

# EVEREST BASE CAMP CHALLENGE 2013

## Everything you need to know...

### Bags & Packing

Please refer to the kit list sent with your fundraising pack. This will be invaluable when packing.

You need as a minimum, a 4 season sleeping bag as it gets extremely cold at night (as low as -15°C). A cotton (or silk) liner is also highly recommended – it keeps your sleeping bag clean and gives extra warmth.

You will also need to bring a sleeping mat. Therm-a-rests are a great investment as they give comfort as well as protecting you from the cold.

Top tip: Mel from DA recommended stores such as TKMaxx and Decathlon for trekking kit bargains

### Hold/Main Luggage

Take 1 large rucksack, soft holdall or suitcase containing everything you want while you're away. Airline allowances vary but if you keep to 20kg you can't go wrong. But you really shouldn't need to take this much. This bag (if not used for trekking holdall – see below) can be left securely in Kathmandu while we hike with all your non-trekking gear inside. During the hike you will need a...

### ...Trekking holdall

This is a soft holdall or large rucksack that will carry all your trekking gear while on the mountain. The weight allowance for this bag is 15kg as the porters will carry it for you and have strict restrictions as to the amount they are allowed to carry. They will take this bag ahead to camp each evening. If you choose to use your main bag (see above) as your trekking holdall we recommend packing a spare small bag with which to leave your non-trekking gear behind.

### Hand Luggage (day pack)

Take a 25 -35 litre rucksack with a wide hip band as your hand luggage. This will also double up as your personal day pack on the hike, which will carry your water, snacks, waterproofs etc (i.e. anything you might need whilst trekking during the day).

### Other top packing tips:

- Wear your hiking boots on the plane (these should have been bought and well-worn in by now!)
- Bring plastic bags to keep your clothes dry within your holdall and zip-lock type bags for valuables such as your camera or ipod.
- Make sure you can carry at least 2 litres of water with you on the hike, ideally in a platypus/camelback 'bladder' system within your rucksack. A wide necked plastic bottle is also useful at high altitudes as the bladder tube can freeze if exposed to the elements!
- A 'buff' – a lightweight tube of material worn like a scarf – is not only a great way to keep warm but can be worn like a mask, keeping dust out and making breathing at high-altitude more comfortable.
- Bring plenty of spare batteries for torch, camera etc – the cold drains batteries faster than normal.
- Dry bags are great for separating your belongings and keeping things dry. A strong rubble sack/bin liner is also useful for helping to waterproof your trekking bag.
- Don't forget you can get a discount off full-priced kit when purchasing from our partners, Cotswold Outdoors (quote AF-MACCS-NC) and Snow & Rock.



## Life on the Everest Base Camp Challenge

Discover Adventure have put together a presentation on what you'll be getting up to and experiencing on each day of your epic challenge. Check it out [here](#)

### Accommodation

You will be staying in local tea-houses, which are comfortable but very basic.

NB Ear-plugs can be a godsend if you're a light sleeper!

### Toilets/washing

There will be (very) basic toilets available at the tea-houses and occasionally along the route in local villages. Don't forget a head-torch for night-time visits and anti-bacterial hand-wash for hygiene purposes.

Outside of the villages and tea-houses, you will need to go off the track and find a quiet spot. Please remember not to leave any toilet paper on the ground. Scented nappy sacks are useful for used paper, which can be thrown away once at camp.

Water is scarce so wet wipes are invaluable for freshening up after a tough day's trek.

### Water

The water will be purified and completely safe to drink. You will be able to top up each morning and at lunchtime, although on occasion you will need to carry enough with you to get you through the day (i.e. at least 2 litres).

### Food

All the cooking and washing up will be done for us.

For much of the time we are trekking in a valley the local people hold sacred; no animal can be killed there for food. As such, we only have access to fresh meat at certain parts of the trek. The teahouses, where we have both lunch and dinner, are safe and atmospheric places to stay in, but some have limited cooking facilities. This means that to cater for the group in a reasonable timeframe, your cook will choose relatively simple dishes. The food is full of energy and there is plenty of it, but please do not expect the variety you would have at home.

