



# Mt. Manaslu Expedition

**Defy Limits, Reach New Heights with Altitude Experts**

Himalayan Dreams, Crafted by Experts





### **Brief History of Mountain & its Significance**

Mt. Manaslu, standing at 8,163 meters (26,781 feet), is the eighth-highest peak in the world and holds great cultural, spiritual, and mountaineering significance. Its name derives from the Sanskrit word Manasa, meaning "soul" or "spirit," symbolizing its reverence among locals. Located in Nepal's Mansiri Himal range, the mountain was first successfully climbed on May 9, 1956, by a Japanese expedition led by Toshio Imanishi and Gyalzen Norbu Sherpa, marking it as a historic achievement for Japan. Often called the "Mountain of the Spirit," Manaslu is situated in the ecologically rich Manaslu Conservation Area, home to endangered species like the snow leopard and red panda, as well as vibrant Gurung and Tibetan-influenced communities. Its rugged terrain and unpredictable weather make it a challenging yet rewarding ascent, drawing climbers and trekkers from across the globe to experience its spiritual aura and unparalleled natural beauty.

### **Why Climb Mt. Manaslu: A Gateway to 8000er Exped**

Climbing Mt. Manaslu, the "Mountain of the Spirit," is an excellent platform for aspiring mountaineers preparing for Everest or entering the world of 8,000-meter peaks. Known for its technical sections, high-altitude challenges, and diverse terrain, Manaslu provides invaluable experience in acclimatization, rope work, and glacier navigation. Situated in the breathtaking Manaslu Conservation Area, the climb also offers an opportunity to immerse in stunning Himalayan landscapes and vibrant local cultures. For those aiming to test their skills and endurance on a majestic 8,000er, Manaslu is the perfect place to begin the journey.

## Notable facts

- **Name:** Manaslu derives from the Sanskrit word Manasa, meaning "soul" or "spirit," symbolizing its spiritual importance.
- **Height:** 8,163 meters (26,781 feet), eighth-highest mountain in the world.
- **First Ascent:** Toshio Imanishi (Japan) and Gyalzen Norbu Sherpa (Nepal) on May 9, 1956,
- **Location:** Mansiri Himal range in Nepal's Gorkha District, situated within the Manaslu Conservation Area.
- **Climbing Significance:** Known as a training ground for Everest and an excellent introduction to 8,000-meter expeditions, it is favored by aspiring high-altitude climbers.
- **Technical Challenges:** The climb involves steep ridges, icy crevasses, and avalanche-prone slopes, requiring advanced climbing skills and careful planning.
- **Cultural Richness:** Surrounding villages are home to Gurung and Tibetan-influenced communities, offering climbers a chance to experience rich Himalayan culture.
- **Conservation Area:** The Manaslu Conservation Area is known for its biodiversity, hosting endangered species like snow leopards and red pandas.
- **Trekking Route:** The Manaslu Circuit Trek, leading to the base camp, is renowned for its scenic beauty, featuring lush forests, glacial rivers, and panoramic mountain views.
- **Popularity:** Despite being an 8,000er, Manaslu is less crowded compared to other peaks, offering a serene and unique climbing experience.





## Overview

The Manaslu Expedition with Altitude Experts offers a fully guided climb of the world's eighth-highest peak, Mt. Manaslu (8,163 m). This thrilling journey follows the South-Eastern Ridge route, combining technical challenges with breathtaking Himalayan beauty. Known as one of the best training grounds for Everest aspirants, the expedition provides invaluable high-altitude climbing experience in a less crowded yet equally rewarding environment.

Throughout the 38-day adventure, participants are supported by experienced guides, Sherpas, and a highly skilled logistics team, ensuring a safe and successful ascent. The journey begins with a scenic trek through the culturally rich Manaslu Conservation Area, offering stunning landscapes, traditional Gurung villages, and diverse wildlife. The climbing phase involves navigating steep ridges, icy slopes, and crevasses, testing endurance and mountaineering skills.

