

everest base camp, q&a



how big is the group?

Each group is intended to be a minimum of 12 people in order to run and a maximum of approximately 20 people due to the wilderness environment in which the expedition is taking place.

how do we fly to Nepal?

You will be making a return journey from London Heathrow indirectly to Kathmandu, Nepal. Your flight tickets will be issued to you upon departure at the airport, please ask your expedition leader to reconfirm your flights for you. In Nepal you will fly to/from Lukla. In bad weather, this short flight can be grounded, so an extra day is built in at the end of your expedition should this eventuality occur. Rather than miss your flight home, you would simply miss the final day in Kathmandu. In case of any excessive delays, we advise you not to make any important appointments for a few days after your planned return date. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance).

what's the luggage allowance?

As no formal clothes are needed, luggage should be kept to the absolute minimum - details on what to pack are provided in your Kit List. Your rucksack (suitcases are not appropriate) must not exceed 15kgs in weight. You can leave any gear you wish to in your hotel in Kathmandu while you trek. Each day when you begin to trek, yaks will transport your personal kit to the next camp.

what will the accommodation be like?

The hotel in Kathmandu will be three star and located at the centre of town. Rooms are usually en-suite. During the trek & outside Kathmandu, you will camp in two person tents nearby to tea-houses. For a small fee, you can charge electrical items at the tea-houses. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

do we need to take our own sleeping bags and mats?

Foam mattresses are provided, but a ground mattress such as a 'Thermarest' is highly recommended & will aid your chances of a comfy night's sleep. You should take a good four-season sleeping bag and fleece liner. Please refer to the Kit List.

what are the toilet/washing facilities like?

A toilet tent will be provided but do bear in mind that toilet facilities will be of the 'squat and drop' variety. Toilet paper is provided. Bowls of water will be provided for washing. Please note that due to the wilderness environment, the facilities will be spartan.

will my valuables be safe?

We will do everything to provide adequate safety for the group and security for your possessions. The general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport & money will be left in Kathmandu at the local agents office and collected on your departure. Please make sure you have a photocopy of it with you at all times.

what is the food and drink like?

In Kathmandu the food is quite varied. During the trek the food will be cooked on kerosene stoves by our kitchen team and will be fairly simple. Most of the food will be carried right from Kathmandu. Only seasonal vegetables and fresh meats are bought along the way where available. Boiled drinking water will be provided 3 times per day. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

who will be leading the group?

We employ a number of experienced local guides, all of whom speak English. They will be ultimately responsible for the running of the itinerary and the safety of your group. The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group and so on. We will do our very best to keep to the set itinerary however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

what is a typical day?

During the trekking days we rise early and pack up camp before breakfast, then trek carrying only daypacks for 6-8 hours. There will be a picnic lunch en route and plenty of time to stop and view the remarkable scenery. The trek zone is remote and rare flora and fauna will be seen. The evenings are spent in beautifully located camps near lodges, where the food and facilities are fairly simple. Please note the flight to Lukla can be subject to delay or cancellation due to weather conditions. The itinerary is put together with a number of acclimatisation/rest days so that if your flight were delayed for up to three days, you should still be able to complete the challenge. If flights are unable to take off after three days, we would implement an alternative Himalayan trekking itinerary.

how fit do I need to be?

Training and fitness is definitely essential as this trek has been graded as an 'Extreme' challenge. This is due to rough terrain, basic facilities available and high altitude. Anyone who leads a fairly active and moderately healthy lifestyle should be OK as long as they train regularly over a period of at least three months leading up to the expedition to build up stamina and endurance. Don't forget that the temperature and the altitudes are very different from the UK and that you will be exercising constantly for a number of days. While strength is important, endurance training should be your primary focus. Walking up hills and stair climbing are both ways to condition your lower body. Supplement this activity with running, cycling, or swimming, for additional aerobic conditioning. Also see Fitness Training notes.

what happens if I fall ill, can't keep up or there is an emergency?

The event is not run as a race and there is always a large discrepancy in people's walking ability, which is catered for. There will always be a staff member at the back of the group to ensure you are not left behind and can take things at your own pace. If we find somebody is unable to walk at all, then we can transport them from one location to the next by horse or with the help of our staff but only as a final option; due to bad weather conditions this can be difficult. Contact

will be maintained between guides and the support team and with contact for emergency evacuation if necessary.

what is included in the cost of the expedition?

