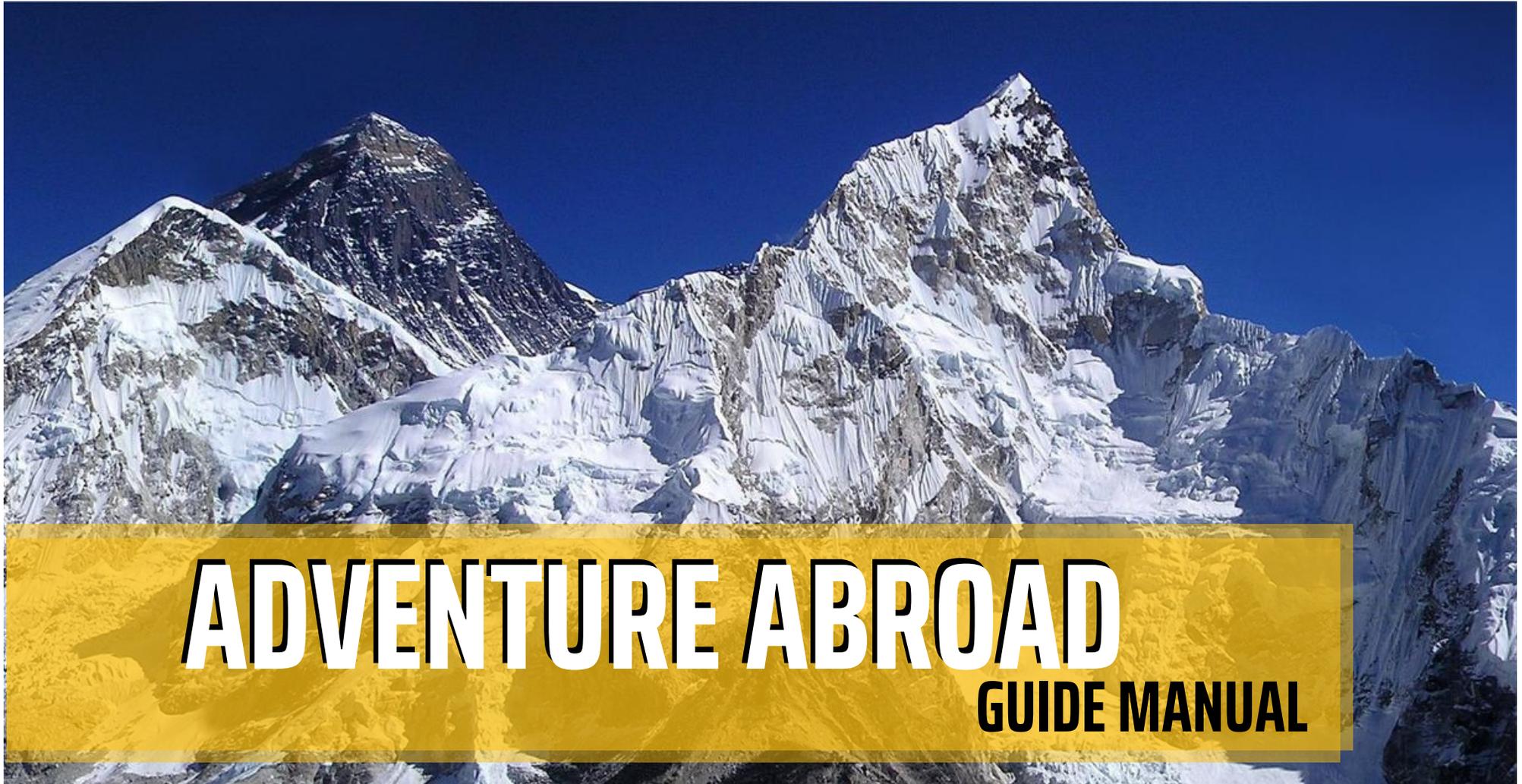




ADVENTUREABROAD



ADVENTURE ABROAD

GUIDE MANUAL

**Ultimate Guide To
Everest Base Camp**

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Adventure Abroad