Ideal for seasoned climbers looking to challenge themselves, this expedition promises not only the thrill of summiting an iconic 8,000-meter peak but also an unforgettable cultural and natural experience in the heart of Nepal's Himalayas.



## Itinerary

Day 1: Arrival in Kathmandu/ transfer to hotel

Day 2: Sightseeing around the Valley

Day 3: Gear Checking and Final Preparation

Day 4: Drive to Beshisahar

Day 5: Drive to Dharapani

Day 6: Trek to Gowa

Day 7: Trek to Bimthang

Day 8: Acclimatization rest day

Day 9: Trek to Samdo Via Larkey la Pass.

Day 10: Trek to Samagaun.

Day 11: Trek to Manaslu BC 4900m

Day 12-31: Climbing Period.

Phase 1: Puja ceremony & Training

Phase 2: Acclimatization rotation on the Mountain.

Rotation 1: Touch camp 3

•Day 1st: Basecamp to camp I-5800 meters (19029 feet)

•Day 2nd: Acclimatization hike towards camp 2.

•Day 3rd: Camp I to Camp II, 6400 meters (21300 feet).

•Day 4th: Touch Camp III, 6800 meters (22310ft.), and back to Camp II.

•Day 5th: back to base camp.

Phase 3: Summit rotation

Day 1: Basecamp to Camp I

- Day 2: Camp I to Camp II

- Day 3: Camp II to Camp III

- Day 4: Camp III to Camp IV

- Day 5: Summit Day

- Day 6: Camp II to Camp I.

- Day 7: Back to Basecamp

Day 32: trek back to Samagaun.

Day 33: Trek back to Ghap

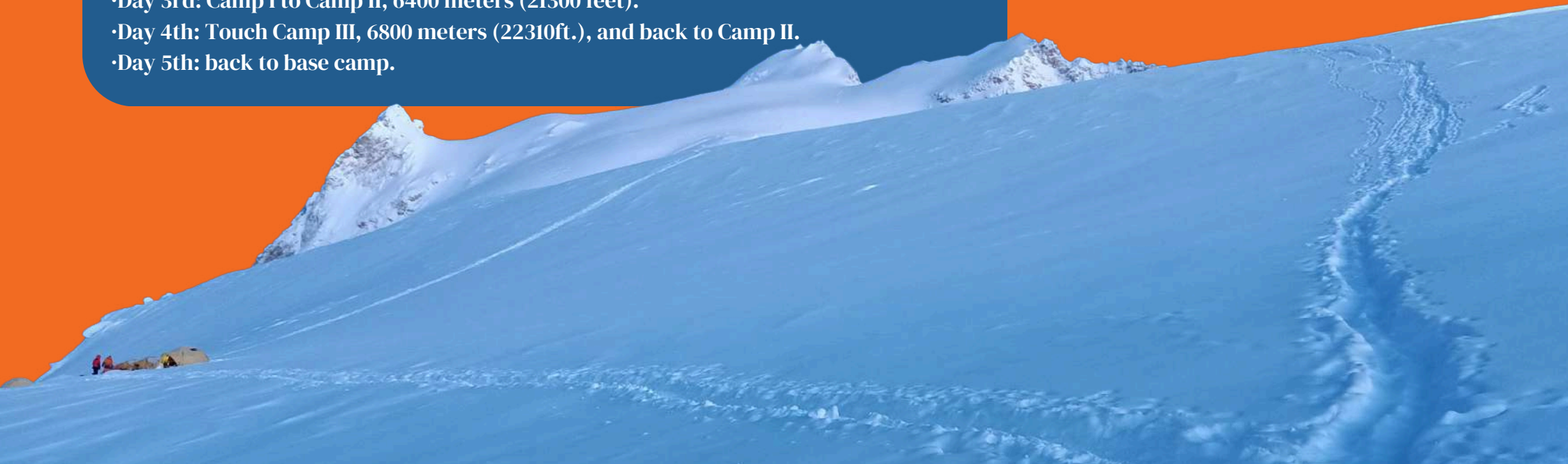
Day 34: Trek back to Philim

Day 35: Trek to Sothikhola

Day 36: Drive back to Kathmandu

Day 37: International departure

\*Depending on the weather conditions and your body condition we will decide about either staying in Camp II or back to base camp after summiting. Most of the climbers don't want to spend more nights on the mountain so they decided to come lower as they can on the same day. Our guide will decide at base camp about the date of the summit and rotations, the itinerary can be changed depending on your physical condition, speeds, times, and other factors.





