
ESSENTIAL INFORMATION



Nepal Treks

Pre-departure Information



INTRODUCTION

Namaste,
Welcome to your Women Want Adventure trek, Nepal! At Women Want Adventure, we aim to take the stress out of your travels so you can enjoy your trip to the fullest, ensuring you're appropriately prepared with regards to your fitness, cultural awareness, gear, and understanding of the nature of trekking.

After all, the more prepared you are, the more relaxed you'll be, and the easier you'll be able to fully participate in what is sure to be a life-enriching experience.

These notes have been compiled to help with your trip preparation. While all the information herein has been carefully researched, details may change from time to time due to circumstances outside our control. Please read the contents thoroughly, and if you have any questions, do not hesitate to contact the Women Want Adventure team.

We're excited to be your guides through what is surely one of the world's most stunning destinations – the ancient, mystical country of Nepal, nestled amidst the majestic peaks of the Himalayas.

ABOUT NEPAL

Perhaps the most thrilling of all the Himalayan nations and home to the highest peaks of that legendary mountain range, Nepal's vibrant culture and easy charm has attracted the adventurous-at-heart for decades.

Situated along the Himalaya's southern slopes, this landlocked Asian country is located between the Tibet Autonomous Region of China to the north, and India to the east, south, and west. Extending approximately 800km from east to west, and up to 90km north to south, its capital is the eternally evocative city of Kathmandu.

The natural and cultural drawcards of Nepal are surprisingly accessible to travellers. Around 75 per cent of the country consists of mountain peaks, the most famous of which is also its highest, Everest (8,849m), summited by Sir Edmund Hillary and Tenzing Norgay in 1953.

From beautiful hilltop villages and natural vistas to places of devotion and World Heritage sites, Nepal offers a cornucopia of experiences for intrepid travellers. Our trips offer trekking from moderate to more challenging levels, for women looking to experience high passes, remote valleys, cultural villages, mountain altitude, and a real sense of wilderness.

In the Everest region, completing a camping style trek is on offer for those who prefer a more off-the-beaten track style route beyond the Everest Base Camp trail. If you're in Nepal for a longer period pre- or post-trek, you may wish to explore the area of Ganesh Himalayas, the mysterious landscapes of the Mustang region, the remote base camps of Kangchenjunga, or the traditional Tibetan culture of Manaslu. Our team have been on the ground exploring all these regions to help you with your trip planning, and our treks have been carefully chosen to encompass some of Nepal's best, most scenic regions.



ESSENTIAL FACTS

Capital city: Kathmandu

Arrival airport: Kathmandu

Population: 28,610,000 (2019 census)

Area of country: 147,181 sq km

Currency: Nepalese Rupee

Time difference from Australian AEST: 5 hours and 15 minutes ahead of Nepal

Popular dish: Dal bhat

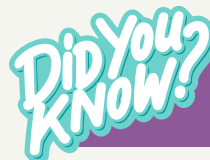
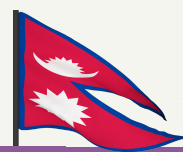
Popular drink/s: Chai tea and Raksi (an alcoholic homebrew)

Power supply: 220v/240v

Official language: Nepali

Religion: Hindu 80.6%, Buddhist 10.7%, Muslim 4.2%, Kirant 3.6%, other 0.9%

Visa: Australians require a visa to visit Nepal. This can be obtained in advance or on arrival.



The flag of Nepal is the only national flag in the world that is not quadrilateral in shape.



CLIMATE

While it's possible to travel to Nepal throughout much of the year, spring (March-April) and autumn (September/October/November) are considered the best windows for walking and trekking. Please note, Nepal's weather is notoriously changeable, especially between seasons. Rain and cool evenings during late September/Early October are possible.

Autumn is thought to be the best time to visit Nepal. With dry weather and crisp, clear skies, the mountain views are at their best. The countryside is green and lush, following the summer monsoon. However, during this period the popular trails can be busy, and flights book up quickly, so do book in advance if you want to trek in Nepal during the autumn with us or book pre-post trip experiences. Our trips are also designed in quieter, less 'touristy' locations to avoid crowds.



MAIN SEASONS



Winter days in Nepal are generally dry and bright, though at altitude the evenings will be extremely cold, and some high passes can be blocked by snow. Although a high-altitude trek may not be possible, winter can be a great time to visit Nepal, as there are fewer tourists. There are some fantastic walking and trekking holidays which are perfect for an adventurous winter holiday. You could spend Christmas day gazing at a perfect snowy mountain scene!



Spring is a popular time to go trekking in Nepal, as temperatures climb steadily, and the weather tends to be more stable. Trails are more crowded, however, and the skies can be a bit hazy at times. Spring features great festivals, including Holi in March and Nepalese New Year in April. The beautiful rhododendron and magnolia will be in bloom during this time.



Summer in Nepal is monsoon season, bringing hot, humid weather. As a result, most trekking areas tend to experience cloudy skies and rain, and trekkers seeking to experience certain regions of the Himalayas at this time of year, such as Upper Mustang or Nar Phu, are advised to trek in the "rain shadow" of the ranges. Internal flight schedules can be affected, and the mountain views are limited, even if the trails themselves are fine for trekking. The Yarthung Horse Festival takes place in June in Manang, as riders from the entire district and neighbouring Mustang gather to show off their skills.



Autumn is the most popular season for trekking, as the weather is usually stable, with moderate temperatures and clear skies. It does mean however that the crowds are at their largest as well, so bear that in mind. Big festivals like Dashain (October) and Tihar (November) also take place over the autumn period.

DOCUMENTATION / VISA

Tribhuvan International Airport is the only international airport of Nepal. On arrival, the visa procedure is generally very quick and simple. You can expect some queues during peak tourist season, but if you wish to skip those queues, you can also consider getting a visa from the Nepalese Diplomatic Embassy in Australia prior to your arrival.