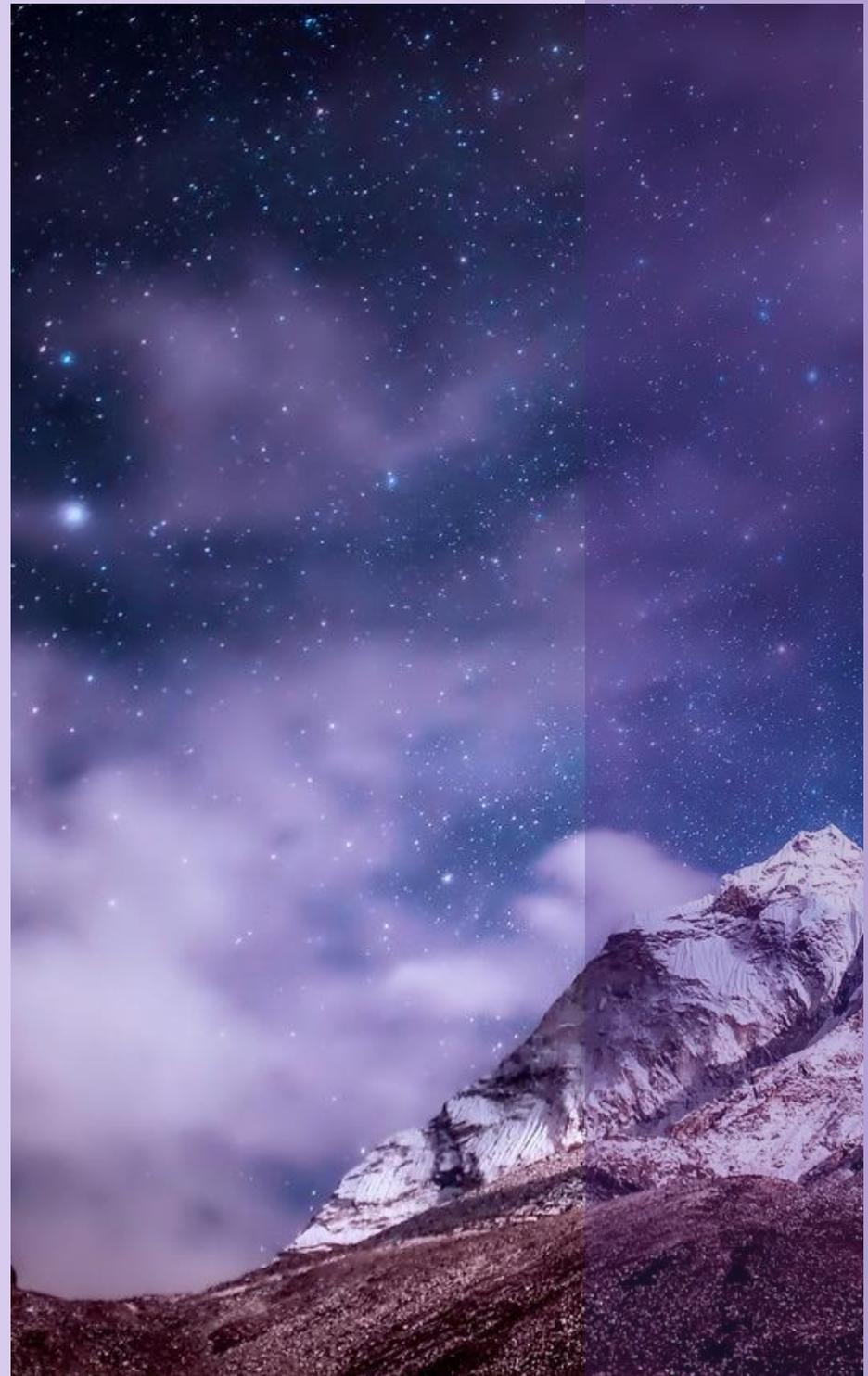
We challenge the status quo in everything we do. We believe in thinking differently. The way we do this is to provide exclusive services, uncompromising luxury and premium adventure experiences.