## Our services

- **Royalties and Taxes:** All government-required royalties and taxes are included.
- **Special Permit Fee:** Covers necessary trekking area permits.
- **Accommodation in Kathmandu:** 4 nights with breakfast for acclimatization.
- **Transport to Dharapani:** Round-trip transport from Kathmandu included.
- **Meals and Accommodation:** All meals and comfortable lodging during the trek.
- **Base Camp Amenities:** Private tent with mattress, pillow, hot shower, toilet, and high-quality meals prepared by our experienced chef, with unlimited tea/coffee.
- **Higher Camps:** Comfortable food, tents, and services throughout higher camps.
- **Camp II Setup:** Includes dining, kitchen, storage, and toilet tents.
- **Permits:** MCAP and ACAP permits included.
- **Experienced Guidance:** 1:1 guide-client ratio with expert climbing support.
- **Oxygen Supply:** 3 bottles of oxygen per client and 1 for the guide.
- **Communication Gear:** Radio devices for seamless coordination.
- **Emergency Satellite Phone:** Available for emergency communication.
- **Medical Supplies:** First aid kit carried by the guide.
- **Low Altitude Porter Services:** Porters for carrying gear to base camp.
- **Group Gear:** Climbing equipment such as ropes and pitons provided.
- **Insurance Coverage:** Includes insurance for the climbing guide and support staff.
- **Guide and Staff Compensation:** Covers wages, allowances, and equipment for staff.
- **Official Certificate:** Government-issued certificate of completion.
- **Ground Transportation:** Included as per itinerary.
- **Cargo Sling Fees:** Fees for transporting loads to/from base camp included.
- **Emergency Oxygen Supply:** Available at base camp and higher camps.
- **Comprehensive Group Equipment:** Cooking gear, fuel, stoves, and high-altitude foods provided.
- **Power Supply:** Available at base camp for device charging.



## Please note that the following services are not covered...

### •Personal Insurance Policy:

- Each participant is required to have a comprehensive personal insurance policy that covers medical expenses, emergency evacuation, and any unforeseen circumstances during the trek.
- **HELI Rescue and Medical Insurance:**
- This specialized insurance is essential for those trekking in remote areas where helicopter rescue services may be needed. It ensures that you receive prompt medical attention in case of emergencies.
- **Tips for Staff and Summit Bonus for Climbing Guide:** A recommended tipping guideline for our dedicated staff is included, with a suggested summit bonus of \$800 to acknowledge the climbing guide's efforts in ensuring a safe and successful summit.
- **International Flights to and from Nepal:** Travelers are responsible for booking their own international flights to Nepal, including the return journey. It's advisable to arrange flights that align with the trekking itinerary.
- **Lunch and Dinner in Kathmandu During Your Stay:** During your time in Kathmandu, all lunches and dinners will be provided. Enjoy a variety of local and international cuisine at selected restaurants to fuel your adventure.
- **Personal Climbing Gear:** Participants are required to bring their own climbing gear, including items such as harnesses, climbing shoes, helmets, and any specialized equipment necessary for the trek.
- **Internet Charges During the Trek and at the Base Camp:** While some connectivity may be available, participants should be prepared for potential internet charges incurred during the trek and at the base camp, as access may vary depending on the location.
- **Personal Communication Expenses:** Any personal communication expenses, including phone calls and messaging services, will be the responsibility of the individual and should be accounted for throughout the trek.
- **Bottled Water and Beverages:** Please note that the cost of bottled water, including shield-packed drinks such as Coke, as well as any alcoholic beverages, is not covered and will be an out-of-pocket expense for each participant. Make sure to budget accordingly for these items during the trek.