Please ensure that your passport is valid for 6 months after your return date from Nepal or you may be refused boarding your international flight to Nepal and restricted from gaining an entry visa. It is also important to bring 2-3 passport-size photographs with a light background which are often used for permits, SIM cards, flights etc. Visas can be obtained only through payment of cash in the following currencies: Euro, Swiss Franc, Pound Sterling, US dollar, Australian dollar, Canadian dollar, Chinese RMB, Hong-kong dollar, Singapore dollar and Japanese Yen.

You must pay in cash, and costs are AUD 40 for 15 days, AUD 60 for 30 days, and AUD 150 for 3 months. Credit cards, Indian currency or Nepalese currency are not accepted for visa fee payments.

To ensure a smooth arrival, please withdraw cash prior to arrival at the airport. If you wish to extend your stay, you can extend your visa at the Department of Immigration in Kathmandu and Pokhara offices for total of 120 days. Before arrival, you must complete the online application form by visiting online.nepalimmigration.gov.np/tourist-visa

TRAVEL INSURANCE

Comprehensive Travel Insurance is a mandatory requirement for attendance on all our Nepal trips. The cost of medical, helicopter evacuation and/or hospital care can be very expensive. Your insurance policy should cover cancellation and curtailment, baggage loss or damage, emergency travel, repatriation, personal accident and evacuation from a remote area. It is your responsibility to ensure that you are fully insured before leaving home. Please send us your travel insurance number prior to departure.

Women Want Adventure is not liable for any cost or loss, directly or indirectly, from any personal disruption due to illness and COVID-19. Such costs or losses include but are not limited to: requirements to follow COVID-19 mandates, flights, accommodation, transfers, and other expenses incurred over and above the trip price. Once your trip has commenced there is no refund available for any portion due under any circumstances.

Ensure your insurance company covers you for trekking above 3000m.

You must provide evidence to Women Want Adventure that you have obtained the required personal travel insurance covering all of the activities you expect to participate in 70 days prior to trip departure.

Recommendations for travel insurance:

Fast Cover: [View link](#)

World Nomads: [View link](#)

TRIP BRIEFING

Before each trek, a trip briefing will be held for approximately 45 minutes at your hotel location. The time will be sent prior to your departure. This is a great time to meet your local guides, your accompanying Women Want Adventure guide, and other women attending, as well as to ask questions about the trek ahead.

Briefing points will cover

- Opportunity to meet the other women on the trip over a complimentary beverage
- Overview of the Nepal trekking itinerary
- Cross-check of required gear and clothing
- Distribution of duffle bags to place additional items not carried in your daypack
- Distribution and packing additional items into the duffle bags
- Explanation of what is best to bring and leave at the hotel
- Outline of inherent risks of the trip and our emergency procedures
- Cultural considerations
- Explanation of best hygiene practices while trekking
- Forecast weather conditions
- Confirmation of pick-up times for the following morning
- Opportunity to ask questions

Do I need to bring my trekking gear to the briefing?

You are not required to bring trekking gear to the briefing. However, if you wish to cross-check items, you are welcome to bring them along. As the briefing is at the hotel, you will be able to grab items if needed.

What is provided at the briefing?

Your guides and porters will provide you with a large duffle bag for additional items not carried in your daypack (see notes below). A duffle bag will be shared between 2-3 women and is large enough for each women's additional items.



GUIDES

Our treks are led by English-speaking local guides, as exploring in the company of a local is one of the best ways to really discover the culture, heritage and everyday life of a new destination.

Guides in Nepal have historically come from the Sherpa community (the word Sherpa refers both to an ethnicity as well as a profession), whose villages lie mostly in the Khumbu valley, at the foot of Mount Everest. These days trekking guides hail from all over and most communities having representation in the industry. Mountainous and Hilly terrain covers over 80% of the entire country so most communities are very familiar with the issues and risks associated with living and navigating this terrain in which we trek. Around 80% of our guides are Sherpas but we do also have guides from the Tamang, Newar and Brahmin communities.

Your local Nepal guide holds a trekking guide licence issued by either Nepal Academy of Tourism and Hotel Management (NATHM) or Nepal Mountain Academy (NMA), the two government recognised Licence issuers. In addition, we require guides to undertake a first aid course for which they are certified. Some of the guides we employ have over 25 years experience and are chosen depending on the planned itinerary, with each guide having more experience in certain regions of the country than others. The guide will then choose their own trusted porters to accompany them on their trip.

You will also be led by a Women Want Adventure guide who is qualified in all aspects of outdoor leadership, and who is there to enhance your Nepal experience by sharing their tips, knowledge and passion for adventure. In destinations with limited tourist infrastructure and villages in remote regions, both your guides will be there to assist you.

Collectively, our local and team guides represent an enormous fund of knowledge and experience.

PORTERS

A porter in Nepal will help you throughout your trek by carrying additional items in a large duffle bag, provided to you at the briefing. This does not mean you should pack whatever you can get our hands on! The duffle bag is the one in which the most essential things for the trek are stored i.e., additional clothing for evenings, shoes, hygiene products, a book, sleeping bag etc.

Out of respect for the work of the porter, it is important to prepare properly for trekking and reduce the number of things we take with us. It is best to pack as if we had to carry it ourselves – this way it'll be easier for us to decide what we have to take and what will be unnecessary.

Porters most often come from the mountainous regions, so they are adapted to altitudes and, in most cases, feel great at 5,000m above sea level or higher. Even if we train in the gym, prepare for months and then go on trekking with a light day backpack, the porters will usually reach our destination first every day.

Depending on the group size, you can expect a porter for every 2-3 women on your trip. We encourage women to carry most of their items in a daypack (40-50L) and outline exactly what you need (and don't need) in the packing list provided.

TIPPING

Should we tip our local guide and porters? It is customary in Nepal to tip guides and porters. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. Knowing how to appropriately tip in any country can be tricky, and tipping in Nepal is no exception. There's no hard and fast rule, so using your discretion is key. For a local guide, if you are trekking solo, \$5 a day is appropriate. If you're in a group, \$10 a day is expected. Of course, if you are happy with the service, tipping more is always great and can be discussed amongst the group.