I founded Adventure Abroad because I wanted to offer the most inspirational adventure experiences to the world. I wanted exclusive benefits, VIP experiences and a little bit of luxury, something that I could not find but so desperately wanted. I did not want to be another man on another trek.

With exclusive insider access, Adventure Abroad can provide experiences money simply cannot buy. From helicopters out of Everest Base Camp landing at our Himalayan day spa to beds inside your heated tents on Mt Kilimanjaro. The combination of expertise and luxury creates our truly memorable travel experiences.

We believe in providing value in everything we do.

Tom Allwright
Founder and CEO



Why Adventure Abroad?

Adventure Abroad have come to specialize in hiking Everest Base Camp. Our established relationships allow us to leave our clients with lasting memories and richer experiences that other companies are unable to provide. Our innovative thinking brings our clients away from mainstream options, consistently providing authentic and all-encompassing experiences.

Within sight of the world's tallest mountain, we help people achieve success and tailor itineraries to suit their needs. With our assistance, reaching Everest Base Camp is a goal so close, all you need to do is just reach for it!

Providing value to our clients is one of our key motivations, and turning the unexpected into an experience is our pleasure. Together, let's find your **WHY** and leave it to us to work out your **WHAT** and **HOW** to curate a transformational and meaningful experience.

Speak to our team first about Luxury Everest Base Camp - info@adventureabroad.com.au



Everest Base Camp



CLIMATE AND HIKING SEASON

- Trekking season: February - May; September - October
- Our pick: March-April and in October. The weather is fair and the sunshine is stable, and the chances for walking in bad weather is low during this time.
- Maximum temperatures: mid 30 degrees celsius
- Minimum temperatures: 0 degrees celsius

Tip: You can trek to Everest Base Camp all year round, but trekking outside of peak seasons will risk temperatures below freezing during winter months or face monsoonal conditions during the peak summer months.

Spring (February - May) is the most popular trekking season. The weather is mostly stable and dry with the odd snow shower. End of summer has fewer crowds compared to spring, but has a higher chance of rain. We've had our best treks in October!

ROUTE AND TERRAIN

- Distance: 130km (65km each way)
- Daily Elevation: 400-800m
- Maximum Altitude: 5,554m
- Grading: 6/10

The Everest region is inundated with breathtaking scenery and awe-inspiring mountains - each day is different. Trekkers get the opportunity to experience traditional Sherpa culture with a basic understanding of Nepalese living from the many monasteries and museums.

PACKING LIST



TRAVEL DOCUMENTS

- Insurance details (reference + telephone number)
- Emergency contact number

EQUIPMENT

- Trekking poles (2, optional)
- 1 liter water bottle (2)
- Sleeping bag, -15 degrees celcius
- Sleeping bag liner (cotton or merino wool)
- Head lamp
- Day pack with pack cover (35-40L)
- Duffel bag (1)
- 1.5L Hydrator (Camelbak is recommended)
- Fleece ski gloves or mittens (1 pair)
- Liner gloves
- Footwear
- Solid hiking boots (GoreTex, broken in)
- Trekking socks (6 pairs)
- Gaiters (optional)

SLEEPING AND EVENING GEAR

- Thermal pants (1)
- Thermal top (1)
- Track pants (1)
- Top (1)
- Socks to sleep in (1 pair)
- Runners or similar to walk around in (1 pair)

CLOTHING

- Down jacket
- Breathable waterproof jacket (to be used as a top layer)
- Insulated/fleece jacket
- Quick dry trekking shirt (3)
- Thermal pants (2)
- Thermal tops, long sleeved (2)
- Heavyweight/insulated trekking pants (1)
- Lightweight trekking pants (2)
- Breathable waterproof pants (to be used as a top layer)

PERSONAL ITEMS

- Sunscreen SPF30 or higher
- Lip balm / paw paw
- Toiletry kit (toothbrush, toothpaste, etc)
- Zip lock bags
- Baby wipes
- Ear plugs
- Water purification tablets, Aquatabs: 100L (2 packets)
- Personal first aid kit (Ibuprofen, panadol, band-aids, adhesive tape, general antibiotic)
- Personal medications
- Diamox or other altitude sickness tablets (optional)
- Lightweight towel (1)
- Soap (eco-friendly)
- Bandana
- Sun hat or cap
- Woolen beanie
- Sunglasses
- Pocketknife/Swiss Army knife (optional)

Accommodation



As with everything we do, we strive to provide our customers with the most luxurious and comfortable options available. Working hand in hand with our Nepalese partners, Adventure Abroad is able to open doors to exclusive, VIP accommodations and make them available to our clients.

