. We employ local staff based on their qualifications, experience and references. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Nepal. Up to date travel advice can be found on the DFA website: www.dfa.ie/travel/travel-advice/a-z-list-of-countries/Nepal/.

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

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About Nepal:

Area:	147,181 sq km
Population:	29,000,000
Official Languages:	Nepali
Religion:	Hinduism (80%), Buddhism (11%) Islam (4%) Kirat (4%) Christianity (0.5%) & Others: (0.5%)
Local Time:	GMT +5.45.
Local Currency:	Nepali Rupee.
Currency for exchange:	EURO, GBP & USD
Where to Exchange:	Most major towns- your Expedition Leader can advise you on arrival. Worn or ripped Rupee notes may prove difficult to use, so beware of this when accepting Notes.
ATM's:	Available in larger towns and cities.
Credit Cards:	Accepted in larger outlets.

Up-to-date information concerning global exchange rates can be obtained at www.xe.com.

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Discounts and Photo Competition:

If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.

If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.

If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.

On each expedition, one person will win an Earth's Edge Down jacket and Gore-Tex jacket worth a total of €300. For more information and how to win please visit our [photo competition](#) page.

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Forum:

We have a Facebook group called the Earth's Edge Forum. It's a great place to visit for sharing ideas, for asking questions and opinions of your fellow trekkers, for finding people to go on training hikes with and for generally having the fun! If you would like to be added please request that we send an invite to your email address.

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Why Choose Earth's Edge:

We are the only company in the world who send an international guide and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader from Ireland or the UK leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An expedition doctor from Ireland or the UK accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury they will be there to provide immediate medical care.

To read more about our safety standards please visit our [safety page](#).

- We keep group sizes small to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp we are committed to using business as a force for good to support our communities both locally and worldwide as well as create more environmental awareness. Visit our [B Corp page](#) to learn more.

We organise a number of environmental programmes and community projects here in Ireland and internationally. Our projects include;

- A scholarship to train porters to become guides on Kilimanjaro.
- Our office staff volunteer their time to take students from an inner-city Dublin school into the outdoors for an immersive learning experience.
- Each year we plant three native trees for each person that has travelled with us in the preceding 12 months.

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a 100% Irish owned small business. Our MD, James McManus, is involved in the daily running of the business and also leads three to five expeditions per year.
- We are a fully licensed and bonded company. As we are based in Ireland, we are licensed with the Commission of Aviation Regulation in Dublin, our licence number is 0711.
- Detailed risk assessment and management systems, including evacuation plans, are put in place prior to each expedition. Our team in Dublin provide 24/7 phone support to each expedition.

- We run training weekends two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader and doctor.
- We have clear and transparent pricing. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on first-hand experience.
- When you sign up to an Earth's Edge expedition you are entitled to a discount from our equipment partners at [Great Outdoors](#) to ensure you get the best gear for your expedition.
- We post daily updates of each expedition on our Facebook page so family and friends can monitor your progress.

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Expedition FAQ:

Have you a question that wasn't answered on this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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