



## Expedition Essentials

## **Expedition Trek Grading:**

The expedition is a moderate grade trek. The trek is suitable for anyone who has a good fitness level and has been actively engaging in physical activity.

## **Trekking**

The trek would be led by experienced local Ladakhi trekking guides. The guides are good at communicating in English. One should carry your own day sack (8-10L) to hold your food, raincoat and other things you would require during the day. **At the village, we will be staying in the rooms of the households (homestays) based on their availability and based on the present condition of the rooms, or we will be camping. The camps will be provided by our team and will also be setup by the local team of experts.**

Besides this, there would be a kitchen tent and few dry toilet tents. We also provide camping tables, stool / chairs, and all the utensils. We will also provide mattress along with tents.

## **Expedition Inclusions:**

- All Night accommodations in 3\* hotels/ homestays/camping in village on twin sharing.
- Basic camping facilities (no shower facilities)
- All meals (3) as per itinerary (excluding drinks)
- Boiled clean drinking water on trek
- Camp staff to carry out all camp work
- Camp, kitchen equipment, food & Luggage transport during trek
- All airport transfers from Leh
- All road transport by private vehicle

## **Expedition exclusions:**

- International & Domestic Flights
- Travel insurance
- Indian E-Visa – For International Participants

**There are daily early morning flights between Delhi and Leh starting at 5 am from Delhi till 12.30 pm in the afternoon.**

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### Passport, VISA & Vaccinations:

It is necessary that all travelers to India obtain a tourist visa before departure. Visa is required for EU passport holders. Holders of non-EU passports are advised to check whether they require a visa. There are no compulsory vaccinations although it is strongly recommended that you are vaccinated against: COVID (Both doeses), Typhoid; Hepatitis A and B. Tetanus and polio vaccinations should also be up to date at the time of travel. You should contact your doctor prior to travel to obtain these vaccinations.

### Medical Aid:

The Expedition takes us through remote regions where professional medical help may not be available. We carry with us a comprehensive medical first-aid kit advised by doctor. Our Tour Leaders are qualified medically and are competent enough to give first-aid when required. Carry all personal medication that you may need, and it's an absolute must to let us know well in advance should you be suffering from any ailment.

### What to Expect/Climate and Temperature:

**Temperatures & Climate:** Average day time temperature on the trip would be 20-25 deg Celsius and night time temperatures could drop to 3-5 deg Celsius with the wind chill factor. However, you should be ready for inclement weather in any case as weather has become highly unpredictable and can change quickly at altitudes.

**What to carry:** Travel Light! Trekking with just the necessary items for the day makes your trek light on you and in turn you can enjoy the day with Nature and Friends. The list below covers all essentials that you must carry. **What you are expected to carry during the day on the trek, is a day pack to carry: - Your camera, water bottle, packed lunch boxes, sweets/chocolates, rehydration powders, waterproofs, toilet paper, a fleece and a warm jacket. It may be also advisable to carry a small flashlight in your daypack, just in case.**

**Good footwear is very important – For trek, a comfortable and a sturdy Trek shoe is a must.**

**Socks:** It is suggested that you carry atleast 3 pairs of socks, both for walking and a pair of warm ones to keep your feet warm when inside the tent at night.

**Clothes:** The overall temperature will be cooler and we would recommend having all the necessary layers through out the day. But we suggest you bring good warm jackets with warm inner wears and leg wear in the form of thermal longs. A good sun hat is very essential, along with Warm Woolen cap to cover the head at all times. Sunglasses which offer 100% UV protection are necessary to protect your eyes from strong daylight and glares reflecting off the snow.

**Sleeping Bag:** A good quality sleeping bag is the need for good nights' sleep after a long day of trekking. Sleeping bag of -5 Degrees Celsius Quality will work.

**How to carry:** It's best to carry your belongings in a large, tough duffel bag or a big rucksack. Pack similar things such as clothes, toiletry-washing thing in separate stuff sacks or polythene bags so they are easier to pull out and add to the waterproofing in your bag. Your main bag should be a tough one as it will be on mule back, not the best place to be for a fragile backpack. Again, the main bag will be carried by the mules and porters, you will not be carrying this big bag.

