Indigenous People Trek
Information Pack

Trip Insurance:
All participants must have suitable travel and emergency medical insurance cover to embark on one of our events. This is a condition of participation mentioned in our T&C's. A policy from any insurer with the correct level of cover will be acceptable. Please send us a copy of the policy wording showing specific cover for your trip, along with the policy number for our records.

If you do not have suitable insurance cover, we recommended clients take a policy from **World Nomads**. Their insurance policies have been designed by travellers for travellers, with coverage for more than 150 activities as well as emergency medical, lost luggage, trip cancellation and more. Please use the World Nomads link at Step 3 of the Sign Up page on our website to be taken to your personal policy quote. Make sure you select the Explorer Plan for your trip. Please email us a copy of your policy certificate for our records.

Flights:
You are responsible for booking your flights at the correct time. We normally check the flight status and details of our participants to monitor whether they are arriving for the event on time. However, you remain fully responsible for monitoring your flight status. PJS takes no responsibility for any customer errors that occur regarding arrival or departure times, dates, or other issues in connection with flight travel.Please make sure you email us a copy of your flight itinerary as soon as possible, no later the 60 days before departure.

Visa & Passport:
It is your responsibility to fulfil all passport, visa and other immigration requirements applicable to your itinerary. We can provide general information about the passport and visa requirements for your trip, but this is for guidance only. Although we require your passport details for our Online Registration, your specific passport requirements are your responsibility. Please check your passport is valid for your dates of travel.
For entry into Kathmandu, all travellers must purchase a Tourist Visa.
Tourist Visas are available on arrival at Kathmandu Airport
- 15 days $30
- 30 days $50

When entering the arrival area of Kathmandu airport, make your way to the Visa screens. Complete all your details and take a photo of the final screen. Then go over to the Visa Payment desk. Here you must show the photo of the screen and pay for your Visa, you can then proceed to Passport Control.

Park Passes:
To arrange your park passes, we will need a copy of your passport photo page.
Please email these to us ASAP to:
info@pjs-adventures.com
(NB. A scanned copy is preferable. If sending a photo of the passport, please make sure it is a flat, straight and cropped photo)

Vaccinations:
Participants should all have up to date vaccinations for Tetanus, Diphtheria, Hepatitis A, Typhoid. It is optional to have vaccinations for TB, Meningococcal Meningitis, Hepatitis B, Rabies, Cholera.
Although yellow fever does not occur in Nepal, an official yellow fever vaccination certificate may be required depending on your itinerary.

Malaria Medication:
No malaria transmission occurs in Kathmandu or Pokhara, and all the main Himalayan trekking routes are free of malaria, but documented transmission persists in some areas of the country.

Altitude Sickness:
Most people experience some symptoms of Altitude Sickness (AS) at some point on the trek. This will normally be limited to headaches and nausea, as well as finding it a little more difficult to eat, drink and sleep. These symptoms are not severe but will make your journey a little uncomfortable for a short time. To prevent these symptoms as much as possible, we recommend going to your family doctor and asking for a script/prescription for Acetazolamide, usually sold under the trade name Diamox. This is a drug given for Glaucoma symptoms, but is also used for the treatment of AS.

Regular Medication:
Our team are not medical experts. We encourage you to visit your family doctor to discuss you medication requirements.

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist
- These should be carried in your hand luggage when travelling on flights
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage

- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required

- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- When taking out an appropriate level of travel health insurance including repatriation, specify cover for any pre-existing illnesses

Pre-Existing Medical Conditions

Please assess for yourself whether you are fit and able to take on this challenge. Please review this detailed Information Pack, our website and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the adventure more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

Whilst we will do our best to put in place appropriate measures, we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the trip to support with medical matters related to the trip environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive for pre-exiting medical conditions and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the trip leader.