## Comprehensive Risk Assessment and Expert Guidance for Climbing Mt. Manaslu

1. **Icefall Hazards:** The crevasses, serac falls, and avalanches pose significant natural hazards on Mt. Manaslu. Avalanches are most frequent between Camp 1 (C1) and Camp 2 (C2) and between Camp 3 (C3) and Camp 4 (C4). Falling into crevasses is one of the most common risks for climbers in Nepal's high mountains. The rapid flow of glaciers creates numerous deep crevasses along the route. Climbers are typically connected to fixed safety lines while navigating these dangerous sections, and crevasses are often crossed using ladder bridges. This setup ensures that if a climber steps on a weak snow bridge or slips off a ladder, the rope system prevents them from falling into the crevasse. However, accidents still occur when climbers are not properly attached to the safety rope. While Manaslu does not have as many crevasses as the Khumbu Icefall on Everest, there are deep crevasses between Base Camp and C2 that require caution. Avalanches caused by serac collapses from the mountain's west shoulder are another critical hazard. These have led to significant casualties in the past and are among the most dangerous threats on the climb.
2. **High-Altitude Sickness (HAPE/HACE):** High-altitude sickness is one of the most common challenges faced by climbers on Manaslu and other high peaks. It is caused by reduced oxygen levels and insufficient acclimatization. Symptoms typically appear above 2,500 meters (8,200 feet), but the severity increases with altitude.
  - **High-Altitude Pulmonary Edema (HAPE):** HAPE is a life-threatening condition caused by fluid accumulation in the lungs due to prolonged exposure to high altitude and hypoxia. It can develop from untreated acute mountain sickness (AMS) and can quickly become fatal if not addressed.
  - **High-Altitude Cerebral Edema (HACE):** HACE is a rare but critical form of AMS caused by leaky capillaries in the brain, leading to swelling and fluid accumulation. This condition can cause severe neurological symptoms and rapid deterioration if untreated.
3. **Lack of Oxygen / Running Out of Supplemental Oxygen:** Climbing Manaslu, like other 8,000-meter peaks, requires spending extended periods above 8,000 meters—the "death zone"—where oxygen levels are dangerously low. One of the most common errors made during such expeditions is the miscalculation of supplemental oxygen supplies.

By addressing these challenges with expert guidance, thorough preparation, and proper acclimatization, climbers can significantly reduce the risks associated with climbing Manaslu.



## Ensuring Safety and Success: Expert Risk Management on Mt. Manaslu

### Precautionary Measures Suggested by Our Expert Guide Team

- Avoid climbing when more than 2 meters of fresh snow accumulates within 24 hours.
- Always remain connected to the fixed rope, even while crossing ladders.
- Limit stops to just a few minutes at any given location & Follow all instructions provided by your guide without exception.

Our highly experienced and well-trained guide team will conduct thorough training at Base Camp, covering essential skills such as using fixed lines, climbing gear, and crossing ladders safely. Additionally, our guides will accompany you throughout the Icefall section, offering step-by-step assistance to ensure your safety at all times.

**1. Emergency Preparedness and Medical Expertise:** Our team is rigorously trained in mountain medicine and wilderness first aid. Recognizing the unpredictable nature of high-altitude expeditions, we prioritize the safety of our team and clients by preparing for all potential hazards in advance.

- Supplemental oxygen is available at every camp for emergency use.
- Our team carries essential medicines and safety gear to respond to medical emergencies promptly.
- Our Base Camp crew constantly monitors your health and performance and is ready to initiate evacuation immediately, if necessary.

