

# Mount Everest Base Camp Tour Handbook

**BY ADU TOURS**

**THIS HANDBOOK CONTAINS USEFUL INFORMATION FOR OUR  
MOUNT EVEREST BASE CAMP TOURS**

# MOUNT EVEREST BASE CAMP HANDBOOK

## FLIGHTS

You need to co-ordinate your flights into and out of Kathmandu on or before the stipulated arrival day and on or after the stipulated departure day of the tour.

## ACCOMMODATION

Accommodation in Kathmandu will be in the form of minimum 3 star hotels.

Accommodation on the trek will be in form of local tea houses.

## VISAS AND DOCUMENTS

You will require a visa to enter Nepal, this can be done on arrival at Tribhuvan International Airport. To obtain a visa upon arrival by air in Nepal you must fill in an application form at one of the automatic registration machines, which will also take your digital photo (bring a passport sized photo with you as a backup). Your passport must be valid for at least six months and you will need a whole free page for your visa.

Tourist Visa fee for visitors who enter Nepal for the first time in a visa year, from January to December:

Multiple entry visa for 15 days US\$ 25

Multiple entry visa for 30 days US\$ 40

Multiple entry visa for 90 days US\$ 100

You may pay in Euro, Swiss Franc, Pound Sterling, US Dollar, Australian Dollar, Canadian Dollar, Hong Kong Dollar, Singapore Dollar and Japanese Yen. Credit card, Indian currency and Nepali currency are not accepted as payment of visa fee.

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## PERSONAL EQUIPMENT LIST

It is important to layer your clothing while on the trek. Temperatures will vary greatly between the day and night time so you need to be prepared for this. We recommend for your comfort and safety you pack the following items. Some items may be bought or rented in Kathmandu however be aware that cheap imitation products may not be up to standard for the conditions you may experience.

- 4-6 pairs of sports underwear (ladies 2 sports bras)
- Base layer thermals (2 tops and one pants)
- 4-6 Trekking shirts, mixture of long and short sleeve
- 2 pairs of trekking pants. These should zip off into shorts
- Fleece jacket
- Warm waterproof insulated jacket and pants
- Waterproof hardshell jacket (gore-tex) and waterproof outer pants
- Sunhat that protects both your face and neck
- A warm fleece beanie or headband
- A buff, balaclava or neckband
- One pair of inner gloves
- One pair of outer gloves
- One pair of waterproof broken in hiking boots
- One pair of joggers or trekking shoes
- Pair of Crocs or slip on shoes
- 4-6 pairs of trekking socks
- 1 pair of thermal socks
- A four season sleeping bag with at least a -10 degree c rating
- Adjustable lightweight trekking poles
- 100% UV protection sunglasses
- Water bottle or hydration bladder
- Headlamp
- Small to medium micro fibre towel
- Waterproof ziplock bags for valuable items such as your passport
- Camera/video camera
- Portable battery charger
- Isotonic powder
- Small first aid kit that includes paracetamol, pepto bismal and blister patches
- Sunscreen and lip balm
- Basic toiletries
- Small daypack with a waterproof cover
- 80-90 litre waterproof laminated duffle bag

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## ALTITUDE SICKNESS

It is very important for trekking above 3500m that you acclimatize. Our trekking schedules have been carefully designed to allow this. We ascend slowly and ensure an adequate number of rest days.

It is still possible however for you to get mountain sickness. Your guide will be watching for symptoms with an experienced eye throughout the trip. Symptoms may include headache, nausea, lethargy and sometimes breathlessness. If you or any of the group members display any of these symptoms, we will be able to provide informed advice and ensure a proper course of action. You should also communicate with us if you are feeling any of these symptoms.

## CURRENCY, ATM AND CREDIT CARD FACILITIES

Currency of Nepal is known as Rupee. Credit cards are widely accepted at major hotels, shops, and restaurants. Travellers should keep their Foreign Exchange Encashment Receipt while making foreign exchange payments or transferring foreign currency into Nepalese rupees. The receipts may be needed to change left-over Nepalese Rupees into hard currency before leaving the country. ATM is widely in use in Kathmandu.

Cash will be needed for your trekking component of the tour.

## POWER OUTLETS

Standard Indian round pin sockets are normally used at all places throughout Nepal and Bhutan.