When tipping porters, they usually receive a minimum of \$5 a day for treks. Remember, while a guide has more skills and has worked their way up, a porter has to carry a gruelling amount of weight on their back every day. Treat them with the utmost respect, as they are the most wonderful humans with the biggest smiles.

Tipping is usually finalised at the end of the trek and is not part of the tour price. Tipping is arranged by clients and those who wish to participate. It is not compulsory to tip, yet it is the cultural norm. We recommend you bring cash with you on the trek, not only for village purchases (souvenirs or cold drinks) but to pool together tipping cash for guides and porters, post trek.

MONEY MATTERS

Money exchange rates in Asia fluctuate often and we ask that you refer to the following website for daily exchange rates: www.xe.com As of December 9th 2022, the exchange rate for NEPAL was 1 AUD = 89.33 NPR (Nepalese Rupees).

There are many ATM machines that accept both Visa and Mastercard but these are limited to Kathmandu and Namche Bazaar. Major credit cards are accepted in most shops, but they may charge a 2-4% transaction fee. Please note that while EFTPOS and ATMs are widely available in big cities, this is not the case in rural areas.

You won't have any troubles getting money out in city areas like Kathmandu or Pokhara, however ATMs and card facilities become far less frequent as you move out of the major cities.

How much cash you bring with you on your trek will depend on your spending, however we recommend you have enough for buying cold drinks (not included in your trip), or alcohol at the tea houses. You may also wish to buy additional meals or food – we recommend that between 10,000-15,000 Rupee would be suitable.

TRANSPORT & TRAVEL

Upon arrival in Nepal, one of our team will come to the airport to pick you up. We will be displaying a place card of your name and Women Want Adventure on it. Our private Facebook Group will also connect you with others who may be on the same flight as you, as you may like to connect prior to leaving the terminal.

Airport pick-up service is available within 3 days prior to the trip departure date, to Kathmandu Guest House only. Please send your flight details to our team at **womenwantadventure@outlook.com** at least 3 weeks prior to departure.

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer, however we cannot guarantee this.

Airport drop-offs are not included in our trips. Many clients decide to extend their stay, and this provides for flexibility.

SIM CARDS

In Nepal, more than most other countries, picking up a local SIM is a very smart idea to help navigate its streets and stay connected. There are two main carriers in Nepal, Ncell and Nepal Telecom. It is possible to buy SIM cards from either of the two main vendors at the airport, and we highly recommend you take 10 minutes to do this prior to leaving the terminal.

After collecting your bags, just look for the Ncell shop prior to walking outside the terminal building. To buy the card, you will need to provide one passport-sized photo and your physical passport. The vendor will take a photocopy of your passport identity page and Nepalese visa, and provide you with a form to fill out. It may be in Nepali, but you'll be shown where to write your name and other details.

Ncell offers:

- 3 GB, valid for 7 days for Rs 98 (\$0.75)
- 7 GB, valid for 28 days for Rs 249 (\$1.90)
- 12 GB, valid for 28 days for Rs 399 (\$3.04)
- 20 GB, valid for 28 days for Rs 499 (\$3.80)

Tip: Make sure you bring a 'pin' to take out your SIM card and replace with the Nepalese SIM card.

WI-FI

Due to the low reliability and frequent change in weather in alpine villages, mobile connectivity isn't always possible. Sometimes the power can go out in a valley for a week and there is no service or Wi-Fi. Wi-Fi connections are usually accessible on trips at the tea houses for an additional charge. We highly recommend you take your adventure holiday as an opportunity to switch off from your daily routine, work and have a break from your phone. However,

we understand you may wish to stay connected with family and friends. Please note, Wi-Fi may not be an option at every village and payment must be arranged individually with the teahouse owners and is paid in cash only.

Is charging my phone possible during the trek? It is possible to recharge your electronic items and batteries for a small cost at most of the trek tea houses. To ensure you are prepared for both of these possible sockets in Nepal we recommend that you purchase a universal travel adaptor, however most sockets / electricity plugs in Nepal are universal and Australian sockets work. The electrical sockets in Nepal are one of two types: the most common being the European two pin plug. For any camping style Nepal trips, you should bring a power bank with you. Tea houses will charge between \$3-\$5 to charge your device.

PRE AND POST TREK ACCOMMODATION

On Women Want Adventure trips, pre- and post-accommodation is usually provided. Please refer to your itinerary for nights included. Any additional nights must be arranged and paid for individually. Women Want Adventure does not arrange additional nights' accommodation.

Room bookings are for private rooms. As most of our treks involve twin share at tea houses while on the trek, or shared tents, you will certainly appreciate your own room post-trek to reset and rest. If you're travelling with a partner or friends and wish to share a room, please let our team know.

If arriving earlier or staying on post trek, you must arrange your accommodation with the hotel provider individually.

Luggage storage is provided at Kathmandu Guest House for items you may not need while out trekking.

TEA HOUSES/GUEST HOUSE ACCOMMODATION

Tea houses are accommodations along trekking routes in Nepal that offer basic lodging and meals. Many Sherpas and local village people own and operate tea houses. There are usually no roads to villages and all materials have been carried up mountain valleys to build the tea houses. Most tea houses have a communal restaurant area with a central yak dung-burner that provides great heat output. Trekkers will usually gather in the communal restaurant to eat, socialise or read. Tea houses are not private, and while our groups will take up most of the rooms, there may be others who we will share the communal areas with.

You will receive a key to lock your door. Generally, rooms are setup as twin share, featuring two beds with a mattress, pillows, duvet (blanket), sheets and one overhead light (that works sometimes). The beds are generally comfortable with a foam pad, pillow, and a blanket. We always ask women to bring a sleeping bag to ensure that you stay warm enough at

night, and there is no guarantee of cleanliness when it comes to shared beds and sheets.