**2. Supplemental Oxygen Support:** For summit rotations, we provide each climber with three bottles of supplemental oxygen to ensure both comfort and safety. You will begin using oxygen from Camp 3, with two bottles allocated for the summit day. Additionally, an extra bottle is reserved at the final camp for group emergencies. Our experienced guides are highly proficient in oxygen management and will meticulously calculate usage based on individual needs, ensuring a smooth and safe ascent.

**3. Our Commitment to Safety and Success:** The Altitude Experts team is exceptionally well-prepared and meticulously organized to mitigate all potential hazards, ensuring the safety and success of every expedition. Our acclimatization rotations are designed to suit climbers of all experience levels, particularly those coming from sea level, helping them adapt effectively to the mountain environment. With our expert guidance, comprehensive planning, and unwavering commitment to safety, we aim to deliver a secure and successful experience for every client.





## Essential Information for Your Himalayan Adventure: Preparing for the Experience of a Lifetime

### 1. Accommodation: Your journey will offer a mix of comfort and adventure:

- **Twin-Share Lodging:** Accommodations along the trail are provided on a twin-share basis. While luxurious rooms with attached bathrooms are available in Kathmandu, lodges along the trail provide simpler but cozy accommodations with breathtaking Himalayan views.
- **Base Camp Comfort:** At Base Camp, each participant will have a private, house-shaped tent equipped with a thick mattress and pillow for a restful sleep. Meals at Base Camp are freshly prepared by our experienced chef, ensuring you enjoy delicious and nutritious food.
- **Higher Camps:** At higher camps, you will share VE25 standard sleeping tents. Meals will consist of lightweight, easy-to-cook packed foods to support the logistical challenges of high-altitude climbing.

Local lodges along the trail also offer hot showers, internet, and charging facilities for a nominal fee, allowing you to stay connected and refreshed during the trek.

2. **Savor Fresh Himalayan Cuisine:** Teahouses along the trail serve delightful local cuisine, offering you the chance to immerse yourself in the unique culinary traditions of the region. Enjoy fresh Himalayan flavors while recharging for the next leg of your journey.

3. **Cost of Goods in Remote Regions:** Due to the logistical challenges of transporting goods to these remote areas, prices are significantly higher—often more than 50% above those in Kathmandu. Supplies are brought by jeep or bus to Beshisahar or Soti Khola, followed by mule or porter transport, adding to the costs.

4. **Physical Fitness and Acclimatization:** A good level of physical fitness is required for this trek. To ensure your well-being, we prioritize proper acclimatization throughout the journey. We recommend staying hydrated and limiting alcohol consumption to adapt better to the altitude and avoid altitude sickness.

5. **Unpredictable Weather Conditions:** The Himalayas are renowned for their ever-changing weather patterns. Our itinerary is designed with flexibility to accommodate unforeseen changes due to weather conditions or road challenges. Safety is always our top priority, and adjustments may be made to ensure the success and safety of your trek.

6. **Climbing Activities and Itinerary Adjustments:** All climbing activities are carefully planned based on the best weather forecasts. However, factors such as weather changes, fixed-line setup, and avalanche risks may necessitate adjustments to the schedule. We encourage all participants to remain flexible and open to changes for a safe and rewarding experience.

7. **Extra Time in Nepal:** We recommend adding an extra day or two to your itinerary after your trek. This provides flexibility for any delays or changes and offers you the opportunity to explore other exciting activities in Nepal, such as white-water rafting, jungle safaris, or additional adventures to enrich your journey.

With our expert guidance, attention to detail, and unwavering commitment to your safety and comfort, this adventure promises to be an unforgettable experience. Prepare to embrace the majestic beauty of the Himalayas and create memories that will last a lifetime!