Kit List:

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. The benefits of a comfortable daypack cannot be underestimated, so make sure that you get one fitted in-store and train with this. Other essentials are high quality waterproof and

windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night.
Everything listed on the Kit List is essential.
Please see a full copy of the Kit List at the end of this Information Pack

Luggage:
Only soft sided duffle bags, holdalls and rucksack are allowed on the trail. Hard suitcases or soft bags with wheels will not be accepted.
Please bring a bag to store any items you don't need to take to the mountain such as clean clothes for travel etc. This bag will be stored securely at the hotel in Kathmandu the day we leave for the trail until we arrive back after the hike. Valuables can be stored securely. However please try to limit the valuable items you bring. Please note that PJSC do not accept responsibility for any stored items.
The maximum weight for Kit Bag is **15kgs**. It will be weighed at the hotel the night before departure and in the morning before we load the bus. If your bag is too heavy, we will advise what items should be left behind.
When weighing your bag at home, don't include the items you will be leaving behind in Kathmandu.
For safety, walking poles should be packed in hold luggage, not carry-on luggage for all your flights.

What to Wear for Your Outbound Flights:
If your checked in luggage gets lost/delayed, it could take a couple of days to catch you up. You won't be able to start your trek without your boots and essential clothes, so wearing or carrying them for the flight is advisable.
- Walking boots
- Walking socks
- Trekking trousers/pants
- Base layer top

Electric Power:
Electric power outlets are available for charging at most Tea Houses. The cost for charging varies as we ascend the valley.
We have a large solar charging panel in our kit and can be used when the sun is strong.
Assuming you will be using your mobile phones to take photos, if you turn on Airplane Mode and turn off Bluetooth, your battery should approx. 2 days.
Please note that batteries will discharge quicker in the cold, so should be stored overnight inside a bag, sock or jacket.

Communication:

In Kathmandu, local SIM cards can be purchased. The local SIM cards will have intermittent connection on arrival at Lukla and along the trail. Along the route you can purchase Everest Link, this is a login and code for access to WiFi at most Tea Houses along the whole trail. Cost is approx. $20 per connection. Alternatively, most Tea Houses have their own Wi-Fi to connect to, prices differ per Tea House.

We also carry a Satellite Phone for emergency use. It is only switched on when it needs to be used so cannot be used for incoming calls.

However, clients can use it to make outgoing international calls whenever they would like, at a cost of $5 per minute.

Emergency Contact:

In a serious emergency, if you are out of contact, a family member or friend can complete the form on the link below and we will begin the process of reaching you.

The link is also available at the bottom of each of our website pages.

https://www.pjs-adventures.com/emergency-contact-form

Local Staff Tips:

We have a standard recommendation for staff tips. This amount is based on the total number of crew members and their job titles.

The recommended tip amount will be given to you before departure.

You should bring this cash to the trail. It will be collected from everyone on the final night, and then present to the whole crew on the following morning.

As the tips need to be split into each crew section, please try to bring a selection of notes, such as $10, $20, $50 & $100

In any event:

- Dollar bills should not be older then from 2010
- Old worn $ bills or $ bills with tears are not accepted, clean $ bills only

Other Helpful Info:

• Please check off all your kit against the Kit List before packing, and make sure you have everything

• There will probably be time in Kathmandu for plenty of last-minute Kit shopping if needed. The Thamel area of Kathmandu where we will be staying is a hiker's paradise for Kit, with hundreds of stores selling anything you need. You can purchase kit items from any of these places. We work closely with one store that can supply everything needed and offers our clients great prices. Will we take anyone that is interested to the store to get what's needed.