A sleeping bag, or at least a liner in the warm months, is always a good idea. It can get very cold at night, particularly higher up, so using a four-season sleeping bag is recommended. A solid pair of earplugs will also help ensure a good night's sleep. Walls are thin and uninsulated, making earplugs a wise choice. A face-mask is also a good idea if rooms do not have curtains (or thin ones).

It is not always possible to have your own room at the tea houses due to availability in small mountain villages, therefore all tea house accommodation is twin share basis. When hiking with a group, we also need to accommodate for our local guides and Sherpas. This may mean every room at a tea house is pre-booked with our group.

Tea houses can be small, with limited rooms, which means twin-share is usually the only option. If you arrive at a tea house and there is an additional room available, you are welcome to pay extra for the night's room at your own expense. Any extra nights in a single room are not covered in your trip price.

TOILETS & SHOWERS

Tea houses will either have Western-style (sit down) toilets or the more traditional squat toilets found across Nepal. You never know which one you're going to get, but the higher up you trek, it's more likely to be the latter. Make sure to bring enough toilet paper for your entire trek and always have hand sanitiser nearby. Small tissue packets are also highly recommended. We advise bringing zip-lock bags for any sanitary items, that you can place in the zip-lock and dispose of in a bin. As most villages do not have a sewage system, you will not be able to place your tissues and toilet paper down the toilet. A small bin is provided for loo paper next to the toilet.

As for showers, they're generally only available at the lower elevation tea houses and hot water is not always a guarantee. Wet wipes are your friend! Showers are usually taken with a bucket where you stand in a tub and pour water over yourself.

Tip: A small face-mist is a great way to feel refreshed at the end of the day. We recommend bringing some with you.

TREKKING ROUTINE

On Women Want Adventure trips, pre- and post-accommodation is usually provided. Please refer to your itinerary for nights included. Any additional nights must be arranged and paid for individually. Women Want Adventure does not arrange additional nights' accommodation.

Room bookings are for private rooms. As most of our treks involve twin share at tea houses while on the trek, or shared tents, you will certainly appreciate your own room post-trek to reset and rest. If you're travelling with a partner or friends and wish to share a room, please let our team know.

If arriving earlier or staying on post trek, you must arrange your accommodation with the hotel provider individually.

Luggage storage is provided at Kathmandu Guest House for items you may not need while out trekking.

DRINKING WATER

Crisp glacial streams in the mountains aside, it won't take you long to realise that the overall water quality in Nepal (particularly in Kathmandu) isn't the greatest. Using it to shower is totally fine (keep your mouth closed), but be warned that the water from the tap can be a funny colour and often smells... different. Tap water and river water in Nepal is unsafe to drink. You will have a choice between bottled water, purification tablets (please ensure you pack some), or boiling water. When brushing your teeth, do not use tap water.

There's nothing worse than trying to adventure when you have Nepal-belly (trust us, we've been there), so be safe and take extra precautions. Most trekking paths will have clean water tanks, but we recommend still investing in a water purification and filtration bottle – we use The Grayl GEOPRESS, which is hands-down the best travel-related investment we've ever made, and means we can drink the tap water anywhere we go – including India! Alternatively, bring along some water purification tablets or a SteriPen to drop into your bottle on the hiking trails just to be safe.

Drinking sufficient amounts of water in Nepal is essential to avoid the risk of dehydration, so if you follow the steps carefully, you should be safe for your trip. Please note, buying bottled water from villages is not included in your trip price. Please bring additional cash with you.

Tip: We recommend bringing electrolytes with you to keep hydrated throughout the days trekking.



FOOD & MEALS

Eating is a big part of travelling. When travelling with Women Want Adventure, you'll experience the vast array of wonderful food available in the mountain tea houses. Expect a lot of tea – the name 'tea house' isn't misleading! Often the first thing you'll be greeted with at a tea house is a warm cup of black tea with sugar or ginger tea, great for altitude sickness. If you're hiking in the rain, snow, or wind it's the perfect way to relax.

Meals are often cooked over a fire in the small kitchen by the owners. While much of the food is delicious, especially the Nepali staples like momos and dal bhat, the quality of the Western-style dishes will vary greatly. Kitchens are not like a Western-style restaurant, with chefs catering for a range of dietary requirements – what is on the menu is the menu. Please note, our treks do not cater for specific dietary needs, and it's best to contact us to talk through any requirements prior to booking. Vegetarians and vegans are well catered for in Nepal.

Here's a typical list of what you can expect to order in a tea house:

BREAKFAST

- Tea, coffee, hot chocolate and juice
- Eggs (any style)
- Toast with butter/jam/honey/cheese
- Chapati, Tibetan bread, muesli porridge
- Hash brown potatoes
- Pancakes/crepes
- Slushy oats for porridge with apple
- Boiled egg
- Tomato omelette

LUNCH AND DINNER

- Pasta and noodles: chow mein, noodle soup, spaghetti, fried rice
- Rice – chicken curry rice, veggie curry rice
- Momos, veggie dal bhat, pakoda
- Cooked potatoes
- Spring rolls
- Pizza
- Macaroni
- Sandwiches – vegetable sandwiches, egg with cheese sandwiches
- Soups (veg, garlic, mushroom, egg/rice noodle, onion, potato)
- Dessert (rice pudding, chocolate pudding, apple or banana fritters)

SNACKS (EXTRA CHARGE)

- Popcorn
- Prawn fry

Help yourself to the generous portions of dal bhat, Nepal's local dish that literally means "lentils and rice." Mostly vegetarian, but sometimes served with meat on request, this dish is a daily staple across Nepal, India, and Bangladesh: a heavy lentil-based soup eaten with rice, curry, veggies and spices that locals will eat at least once a day. Seriously.

We highly advise you to stay away from the meat dishes as they might not be fresh and therefore not safe for consumption. According to the religious faiths of the Sherpa people, they are not allowed to slaughter in the mountains, so all the meat items are carried up to the tea houses on foot, often over many days! If the tea house is understaffed, or there is an abundance of trekkers, guides and porters will often hop in the kitchen to lend a hand. You are not expected to help, and are kindly advised not to.