Snacks will be provided throughout the day to keep your energy levels up but feel free to bring a small supply of your favourite pick-me-ups to keep you going.

### Weather

It is likely to be hot during the day but the higher we get the colder it gets. It can drop to  $-15^{\circ}\text{C}$  at night. You may therefore need both sun screen and thermals. Due to the intensity of the heat it will be important to re-apply sunscreen 2-3 times throughout the day. Be aware that sun cream loses its efficacy at altitude i.e. at 4,000m factor 30 suncream becomes factor 15, therefore factor 15 reduces to factor 0, so factor 30 suncream is the minimum you should buy. It is also likely to rain, so please bring good quality waterproofs (jacket and trousers) so that you're prepared.



## Fitness

The more training you do to build up fitness levels and stamina, the more you will enjoy the event – in all respects. We'll all be encouraging and supporting each other out in Nepal but this challenge is very tough, so the more training you manage to put in before we leave, the more enjoyable your trip will be. The event is not just about walking; it's also about rough camping and being in a group of 30 other people, which is not an everyday experience for many.

Don't forget to follow the training plan provided in your fundraising pack to help you prepare.

## Health

Please check with your GP about any necessary vaccinations.

We recommend you bring a personal first aid kit containing these essentials; Diarolyte, aspirin, paracetamol, ibuprofen, plasters, insect repellent, blister pads and/or zinc oxide tape.

Ladies – please be aware that being at altitude can affect your menstrual cycle so be prepared.

Your heart rate while 'at rest' at altitude will be much higher than normal. Don't panic, this is OK.

If you have to descend because of altitude sickness, it's likely that you will start to feel better quite quickly. Despite this, you will not be able to turn round and start climbing again – timings, conditions and your own health will not allow it.

If the doctor or Discover Adventure (DA) guide decides that you are not fit enough to continue you MUST follow their advice and start to head down.

## Spending money

We recommend you take a minimum of £150-£200 with you in US dollars in small denominations. You can either change these in Kathmandu or they can also be accepted as currency. ATMS are also available in Kathmandu.

### Costs you will incur whilst on the trip are:

- We collect a discretionary tip to show our appreciation for our local guides and crew at the end of the hike. We suggest \$60 each. Once you see what the fantastic crew do for us you will understand the importance of tipping them well.
- Celebration dinner and two other meals: c\$35
- Entry visa available on arrival in Kathmandu: \$40
- Extra hot drinks on trek: c\$30





## Support

### Macmillan Rep

Ian from the Macmillan Challenge Team will accompany you on the trip. He'll meet you at Heathrow and will be trekking with you throughout the challenge. Ian's there to help in whatever way he can, so please feel free to approach him at any stage for a chat or to learn more about Macmillan.

### Discover Adventure Leader and Assistant Leader

The trip will be led by two highly experienced leaders from Discover Adventure. They will have a proven track record in the outdoor and/or adventure travel industries and are there to make sure you have the most amazing time. A leader really can make or break a trip and we are extremely lucky to have some of the best people in their field working for DA.

### Doctor

We will also be accompanied by an experienced UK based doctor. He or she will look after your health and well-being and carry a comprehensive medical kit to deal with all eventualities.

### Communication

There will be radio-contact between the leaders and doctor so the DA team will always know what's going on in the group. The leader will also have a satellite phone and can make calls at any time if outside help is required.

### Local support

Along the way we'll be supported by a team of local support crew. They'll carry our kit, put up our tents, cook our meals, clean up after us and provide expert local knowledge and, often, the evening entertainment! They're a fantastic bunch of hard-working, enthusiastic people so please take time to get to know them.

### You

The best thing about Macmillan Challenges is the camaraderie and team spirit amongst you and your fellow trekkers. Our hiking challenges are not races. The aim is for everyone to complete the challenge at your own pace and have a great time. There's no medal for coming first so encourage and help each other along the way.

Most of all have a fantastic time and enjoy every moment!

# THANK YOU FOR ALL YOUR SUPPORT