



EYES4EVEREST



# Logistics

## Annapurna Base Camp

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# Logistics

A photograph showing two people, a woman and a man, sitting on the ground and packing gear for a trek. The woman is wearing sunglasses and a white t-shirt, and the man is wearing a dark t-shirt. They are surrounded by various items including a yellow bag, a red bag, and a box labeled 'SPORT 2000'. There are potted plants and a blue wall in the background.

## Exercise

A good fitness level will contribute to your enjoyment of the trip. Walking, jogging and light running several times a week will prepare your leg muscles for the trek especially on uphill surfaces. Seek out hills or find a tall building and repeatedly walk up and down the stairs. Regulate your breathing and try not to hyperventilate.

Once you can do 7km comfortably, it's time to strengthen your ankles by going bushwalking where the surface is uneven. Walk through it just to get familiar with the track and when you are ready, start jogging. You are doing well if you haven't sprained your ankle. Start wearing your new leather boots so you can "wear" them in. You can also carry a 29L to 35L day pack during the walk. Aim for a five-hour walk once a week.

Gym exercises for trekking is 60% legs, 30% shoulders and 10% core. Leg work include squats, burpees and cardio such as the cycling, rowing and the stair machine. The key is endurance.

Nothing can really prepare you for the trek's extreme hills. But don't be put off - people with average fitness can do this trek. 'Slow and steady is the key to achieving and enjoying your trek.

## Travel

In Kathmandu, we will be hiring shuttle buses for transport between the airport and hotel accommodation in Thamel. There are many restaurant, bars, trekking stores and souvenir stores in Thamel. Traffic is very chaotic in Kathmandu. The roads are very rough yet the risks of accidents are very low in Nepal.

From Kathmandu domestic airport, we will take a domestic flight to Pokhara from a small 19 seats twin engine propeller aircraft with local pilots. The planes are well maintained but the flying condition is difficult. Flights are subjected to delay or cancellation depending on the weather conditions.

If our flights are delayed, and we are unable to find accommodation in Kathmandu, we will stay at the medieval town of Bhaktapur 8 km west of the airport. The town is quieter and cleaner than Kathmandu and famous for honey yogurt and clay pottery.

## Accommodation

We will be staying at tea houses throughout the trek. Each has two beds with mattresses and blankets. It is advisable to sleep in your sleeping bag on top of the mattress. Blankets can be added over your sleeping bag for extra warmth. Food and drinks are served in the dining room. Shower facilities are available at most accommodations on the ABC trek and will incur an extra cost (100 - 300 NPR).

## Telecommunications

On your first day in Kathmandu, our Kathmandu correspondent will take you to a telecommunication shop to purchase SIM cards for your phones and internet use. Cellular reception is available throughout the treks and wifi is available at most teahouse lodges however the connectivity can be very weak. One of the great things about trekking though is being disconnected from the rest of the world and enjoying the peace of the mountain.





# Food

## Breakfast:

Oatmeal boiled in water is usually available for breakfast, along with French toast served with jam, butter or honey. Oatmeal is healthy and replenishes your body with energy for longer and maintains a higher level of glucose in your bloodstream.

More original and tasty choices will be homemade bread in the form of Tibetan bread or Chapati. Hash brown, pancakes, muesli, cheese and eggs will also be available for breakfast.

## Lunch:

The selection of meals on offer for lunch is extensive - starting from simple snacks in the form of Tibetan bread with jam right through to various soups, steaks and sandwiches. Momo (steamed dumplings), macaroni dishes, and pizzas.

Hiking food menu in tea houses are universal in all the teahouses in the Annapurna Conservation Area. However there is variations in the presentation and cooking method/recipes of individual dishes.

Garlic soup is a favourite amongst hikers, being a natural mean of preventing altitude sickness. Another local favourite is the Nepalese national food - dal bhat, or boiled rice with specially prepared lentil soup with side dishes such as vegetables and marinated chilli. It is a light and healthy trekking food.

## Dinner:

On the way to your destination, you will mostly make your overnight stay at a new altitude, which will be higher than before, and it is recommended that you start dinner by consuming lots of fluid. Even if you don't want to eat and have a mild headache due to the new altitude you reached, it is important to eat, because this reduces the risk of contracting symptoms of altitude sickness.

You can order all the same meals for dinner at a lodge that are available for lunch. There is only one menu at the trekking lodges and it doesn't change. During the Annapurna Base Camp Trek, we usually arrive the lodge early afternoon which allows time to pre-order dinner. You then have free time to relax and will meet back in the dining room for dinner. The sun sets rapidly and disappears behind the mountains within about half an hour and it gets cold. Trekkers spend the time until bedtime in the dining room, having dinner, drinking tea, beer and talking.