### Climbing Helmet

### Headlamp

### Sky Goggles

### BACKPACK

### Summit downsuit

### Handwear

- Down mittens Gloves
- Insulated shell Gloves
- Softshell Gloves
- Liner gloves

### Climbing Harness

Safety cord, Ascender (Jumar),  
Descender (ATC/FIGURE 8),  
Locking and Non locking Binners

### Footwear

- High altitude mountaineering boot
- camp boot
- Trekking boot
- Woolen/ synthetic socks
- Linner socks

### Crampons

### Headwear

- Woolen hat
- Sun cap
- Balaclava
- Buff/neck gaiter

### Upper Body

- Thermal top base layer
- Fleece jacket
- Sun hoodie
- Gore tax Jacket
- Down jacket
- Tshirts
- long sleeves shirt
- wind breaker jacket

### Lower body

- Thermal base layer
- Short underwear
- Hardshell pant
- Softshell Pant
- Down pant
- Trekking Pant

# GEAR LIST



Categories	Item	Quantity	Description
Technical Gear	Climbing Helmet	1	Lightweight, durable climbing helmet for head protection.
	Climbing Harness	1	Adjustable alpine harness with gear loops for high-altitude climbing.
	Carabiners (Locking)	3-4	Lightweight, locking carabiners for rope security and belaying.
	Crampons	1 pair	Lightweight technical crampons suitable for ice, mixed, and snow.
	Ice Axe	1	Lightweight ice axe for self-arrest and climbing
	Ascender	1	For ascending fixed lines
	Descender (Figure-8)	1	Essential for rappelling on steep terrain.
	Trekking Pole	1 pair	Collapsible skiing/trekking poles.
	Auxiliary Cord (6mm diameter)	4-6 meters	For prusiking and other climbing rigging purposes, connect the safety device to your harness using a secure knot or carabiner.
Footwear	Expedition Boots	1 pair	Triple-layer 8000er mountaineering boots.
	Camp Boots	1 pair	
	Down Booties	1 pair	Lightweight insulated booties for camp use and rest days.
	Trekking Boots	1 pair	For any approaches along dry trails, it's essential to prioritize lightweight shoes that offer high comfort, ample room in the toe box, and excellent support. Street or city-style shoes are not acceptable substitutes for proper hiking footwear.
	Socks	4-5 pairs	High-quality merino wool or synthetic blend for warmth and breathability.
	Liner socks	4 pairs	Pack four pairs of smooth, thin, non-cotton socks to serve as liner socks, which should be worn beneath your wool or synthetic socks.
Clothing	Short underwear	3-4 pairs	Only synthetic or wool fabrics are permitted—no cotton! Bring comfortable athletic styles that suit your needs and preferences, such as boxers, briefs, or sports bras.





	Base Layer (Top & Bottom)	3-4 pairs	High-quality merino wool or moisture-wicking synthetic base layers. Keeps dry and warm
	Long sleeve Sun shirt	1	This item must be made from a non-cotton material, such as merino wool or polyester. Light-colored, hooded sun shirts are highly recommended for sun protection and are commonly worn by guides during most climbs.
	Softshell Pant	1	Choose stretchy, comfortable, non-insulated softshell pants that fit well with or without your base layer. Please be aware that "zip-off" style trekking pants are too lightweight to qualify as softshell pants.
	Trekking Pants	2-3	lightweight nylon trekking pants. We recommend styles that are straightforward, made from synthetic fabrics, and include pockets for convenience. While zip-off models are not mandatory, some people prefer them.
	Hardshell Pant	1	Choose non-insulated, fully waterproof shell pants that fit comfortably over your base layer and softshell pants. Full-length, separating side zippers are typically required.
	Softshell Jacket	1	This breathable jacket, which is resistant to wind and weather, is an essential component of a mountaineering layering system. We recommend a hooded design. It should fit comfortably over both your midlayer and base layer tops.
	Mid layer Top	1	A midweight, form-fitting fleece layer is ideal for wearing over base layers. Hoods are optional but recommended. Grid fleeces typically offer the best warmth-to-weight ratio. Additionally, lightweight puffy jackets can also serve as effective midlayers.
	Hardshell Jacket	1	You will need a non-insulated, fully waterproof shell jacket with a hood. We suggest using a durable three-layer fabric. Options like Gore-Tex Pro Shell or similar