The following items are included in the cost: International flights to and from Kathmandu, Nepal, all internal transfers in Nepal, entry into Sagarmatha National Park, all meals (inc. drinking water) unless otherwise stated in the itinerary, all accommodation (whether in tents, hotels, or other), group first aid supplies, an English speaking Sherpa Guide and full local support team (yak drivers, cooks, porters, etc), relevant back-up facilities, a Charity Challenge T-Shirt, US\$20 to the local community project, and discount from Nomad Travellers Stores for personal equipment. We also make a contribution through Climate Care to offset the equivalent CO2 emissions of your international flight.

what is not included in the cost of the expedition?

The following items are not included in your expedition and will be at your own expense – £20 visa for Nepal, tips for the local support team, activities not mentioned in the itinerary, personal spending money and International departure tax (approx US\$15/Nepalese Rupee 1,700).

what shall I do about spending money?

You will not need large amounts of money during this trip and other than at the start and end of the trip, you will be in the mountains away from any foreign exchanges or banks. You will only need money for tips, additional food & drink, gifts & souvenirs, departure tax and for any other additional activities that you wish to do. On average we recommend around £250 & a credit card for emergencies.

how much would you recommend for tips?

Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. US\$10 per person per challenge day and this should be given to the expedition leader/sherpa guide at the end of the trip who will advise you how to distribute it among the support team at your final celebration in Luckla. NB: you may be approached by local porters at the airport. Their tips are not included; if you agree for them to take your bags to the transfer vehicle, please be prepared to tip them a small, nominal amount (\$1) however our team will be there so help you.

what is the weather likely to be like?

February-May is the tail end of the dry season: visibility is not so good because of dust, but the weather is warm and many of Nepal's wonderful wild flowers are in bloom. In April/May Base Camp can be around -10to-7c in the early evening. Late Sept/October-November is the start of the dry season; the weather is warmer, the air is clean, visibility is perfect and the country is lush following the monsoon. In Sept & October, early evening temperatures are from -5to-10c. In December and January the climate and visibility are good but it can be very cold: trekkers need to be well prepared for snow. The early evening temperature in December/Jan, can be from -15to-17c. Early morning hours, when most climbers set out to climb are very cold. During the day temperatures in the sun are warmer than these quoted and at right times, especially above Namche Bazaar and near Everest Base Camp it will be very cold with temperatures well below zero. You must be prepared for the worst, as mountain weather conditions can be extremely unpredictable. Also see Fact File for Nepal.

what do you do to protect the environment?

We keep to a small group size so that we limit the impact we have on the surrounding environment. We ensure that all biodegradable rubbish is buried and that all other rubbish is carried out of the area and disposed of responsibly. We follow the local guidelines on cultural and environmental protection and respect. We will also be donating US\$20 per participant towards a local community project to enhance local living conditions in Nepal, which you will be informed about after your expedition. Also see Responsible Tourism notes.

can you recommend any literature about the region?

There are various books on the Himalayas and Everest region written by pioneers, explorers and mountaineers.

- > Trekking in Nepal – Stephen Bezruchka
- > Trekking in the Himalaya – Stan Armington
- > Trekking in Nepal, West Tibet & Bhutan – Hugh Swift
- > Insight Guide to Nepal
- > Adventure Treks Nepal – Bill O'Connor

english

Hello
Goodbye
Good morning
Good Afternoon
Good evening
Good night
Please
Thank you
How are you?
You're welcome
Excuse me
I'm sorry!
I understand
I don't understand
Yes
No
How much?
When?
Where is...?
Still Mineral Water
Sparkling Mineral Water
Toilet
What is the time?
Do you speak English?
I don't speak English
Zero
One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten

nepalese

Namaste
Namaste
Subha Prabhat
Subha Din
Subha Sandhya
Subha Ratri
Kripaya
Dhanyabad
Tapai lai kasto chha?
Tapai lai swagat chha
Maaf garnu hola
Maile biraya or galti bhayo
Maile Bujhe
Maile Bujhi-na
Ho
Hoina
Kati
Kahile
Kaha chha
Mineral Water or pani
Mineral Water or pani
Charpi or Sauchalaya
Kati Bajyo
Tapai English Bolnu Hunchha?
Ma English Jandina
Sunna
Ek
Dui
Teen
Char
Paach
Chha
Saat
Aath
Nau
Daas

NB: The information provided above was correct at the time of going to print.

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small change. big difference

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