DIETARIES

Nepal is also a good country for vegans and vegetarians in general. Kathmandu is filled with trendy cafes and restaurants will all sorts of creative takes on international favourites and Nepal food. Tea houses throughout the trek can also cater for vegan/vegetarian as most dishes are vegetarian/vegan based, or you can make them so.

If you are gluten intolerant or celiac, you must inform us upon booking. There is no guarantee on tea house or camping style treks of complete elimination of gluten in regards to cross contamination in tea house kitchen or camping kitchens.

As we are also unable to guarantee a nut-free or allergen-free trip, we strongly encourage clients with severe or life-threatening allergies to take all necessary medical precautions and speak with your doctor. Clients trekking with us with allergies must inform us prior to departure on a medical form and carry all necessary medications for allergies, including be capable of self-administration.

SNACKS

We love snacks, and from experience how important snacks are to keep our energy levels high while trekking. We also know first-hand how Nepal is somewhat lacking in our favourite type of snacks we enjoy back home. That's why we strongly recommend bringing your favourite bars, scroggin mix, lollies etc. with you for the trip. It's worth packing 1x muesli bar each day, along with a self-made scroggin/trail mix with nuts and seeds. Bars such as Twix and Mars are available in most villages, however you will not find delicious nut/oat bars etc or healthier options. While your Women Want Adventure guide will ensure there is fruit available and brought with the group from Kathmandu, it's best to back some or all the below from home with you:

- Making a scroggin/trail mix at home suitable for the duration of the trek
- Bringing a mix of your favourite health bars
- Packing your favourite chocolate and biscuits
- Bringing favourite tea/coffee
- Bringing soy milk (if you're desperate!)

ALCOHOL AND CAFFEINE

Alcohol and trekking don't mix. We highly recommend that you limit your alcohol consumption in Kathmandu prior to your trip and while on the trek. Celebrate your achievements after your trek at our farewell dinner. Both alcohol and caffeine increase dehydration and we advise you limit your intake of both when trekking at high altitudes.

BEVERAGES

Apart from tea and coffee at mealtimes on the trip, beverages are not included as part of your trip price. You are welcome to bring some of your favourite tea or special coffee from home. Hot water will be provided. Cold drinks such as Coke or alcoholic drinks however are not included in your trip price. Please bring additional cash with you if you wish to purchase at the tea houses.

HYGIENE

When traveling in Nepal, it's important to maintain standards of hygiene to avoid diarrhea and vomiting. This is particularly important if you're camping on a trek, for example, as the effects of illness whilst walking can be debilitating. Wash your hands before and after meals and in camp use an alcohol hand gel. After using the toilet, wash your hands thoroughly. In some camps, drop toilets are used. For this reason, leave your boots in the outer part of your tent – not the inside where you sleep and put your hands! Use shoe bags to avoid contamination of your belongings, as giardia is an unpleasant gastrointestinal parasite found in contaminated water in Nepal.

HEALTH

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitisers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our guides are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

In Asia pharmacies tend to stock the same Western drugs as you get at home but they are usually produced locally, so please bring the full drug name with you when trying to purchase a prescription drug.

ALTITUDE SICKNESS

Altitude sickness can affect anyone, regardless of age, trekking experience or level of fitness. It's one of the top concerns people share about trekking Nepal and it's a valid one. Unless you live at a very high altitude, our bodies are not acclimatised to the lack of oxygen in the high mountain air. Ascending too fast can cause problems. If symptoms of altitude sickness in Nepal (or anywhere else) are not addressed quickly, they can be extremely dangerous.

All our itineraries allow enough time for you to safely acclimatise. However, there are also things that you can do to support your own acclimatisation. If you know what symptoms to look out for, you can act quickly with the help of your trekking guide.

Altitude sickness, also called Acute Mountain Sickness (AMS), makes it difficult for oxygen to enter your body (vascular system) due to the low air pressure. The higher the altitude, the harder it is to get the amount of oxygen you need.

Altitude sickness can occur when you ascend to a high altitude too quickly. It's more likely to affect people above 2,500m/8,200ft. Most of our treks climb to at least 4,000m/13,000ft, so there's an element of risk.

Your level of physical fitness, age, sex and even your previous experience at high altitude have no connection to your chance of getting altitude sickness in Nepal. It really can affect anyone. You MUST inform your local guide immediately if you are feeling unwell, even with minor symptoms.

Symptoms are usually worse at night and can include:

- Headache
- Nausea and vomiting
- Dizziness
- Tiredness
- Loss of appetite
- Shortness of breath

The best way to prevent altitude sickness in Nepal is to travel to altitudes above 2,500m/8,200ft slowly, to allow your body time to acclimatise. All our itineraries allow enough time for you to safely acclimatise. As it is unsafe to ascend more than 300-500m/1000-1600ft per day (between sleeps), some walking days will be shorter than others.

To help prevent altitude sickness:

- Drink plenty of water
- Avoid alcohol
- Eat a light but high-calorie diet
- Avoid smoking

To help reduce altitude sickness, medication exists called acetazolamide, commonly known by its trade name Diamox. We're unable to provide this, as it's a prescription medicine. If you're interested in taking this medication, either as a preventative or to have in the event of altitude sickness symptoms, please speak with your doctor, local travel clinic, or medical professional before you leave home.

If bringing any medication on your trip, please advise us of any side effects of any medication you take and of any dietary requirements related to taking them.

TREK FITNESS

Our Nepal treks will appeal to those wanting to push themselves a little further, you will need to be undertaking a regular exercise program 4-5 times per week and have a good level of fitness and health prior to attending. The trek is graded moderate-to-challenging for healthy clients in good physical condition. You can expect to spend up to 5-8 hours trekking each day at a slow pace, on rocky marked and unmarked trails, with some steep inclines and declines. Treks involve carrying a daypack only.

We can't underestimate how important it is to have a good-to-high level of fitness for the Nepal trek. You'll be moving for up to 8 hours a day, at altitudes over 4000 metres. Training and preparation are an absolute must.