## Advice: Being Vegetarian:

As tempting as it is to try a 'buff burger', there is regulations of meat consumption in the Annapurna Conservation Area for religious reasons.

So supply of meat is very limited. The safest, healthiest option is to eat dal bhat (lentil soup with rice) - it's made fresh daily and is a great source of protein and energy.





## Sightseeing

From Pokhara to Nayapul volunteers will pass Sarangkot view point where there is a nice first glimpse of the snow capped mountains. During the trek there is an opportunity for a side trip to Poon Hill. This famous view point offers panoramic view of the Himalayan giants - Annapurna and Dhaulagiri. On the last day of the trek volunteers get to enjoy and relax in the natural hot spring of Jhinu.



## Altitude Sickness

Altitude sickness does not happen as much on the Annapurna Base Camp trek compared to the Everest Base Camp trek. The majority of the trek is below 2800m. Only about three days of the trip will be spent at an altitude above 3000m. However, altitude sickness can affect anybody - even the extremely fit, so it is advisable to exercise caution.

Watch for signs of altitude sickness: symptoms include headaches, dizziness, sleepiness, vomiting, loss of appetite, and breathlessness.

A supply of Diamox is recommended. Consult your doctor prior to your trip. In general, some people start taking half a tablet of Diamox as a prophylactic at beginning of the trek, while others take it when they experience early signs and symptoms.

Everyone is different - do what works for you. If symptoms persist, descend. It is also a good idea to carry rehydrating powder and water puffers. Personal medication i.e. for colds, sore throats, headaches, stomach aches are highly recommended.





# Culturally Appropriate Behaviour

## Tipping

Porters and Guides work very hard for very little and will go out of their way for your safety. It remembered a case where a girl had fainted from exhaustion at Everest Base Camp and the porter carried her and her backpack down to Labouche.

For cases like that you would tip more than the usual amount. Generally tips for guides and porters would be 5% of the cost, which in this case is \$130 AUD pp. We would accumulate this amount from everyone at the end of the trip and distribute it among our guides and porters at a special farewell dinner in Jhinu.

Other than that, volunteers will only need to carry small amounts of money for extra drinks and snacks. It is a good idea to have some cash stashed away for emergencies.

## Clothing

### During the Day:

- ▶ Warm weather hiking gear such as quick dry t-shirts and hiking shorts
- ▶ Polyester jumper and long hiking pants (make sure they dry quickly and have some water repelling effects). They are useful in the cold temperatures of higher altitudes
- ▶ Outer protective jacket & pants  
In case of bad weather like heavy rain and/or strong wind. Go for a "HARD SHELL" jacket.
- ▶ Thin beanie, baseball cap, wrap around sunglasses, sunscreen

### Footwear:

Boots provide ankle support and are great for outdoor trekking. Make sure they are strong and waterproof. Leather boots or Goretex are good options. Make sure to wear them in prior to avoid blisters. In other words, if your boots are new, test them out on several occasions first. Well padded socks help prevent blisters too. As a rough guide, bring at least 5 pairs of socks for a 2 week trek.

Volunteers will be staying at tea houses so sandals for indoors use would be adequate for evenings.

### During the Night:

After trekking 6-7 hours a day, you will produce sweat and your clothes will get wet. The easiest way to get a cold/hypothermia is to stay in wet clothes. It is recommended to quickly change into dry clothes after a trek.

This is what you need:

- ▶ **Base Layer - Thermals (ice breakers)**
- ▶ **Mid Layer (optional)**  
Could possibly use the day polystyrene jumper from the day
- ▶ **Outer Layer - Down Jacket**  
This is a really puffy jacket and insulates well (you have used it before if you gone skiing). However I would find the 'least puffy jacket that will do the job so it can fit comfortably in your park. These are available for rent from your guides.

### Other Accessories:

**Walking Poles:** Use poles where the length can be adjusted by clamps as opposed to twisting, the Black Diamond brand is a good one to look into.

**Sleeping Bags:** Down sleeping bags are light and provide incredible warmth. You can also buy sleeping bag liners and this will keep them clean and provide you with extra warmth. Find a down sleeping bag that comfortable at 0 degrees Celsius with your thermals on. If it gets colder than that, pop on a down jacket. Sleeping bags can be rented for 1 USD a day.