Among our accommodations available are beautiful lodges decorated in the various art styles of Nepalese culture. Spacious rooms, stunning views, and comfortable beds are part and parcel of our premium service.

Local Knowledge

Although Nepal shares many cultural similarities to Indian, its own history and culture is every bit as rich.

With the population being predominantly Hindu and Buddhist, religion and religious celebrations comprise a huge part of local culture.

DASHAIN

This festival is one of the longest and most important festivals celebrated in Hinduism. Celebrated over the course of 15 days of festivities, Dashain symbolizes the victory of good over evil.

TENGBOCHE MONASTERY

The Tengboche monastery began to gain international interest after Tenzing Norgay, an inhabitant of Tengboche Village, successfully summited Mount Everest. It is the largest *gompa* (Buddhist ecclesiastical building) in the Khumbu region.

Since the monastery is en route to Everest Base Camp, it is considered a gateway to Everest where expeditioners visit to light candles and seek blessings from the gods for protection, good health, and safe mountaineering.

NAMCHE BAZAAR

Contrary to its name, Namche Bazaar is a village, not a marketplace! It is a trading hub for Sherpas, and is an acclimatization spot for trekkers on their way to Everest.

The town contains a number of lodging and stores catering to tourists, as well as a weekly marketplace held at the center of the village.



Our Favorite Itinerary

- Day 1 - Arrive in Kathmandu
- Day 2 - Preparation day in Kathmandu
- Day 3 - Fly to Lukla and hike to Phakding
- Day 4 - Hike to Namche Bazaar
- Day 5 - Acclimatisation day
- Day 6 - Hike to Tengboche
- Day 7 - Hike to Dingboche
- Day 8 - Acclimatisation day
- Day 9 - Hike to Lobuche
- Day 10 - Hike to Everest Base Camp
- Day 11 - Hike to Pheriche
- Day 12 - Hike to Namche Bazaar
- Day 13 - Hike to Lukla
- Day 14 - Fly to Kathmandu
- Day 15 - Depart to next destination

We can create and change itineraries to suit your hiking abilities and mountain endeavours.

LICENCED GUIDES:

WITH US:

Expertise is our middle name! We only work with the most experienced guides. When hiking to Base Camp, a guide's knowledge is invaluable. They are experts in local culture, and flora and fauna. They will always know the best routes and sights to see!

NOT WITH US:

Safety should always be your number one priority. We DO NOT advise anyone to hike without a guide. Ensure you ask the following questions before signing a contract with a guide.



Food and Beverages

Nepal is a country rich in food culture! Strongly influenced by the nearby countries of China and India, its food is a melting pot of cultures that have eventually become a uniquely Nepalese experience.

FOOD:

One of the most popular and beloved food of Nepal are *momos*-juicy dumplings filled with meat and served with sauce! Or have some *sekuwa*, grilled skewers of meat seasoned to perfection.

BEVERAGES:

Tongba is a millet-based alcohol popular in the region. Millet is cooked and fermented for 7-15 days before serving. It is then put into a container, filled to the brim with hot water, and served with a straw.



The biggest challenge of hiking to Everest Base Camp is avoiding altitude sickness! Altitude sickness can affect anybody, even ultra-fit people.