Fitness and Preparation – A regular fitness program that involves at least 3 to 4 sessions per week of aerobic activity, along with hill walking with a daypack and trekking on uneven surfaces. Walking similar distances to days on your itinerary leading up to your trip will help achieve fitness goals for trips of this nature.

GRADING

Every Nepal trip is given a different grading depending on the terrain, length of trip and altitude. The Langtang Valley Trek is graded Moderate to Challenging. It's important you read the grading description of your trip prior to booking to understand if it's right for you. You will need an excellent level of fitness and in good health to be prepared for your trek.

Difficulty is a relative term, and adventure is a state of mind. For some women, one of our moderate trips may be simple, while for other it may be a terrifying, life-changing experience. Some of our trips will vary between moderate to challenging.

To help guide you to the most appropriate trip for your fitness, please see below:

Moderate – Trekking between 5-7 hours on terrain that is rugged and uneven underfoot. Moderate trips involve steps and steep inclines, and you will need a good level of fitness. Remember, there is no such thing as an 'easy' trek. Treks will involve carrying a daypack and trail conditions will vary between well-defined to rough trails

Challenging – Trekking between 7-9 hours on terrain that can be difficult in sections, steep and at higher altitude (between 3500-5100m) with high elevation gain, often in remote areas in variable, adverse weather conditions, for up to 7 to 9 hours+ a day, possibly more if needed due to weather conditions. Be prepared to carry a daypack weighing between 6-10kg.





GIVING BACK

TIGER TOPS SWISS SCHOOL

When you trek with Women Want Adventure, you're not simply undertaking the experience of a lifetime – you're also actively helping people of Nepal.

As part of our commitment to respect, preserve and support the remote communities we visit on our treks, 5% of all Women Want Adventure profits go toward supporting the Tiger Tops Swissair School.

Inaugurated on December 10, 1996, as a free head start development programme for young children from poor families near Tiger Tops Tharu Lodge, the Tiger Tops Swissair School has been instrumental in improving the lives and prospects of children from the small mountain villages of the Himalayas for almost three decades now. Students are carefully selected from different ethnic communities (Mushahar, Bote, Tharu, Kammi, Damai, Gurung, Kamal, etc.) on the basis of financial and nutritional need, the objective being to prepare them for primary education in Government schools, and to give them the skills and confidence they will need to carry on with their schooling.

In addition to schooling, the project also covers meals, uniforms, books, school supplies, immunisations, health care, and any special needs. A portion of the funding is also put aside in trust for the children's continued education at Government schools, once they leave the school. Read more about Tiger Tops Swissair School at <https://tigertops.com/tiger-tops-swiss-air-school>

GUIDES & COMMUNITIES

We pay guides above-award wages. Using local guides means we give back to their communities. It also means your guides share the culture and traditions of Nepal with you, connecting you not only to the spectacular mountains of Nepal, but also to its people, who are sure to leave an imprint on your heart.

The use of a local leader and trekking support staff (guides, porters/yak herders, etc.) means our customers will be well informed about local traditions as well as any cultural and social sensitivities. This trip brings income and opportunity to its destination communities through the inclusion of locally-owned hotels, tea houses and restaurants, with an emphasis on eating locally produced food and supporting other local enterprises.

ENVIRONMENTAL CONSERVATION

Led by a local guide and travelling in a small group on foot for the most part, we 'tread lightly' in order to minimise our impact on local resources and the environment.

Further, as part of our 'right of passage' through the regions which we visit, we buy our trekking permits and pay our Sagarmatha National Park fees, the income from which helps to preserve the region. Our trips also adhere to ABTA's industry-leading animal welfare guidelines, to ensure the best possible practices with regard to working animals and wildlife viewing.

Women Want Adventure also work with our partners on the ground to proactively eliminate or reduce waste. For example, we avoid single-use plastic water bottles and instead recommend that you refill your own reusable bottles with boiled water on the trek, or that you treat tap water with the appropriate water purification techniques.

CARBON FOOTPRINT

We seek to keep the carbon footprint of this trip low. Few crops grow at these altitudes for animals to graze on, and as there are no roads to the more remote villages, food is often brought in along the trails by porters or yaks/mules, making its transportation footprint inherently low carbon.

Namche Bazaar is the main trading hub in the Everest Region and wares are bought and sold on market day. A vegetarian diet is common in Nepal, especially in the mountains where eating meat is not generally recommended due to hygiene concerns and a lack of refrigeration facilities.

The staple diet is dal baht, which comes in various forms but generally includes lentil dal, vegetable curry, and rice. There is no mains electricity in the mountains and many of the tea houses use solar power for hot showers or lighting. The resulting emphasis on vegetarian dishes and low-to-no impact power over the course of our trek means that carbon emissions are kept to an absolute minimum.

SUSTAINABLE TRAVEL

At Women Want Adventure, our ethos is to 'leave no trace'. We do all we can to ensure we leave no rubbish behind in these wild and beautiful places we visit and kindly ask that you do the same. If there are no recycling facilities in-country, we ask you to consider bringing any recyclable materials home with you.

When trekking, biodegradable soap, shampoo, and toilet paper are recommended. Keep to the paths to reduce damage to plants and minimise any disturbances to wildlife. Avoid using plastic bottles or buying mineral water, and instead use refillable water bottles wherever possible. Buy boiled water or carry water purification treatment (we recommend a SteriPEN or similar type of handheld UV water purifier).

We encourage you to buy locally made handicrafts, but please do be wary of items made from wild animals, e.g. shahtoosh shawls, made from endangered Tibetan antelope.

CULTURAL RESPECT

The Nepalese greeting is 'Namasté', with hands held in front of the face. The higher they are held, the more respect your greeting communicates. Please note that throughout Nepal, it is the culture that men will shake hands with men but not with women – no offense is meant.

When visiting temples or monuments, walk in a clockwise direction around the buildings. Ensure that you ask permission before entering places of worship, and remove your shoes. We also ask you to place any leather items to one side before entering Hindu temples.