• Running/workout clothes are NOT thermals. Proper thermal layers are essential. Please don't underestimate how cold a mountain can get. You will not regret investing in proper thermal layers

• You will need around 5 pairs of thermal trekking socks. One pair should be kept as your evening/sleeping socks. Sports socks or regular everyday socks are not appropriate for hiking

• Make sure to 'test' your socks with your boots, it's very important to try these with your boots to make sure your feet will still be comfortable

• Pack clothes into dry sacks (or other waterproof bags) inside your kit bag in order to help protect against wet, damp and moisture and to make it easier to find what you're looking

• Don't forget to bring earplugs as the Tea Houses can sometimes be noisy when you want to sleep

• Although Tea Houses along the route provide bedding (blankets and pillow), you may still warm to bring a warm sleeping bag. It is not essential, but some people may not find the blankets warm enough and some may prefer the cleanliness of their own sleeping bag

• Keeping a ‘pee bottle’ inside your room at night saves going out in the cold in the middle of the night. Women can use a plastic Tupperware box & lid. PLEASE MARK THE BOTTLE CLEARLY

• Don’t drink tap water in Kathmandu or anywhere else. Use bottled water to brush teeth

• Bottled water is available to buy on the trail, alternatively local water is available at all Tea Houses. However, you must use Water Purification Tables before drinking

• Drinking water alone on the trail will not hydrate you enough, make sure you have some electrolyte tablet to use in your water, such as GU, NUUN, ZERO, SIS. The sodium and minerals contained in these electrolytes will help keep you hydrated when you drink

• Bring a variety of snacks. Trail mix, trail bars, chocolate & hard candy. A mixture of sweet and savoury is good.

• Duracell batteries generally perform better in extreme cold temperatures then other brands

KIT LIST

RUCKSACKS AND BAGS

- Day Pack 30lt – 40lt
- Duffle bag 70lt – 90lt
- Hotel/Lodge bag
- Dry Sacks

SLEEPING

- 4 season sleeping bag (optional)
- Sleeping bag liner (optional)

FOOTWEAR

- Walking boots with ankle protection
- Thermal Hiking socks (at least 5 pairs)
- Sturdy comfortable shoe (for evenings)

EQUIPMENT

- LED Head Torch (plus spare batteries)
- 3lt Water Bladder
- 2 x 1lt Water Bottles (Nalgene)
- Sunglasses
- Daily Snacks (tracker bars, dried fruit, chocolate, nuts)
- Walking poles
- Metal or plastic mug for hot drink along the trail

CLOTHING

- Waterproof Jacket
- Waterproof Pants/Trousers
- Down Summit Jacket - 600/700 down fill
- Windproof softshell jacket
- Lightweight fleece tops

- Wicking long sleeve t-shirt
- Trekking Pants / Trousers (not jeans)
- Thermal long johns & Thermal long sleeve top
  (Varying thermal qualities - Light weight, Medium weight & Heavy weight)
- Underwear (light and wicking)

- Neck Buff
- Sun Hat
- Thermal Hat
- Thin Liner Gloves
- Insulated gloves/mittens
- Casual clothes and personal items for last day at the hotel and journey home

TOILETRIES

- Toothbrush & Toothpaste
- Antibacterial Liquid Soap
- Baby wipes
- Antibacterial Wipes
- Lip Sun Protection Stick
- Travel towel (Microfiber towel that is space saving and fast drying)
- Deodorant
- Insect repellent containing DEET
- Malaria tablets (under advice from your doctor)
- Aftersun/Moisturiser cream
- Sun Cream/ Protection (min SPF30)

PERSONAL ITEMS

- Camera
- Contact lenses (plus spare glasses)
- Ear Plugs
- Small First Aid Kit
- Pain killers
- Band Aids
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Electrolyte Tablets
- Water Purification Tablets – Everest Base Camp Trek Only

(Bottled water is also available to buy at each Tea House)

- Your own medication
- Knee support (if you normally need and use)

DOCUMENTS

- Passport
  (Make sure you have at least 6 months left on your passport expiry date)
- Photocopy of passport
  (Keep a copy at home and a copy in your travel bag for emergencies)
- Travel insurance
  (Suitable insurance available from World Nomads, via the PJS Challenges website)
- Visa (please check in-country requirements)
- Flight Tickets (e-tickets)
- Cash (US Dollars)
- Credit card