			eVent fabric provide excellent durability and long-lasting weather protection. This jacket should fit comfortably over your base layer, midlayer, softshell, and possibly a lightweight insulated layer. It is essential that the hood is compatible with a helmet.
	Lightweight Insulated Jacket	1	Your lightweight insulated jacket can be used either as an additional layer or on its own for insulation when suitable. It can feature either down or synthetic insulation. Down is typically more compressible and lighter, while synthetic insulation maintains warmth even when wet.
	Insulated Jacket (Down)	1	Expedition-grade puffy down jacket for basecamp .
	Insulated pant (down)	1	Expedition-grade puffy down pant for basecamp .
	Down suit	1	Expedition-grade down suit (8000m+) for extreme cold, windproof and water-resistant
<b>Hand wear</b>	Down Mittens	1 pair	Expedition-grade down mittens for high-altitude extreme cold.
	Glove Liners	2 pairs	Lightweight merino or synthetic glove liners for dexterity and added warmth.
	Insulated shell Gloves	1 pair	Gloves with a waterproof shell and removable insulated liners are ideal for conditions too cold for softshell gloves but not cold enough for expedition mittens. Look for models with a tough leather palm for added durability.
	Softshell Glove	1 pair	Moderately insulated gloves are perfect for situations where mittens are too hot and liner gloves don't provide enough warmth. A leather palm design is highly recommended for improved durability.
<b>Headwear</b>	Balaclava	1	Windproof, fleece-lined balaclava for face and neck protection.
	Buff	2-3	Essential for any outdoor adventure, the UV Buff is a versatile alternative to the bandana, offering a wide range of uses.



	Sun hat	1-2	Any style of lightweight hat for shading the head will work well. Baseball caps and sombrero-style sun hats are the most common.
	Woolen / synthetic Hat	1-2	A non-cotton wool or synthetic hat that covers the head and ears comfortably.
	Sunglasses (UV Protection)	1	Category 4 UV protection sunglasses for snow glare and high UV exposure (e.g., Julbo Explorer 2.0).
	Ski Goggles (with anti-fog)	1	Anti-fog goggles for high-wind and snowy conditions (e.g., Julbo Aerospace).
	Headlamp (with extra batteries)	1	Powerful headlamp (300+ lumens) with extra batteries.
<b>Personal Equipments</b>	Sleeping Bag (High Altitude)	1	Rated to -40°C, down-filled for extreme cold, high camp usage
	Sleeping Bag (Low Altitude)	1	Rated to -20°C, down-filled for basecamp use
	Sleeping Pad (Foam)	1	A full-length, modern inflatable sleeping pad is recommended. Older-style three-quarter length pads have been superseded by ultralight full-length pads. We recommend bringing a valve repair/body patch kit.
	Inflatable sleeping pad	1	This pad should be either 3/4 or body length.
	Water Bottles (Insulated)	2	Insulated bottles (e.g., Nalgene) with bottle covers to prevent freezing.(BPA-FREE)
	Pee Bottle	1	Collapsible or hard-sided 1 liter Nalgene models can work well.
	Backpack	1	A 50-55 liter backpack is recommended for carrying gear comfortably and efficiently.
	Thermos	1	We highly recommend bringing a stainless steel, vacuum-sealed thermos with an airtight and thermal cup lid, especially for those who like to drink hot water for hydration during cold mountain days. A one-liter thermos is ideal, and it's better to opt for a wide-mouth design, as narrow-mouthed ones can be harder to fill.
	Mug	1	To be used for drinking tea and water at higher camps.