Be mindful that pointing your feet (the least sacred body part) at people or religious places, or pointing or beckoning with a single finger is considered impolite – if you have difficulty getting someone's attention, please liaise with your guide.

The people of these regions are innately conservative, so please refrain from displays of affection. Similarly, wearing loose-fitting clothing that covers your legs and shoulders is advisable, especially when visiting homes, monasteries or temples.

Do it like the locals! Eat, wipe your mouth, pass food, and give and receive with your right hand only – the left hand is reserved for toilet duties and should not be used for any of the above described activities lest offense is caused. Only handle your own food and drink.

Finally, please ask permission before you capture people on camera. Exchanging a few words or gestures beforehand can go a long way. Offering (and actually sending) a copy via post is a great way to benefit both parties!



CLOTHING & EQUIPMENT

Selecting the right clothes and other gear and equipment according to the weather and climate, is essential to avoid unnecessary complications and to make your trip as comfortable as possible.

Please follow the packing list carefully and contact our team if you have questions.

CLOTHING

- Waterproof and windproof jacket (breathable)
- Down jacket
- Thermal top x 1
- Thermal bottoms x 1
- Trekking shirt x 2
- Light-weight long sleeve t-shirt
- Trekking trousers or pants x 1
- Hiking shorts x 1
- Lightweight thermal trousers x 1
- Breathable underwear and quick dry – check out [Biby + Roy brand](#)
- Rain gear (umbrella)
- Waterproof rain jacket x 1

HEAD AND HAND

- Lightweight gloves (inner thermal gloves and outer windproof and waterproof gloves)
- Bandana/buff or head scarf
- Beanie
- Sun hat
- Scarf
- Headlamp with extra batteries
- Sunglasses with UV protection (strap is useful)

FEET

- Hiking socks x 2-3 pairs (Merino)
- Hiking boots (well worn-in)
- Hiking sandals
- Cotton socks for post hike

TOILETRIES AND PERSONAL HYGIENE

- Quick-drying towel
- Toothbrush and toothpaste
- Soap
- Deodorants
- Nail clippers
- Face and body moisturiser
- Sunscreen cream
- Lip balm
- Female hygiene products
- Anti-bacterial hand wash
- Small quick-dry micro towel

PERSONAL HYGIENE

- Wet wipes (baby wipes)
- Tissue/toilet roll (small packets are handy)
- Zip lock bags
- Water purifying tablets

ACCESSORIES

- Trekking poles (optional)
- Sleeping bag (four seasons, down to -10 is ideal). Provided if not bringing your own
- Small compression sack for your sleeping bag to make it smaller. View example
- Backpack with waist and chest strap (40-50L) is most suitable
- Small roll-up travel bag
- Inner pack liner or pack cover for rain protection
- Small daypack with chest/waist strap
- Personal First Aid kit (simple and light)
- Important medicines such as aspirin, anti-diarrhea pills, anti-headache pills, cough and cold medicine, anti-altitude sickness pills, stomach antibiotics, etc.
- Water purification liquid or tablet
- Earplugs
- Eye mask
- Extra pair of prescription glasses or contact lens
- Repair tape, sewing-repair kit
- Digital camera with extra batteries and memory cards
- Water bottle x 1L
- Ear phones/ear buds
- Water bladder (1.5/2L)
- Plastic bag for dirty items

EXTRAS

- Book for reading or Kindle
- iPod
- Travel games for leisure activities (chess, backgammon, Scrabble, playing cards)
- Plug adapter
- Lightweight pillowcase
- Small umbrella (only if monsoon season is present)
- Plastic bag

PERSONAL DOCUMENTS

- Valid passport
- Photocopies of passport
- 2-3 extra passport-size photos
- Airline tickets
- Visa form (easily obtained at Kathmandu airport)
- Proof of insurance
- Some cash



WHAT YOU'LL CARRY EACH DAY

All other items can go in the duffle bag with your porter and can include:

- Spare shoes for the evening
- Spare clothing for the evenings
- Book
- Micro towel
- Sleeping bag
- Pillowcase
- Evening clothing
- Toiletries
- Sleeping mat (camping-style trips)

WHAT YOUR PORTER WILL CARRY

All other items can go in the duffle bag with your porter and can include:

- Spare shoes for the evening
- Spare clothing for the evenings
- Book
- Micro towel
- Sleeping bag
- Pillowcase
- Evening clothing
- Toiletries
- Sleeping mat (camping-style trips)

WHAT PORTERS CARRY FOR CAMPING-STYLE TRIPS

- All cooking equipment
- All eating utensils
- All communal camping equipment (sleeping tent, sleeping mat, dining tent chairs, tables, toilet tent, etc.)

CLOTHES WASHING

There will be times when you may want to (or have to) do your own laundry, so we suggest you bring non-polluting/biodegradable soap for washing any clothing while on the trek. There are no washing machines at the tea houses. The hotel in Kathmandu provides a laundry service (usually next day delivery) at a cost per item. A laundry bag will be provided in your room and payment can be made at reception. Laundry is not included in your trip price.

ATTENDING INDIVIDUALLY

Almost all women attend our trips individually. This trip is a great way to experience Nepal with like-minded women, as the small group sizes and the style of trip bring people together, encouraging new friendships.

PERSONAL MEDICAL KIT

While your guide will carry a medical kit for any accidents, please also bring specific medications and quantities you may require. We suggest clients bring the following items:

- Sunscreen
- Lip balm (which contains sunscreen)
- Band-aid strips
- Antiseptic hand wipes or handwashing gel
- A pair of nail scissors and tweezers
- Blister protection (eg. Blistex)
- Elastic bandage or sports strapping
- Aspirin, paracetamol, ibuprofen or equivalent headache remedy
- Lollies/glucose, if diabetic
- Electrolytes
- Tampons/spare pads

GROUP AGES

The average age of women attending our trips is 45 years. Ages can range from early 30's to mid 60s. All Women Want Adventure trips are for women over 18 years of age only.