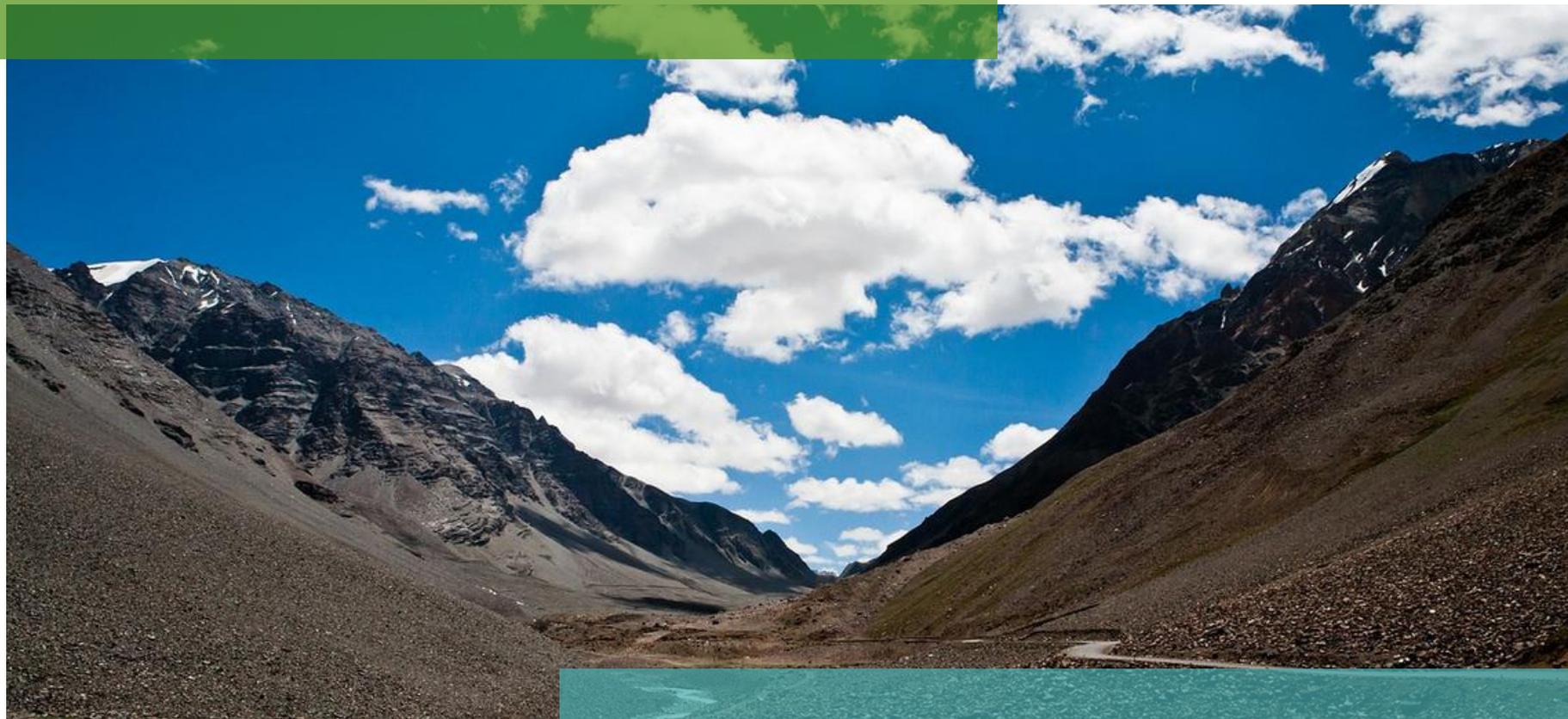
Stick to these three basic altitude trekking rules:

- 1) TREK SLOWLY
- 2) DRINK WATER
- 3) EAT

Altitude sickness symptoms can be headaches, dizziness, nausea and loss of appetite - communicate any symptoms with your guides and utilise diamox. If symptoms persist, descend!

Fitness





HOW DO YOU BOOK WITH ADVENTURE ABROAD?

Call: 1300 218 323

Email: info@adventureabroad.com.au

BOOKING ADVICE:

We suggest booking as far as 1 year (12-months) in advance due to the popularity of this experience.

Final bookings for private groups can be received from 3 months in advance of your departure date (minimum of 4 people per private group).