	Bowl	1	A packable bowl is essential. Bowls with lids, such as Tupperware, are convenient, but lidless or flatter, deep plate-style models also work well.
	Spoon	1	One durable hard plastic or anodized metal spoon. Longer spoon stems can be helpful for eating while wearing gloves.
	Knife	1	Medium-sized. Keep it simple and light.
	Large Duffel bag	2-3	To store and transport all your gear, a waterproof option is highly recommended.
	0.5 L. Water bottle (Optional)	1	0.5L "baby" Nalgene bottle can be used instead of a traditional mug. Its leak-proof lid allows you to store it in your pocket or jacket, helping to keep both the bottle and you warmer. Bottles should have a wide mouth and be made of co-polyester (BPA-free plastic).
	Solar Panel+ Power bank	1	Bring a small portable solar panel and power bank to charge personal items, like a cell phone, on longer trips without power access
	Toiletry Bag	1	Pack toilet paper (in a plastic bag), hand sanitizer, toothbrush, toothpaste, floss, wet wipes, and personal medications. Select quantities based on your trip length. Female climbers should also bring sufficient feminine hygiene products for the duration.
	Water treatments		Carry a SteriPEN or enough water treatment tablets for safe drinking water for your trek to basecamp. Carry a SteriPEN or enough water treatment tablets for safe drinking water.
	Sunscreen (High SPF)		High SPF 50+ sunscreen to protect from intense UV rays at high altitude.
	Lip guard		Several tubes of SPF30+ Lips cream.
	Running Shoes	1	Lightweight, comfortable running or walking shoes are recommended for off-mountain use and pre-and-post trip travel. In some situations, these may also serve as approach shoes.





	Camera and extra batteries		
	Personal First Aid Kit		Basic medical supplies in a compact package. We recommend over-the-counter pain relievers, Moleskin, first-aid tape, Band-Aids, and anti-septic wipes or gel.
	Medications & Prescriptions		Bring personal prescriptions along with Diamox (125mg), Immodium, cold medicines, and a variety of over-the-counter pain relievers like Ibuprofen.. Additionally, pack hard candies and cough drops for the cold, dry air.
	Hand Sanitizer		Alcohol-based hand cleaners. Bring a small amount appropriate to the trip duration.
	Shower gear		A compact, packable towel, shower sandals, and a small bottle of soap or shampoo are great for maintaining personal hygiene during the trip.
	Hand and Toe Warmer	3 set each	
	Snacks		All meals for the trip will be provided, but be sure to pack any snacks or additional food and drink items you prefer to have on hand while climbing!
<b>Pre &amp;Post Climb</b>	City Cloths		We recommend packing clean "city" clothing for travel and for use before and after the trip. Bring a comfortable assortment of clothing, including some t-shirts, for added peace of mind.
	Small Duffel bag	1	To storage your city cloths and other unnecessary belongings in Kathmandu.







OUR TEAM





**Lhakpa Tenzing Sherpa**  
**Office administration**

With over 15 years of experience in Nepal's trekking and mountaineering industry, Mr. Lhakpa Tenzing Sherpa specializes in managing expedition logistics and administration for Everest and other iconic trails. As a Director at Altitude Experts Trips & Expedition, he oversees permits, itineraries, and coordination with stakeholders, ensuring seamless operations. Combining his deep field expertise with exceptional organizational skills, Mr. Sherpa plays a vital role in delivering safe, professional, and unforgettable adventures.



**Ngima Tenzing Sherpa**  
**Exped Manager/ Guide**

Born and raised in the Khumbu region, Ngima Tenzing Sherpa embodies the spirit of mountaineering and Sherpa heritage. With summits of iconic peaks like Everest, Manaslu, and Ama Dablam, he is renowned for his expertise and leadership. As an expedition manager and guide, he is dedicated to helping climbers achieve their dreams while ensuring safety and success in the mountains.



**Pasang Tendi Sherpa**  
**Exped Leader/ Guide**

With over 18 years of experience and 31 successful summits on 8,000-meter peaks, Pasang Tendi Sherpa is a renowned expedition leader and guide. Having conquered all 14 of the world's highest mountains, he combines unmatched expertise and leadership to help climbers achieve their dreams safely and successfully in the Himalayas.





# ALTITUDE EXPERTS

## Trips & Expeditions Pvt.Ltd.

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