MEDICAL FORM

Upon booking, your medical details will be taken in your booking form with an additional form sent within 14 days of booking. We ask you to complete your medical form with the most accurate details of your current health and return it to us 70 days prior to departure.

Due to the remote areas these trips occur in, it is important that only fit and mentally stable people participate. We ask for your kind co-operation to complete the medical form. Anything relevant to your medical history will be forwarded to your group guides to help us best care for your needs. To repeat, medical forms are due 70 days prior to departure, and will be sent via email within 14 days from booking.

If you have pre-existing medical conditions, you must outline such at the time of booking and on the medical form. If you become aware of a new or a change in your health conditions prior to departure that will likely affect your trip (eg. pregnancy, mental illness, heart or bronchial disorders, broken limbs etc.), you should notify us in writing immediately. You must be in good health and physical condition for the trek, and are strongly advised not to attend if you are unwell or not fit to complete the trip and the level at which the trip is graded.

As per our terms and conditions, if you are over the age of 65 years, you must get a doctor's certificate to complete your trip.

WAIVER FORM

A waiver form will be sent 70 days prior to departure, for you to complete and return to us prior the trip commencing. It is a requirement of participation to complete the waiver form.

CULTURAL CONSIDERATIONS

As Nepal is a predominately Buddhist and Hindu country, we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or monasteries or other holy sites. While visiting monasteries, please make sure you wear long trousers, take off your shoes, and maintain quiet before entering the monasteries. In Nepal, the dress standard is more conservative than it is back home, so when packing, try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. Many of these clothing items are better purchased on arrival in Kathmandu. You may find you enjoy the shopping!

Please ask permission before taking photographs of people. Speak with your local guide, who can approach on your behalf to ask locals their permission in Nepali prior to taking any photos.

GIFTS

While many clients wish to give gifts to children, groups and communities as a gesture of kindness, it's important be mindful when offering such gifts in regard to social responsibility and inclusion. Sometimes our best intentions can cause unintended issues – if gifts are given incorrectly, it may create jealousy within communities or cause internal conflicts.

PROBLEMS ON YOUR TRIP?

In the unlikely event that you have a problem or complaint during your trip, please speak to your guide without delay – we cannot address things on the trip if we are unaware of there being an issue!

If after advising your guide of the problem it is still apparent and/or has not been resolved to your satisfaction, please explain further to us at **womenwantadventure@outlook.com** and contact our office as soon as possible on **0403918346** (via WhatsApp, which can be used overseas) or email.

Please do not wait until the trip is completed before bringing any matter to our attention as 99% of problems are easily and quickly resolved locally without affecting your enjoyment. Women Want Adventure are committed to ensuring you have the best adventure possible, and we'll do our best to resolve any problem in a timely manner.

FACEBOOK GROUP

Women Want Adventure will create a private Facebook Group to help you connect and share your Nepal experience. The group will open 1 month prior to the departure date and a link will be sent to you to join via email. It is not mandatory to join the group.

INTERNAL FLIGHTS

If booked on a camping style trip it is best to book your return flight home from Nepal a couple days post trek. Due to weather conditions, sometimes flights in or out of Phaplu are delayed and you may have to wait 1-2 days for another flight. We strongly recommend you allow 1-2 couple of days on the back end of your trip to allow for such changes. There are plenty of things to do in Kathmandu or Lukla and as a group, your guides will assist you with logistics, such as your accommodation changes in Lukla or Kathmandu.

CHANGE OF ITINERARY

We reserve the right to change or alter any itinerary at any time for reasons beyond our control. These could include but are not limited to adverse weather conditions, cancellation of flights or government restrictions in certain areas. Whenever we are forced to make such late changes, we will always endeavour to give guests as much advance notice as possible and to ensure that the alternate itinerary achieves, insofar as possible, the objectives of the original tour.

CANCELLATION POLICY

Please carefully read the terms and conditions for International Trips via our Terms and Conditions page here. Do not hesitate to contact us if you have any questions. We're happy to help.

CONTACT

We have tried to outline as much information about your Nepal trip as possible in this document and to answer your most common questions. Have a question that isn't answered here? Please contact us at:
Email: womenwantadventure@outlook.com
Phone: 0403918346

FEEDBACK

We welcome your feedback – it helps us update, maintain and improve trips so we can continue to provide experiences of the highest possible standards and quality. If you have a comment to share, please let us know via the feedback form, which is sent within 30 days post trip. While it is rare, we acknowledge clients may have experienced a problem during their trip that was not resolved to their satisfaction. It is important to let us know in your feedback form or by speaking with us directly so we can try to resolve the matter. If you have a complaint about your trip, please contact us at womenwantadventure@outlook.com.

EMERGENCY

CONTACT INFORMATION

Should you need to contact us during a situation of dire need, it is best to first call on 0403918346 and send a text message (via WhatsApp). Please also send an email to womenwantadventure@outlook.com. For family trying to contact you, advise them that it is best to send an email to the above address, as this will be monitored and a reply sent within 48hrs. Please leave a detailed message and contact information, so we may return your call and assist you as soon as possible.

For emergencies or natural disasters please see details below to reach our operators in Nepal. We kindly ask you do not contact the below unless it is a strict emergency. Please communicate with Women Want Adventure for all your direct questions and enquires regarding your Nepal trip.

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group guide or our local representative straight away so that they can do their best to rectify the problem and avoid any potential negative impact on the rest of your trip.

In case of a genuine crisis or emergency, you can reach our local office on the number below:

WWA Manger Tracy mobile: **0415657567**

WWA Director Monique mobile: **0403918346**

You can also contract the above on WhatsApp which is helpful for our team when overseas, thank you!

NEPAL EMERGENCY NUMBERS

Phone: +977 (0)1 4411 225

Mobile: +977 9841013483

WhatsApp: +977 9808053754

Email: ashok.awal@mountaintravelnepal.com

Nepal Treks

We can't wait to see you soon!
The Women Want Adventure
Team