### **Altitude Considerations:**

Travel to any part of the Indian Himalayas deserves a little more respect than many other high-altitude destinations because most of the regions lie over 3600 meters (11500 ft). People in good health should not get alarmed by this but if you have a medical condition such as high blood pressure, heart or lung disease, you must take the advice of a doctor who has experience with the effects of altitude. Any kind of exercise which gets you fitter before this trip is advisable, as it will enable you to enjoy the region more.

**Meals and camping:** A day on the expedition begins with breakfast at 7am by which time; you are expected to vacate your tent. Lunch and Dinner are served hot daily. Menu vary from Indian food to Chinese, pasta, meat/chicken, sandwiches, eggs etc. We will provide you safe drinking water throughout the trek - it will be boiled and filled in your water bottles. You will sleep inside tents shared with another. Sleeping mats are provided for you to sleep on and are placed under your sleeping bag. Our entire crew will consist of guide and well experienced cook and helpers, who would prepare the meals for the days that we are camping out.

During the trek, the entire crew moves together in a totally self-contained manner, which we call a "sandwich", meaning we don't spill out of the bread loaves-guide in front and the group leader at the end. All food, water and shelter, is carried on the trek which is why we need to use discretion while packing – see the update above on packing. It will help for you all to carry some easy to access medicine on the trip, for headaches, diarrhea, constipation, and some re-hydration powders like Electral etc. It's also a good idea to have a roll of toilet paper accessible should you need to go.

### **Checklist of essential personal items Performance Clothing:**

- Lightweight Long Underwear – 2 pairs Tops & Bottoms (incase the weather gets cold). Should be made of moisture wicking synthetic material (capilene, polypropylene or Merino Wool. NO Cotton) Snug fit is important. Lightweight is preferable as it is more versatile (worn single in warmer conditions and double layer for colder).
- Light Fleece Jacket - 2
- Thick Fleece Jacket - 2
- Wool Trousers - 2
- Shell Jacket with hood – 1. We recommend a waterproof breathable shell material with full front zipper, (preferably underarm zips too), and no insulation. This outer layer protects against wind and rain.
- Shell Pants – 1. Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants, no short lower leg zippers allowed.
- Quick dry Trekking Trousers-2
- Shirt / T- Shirt- 4 (avoid cotton)
- Lightweight Insulating gloves – 1 pair fleece or wool.

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- Wool or Synthetic Socks - 3 pair lightweight socks. check fit over feet and inside boots.
- Wool/Synthetic Ski Hat -1. Make sure ears are covered.
- Sun Hat -1. One with a good wide brim to shade the nose & eyes.
- Sandals / Slippers - 1 pair

### Personal Equipment

- Trekking Backpack or a duffle bag (70-90L)
- Sleeping Bag-1 (rated to -5 deg C).
- Sunscreen SPF 50(or more if needed) 2 small tubes. Note: Sunscreen older than 6 months loses half of its SPF rating, make sure that you have new sunscreen.
- Lipbalm - 2 stick.
- 1 Litre Water Bottle - At least one bottle with 1 litre capacity. Bottles should be wide mouth and of hard, transparent plastic BPA free plastic or water bag or bladder systems.
- Headlamp with Spare batteries-1
- Toiletry Bag. Nothing but the basics: Toothpaste, Toothbrush, Baby Wipes. Include two rolls of toilet paper.
- 2 Hand Sanitizer or Other alcohol based hand cleaners
- Hand warmers and Toe Warmers
- Big Plastic Trash bags. To line stuff sacks and pack.
- A light back-pack for carrying meal pack and water bottle during trek. This is addition to the large duffle bag which will be carried by your mule.

### General Points

- Delays are expected because roadblock and weather conditions. Our effort will be to continue with the expedition as per the schedule and make you as comfortable as possible. But in such situations, we may have to compromise on the campsite/hotels and adjust to these situations then and there.
- The itinerary should be viewed as ideal and we may have to make some spot changes due to various reasons.
- The distances mentioned above are to the best of our knowledge and information; marginal variance in the actual distances and altitudes is possible. The walking time that will be mentioned in the itinerary is the actual walking hours excluding the rest periods.
- Flights in Leh sector are subject to weather condition, so it is advised that, you have travel insurance in Hand that includes Trip Delays and cancellations etc.
- Please note that every effort will be made to stick to the itinerary, however we cannot guarantee it. Adventure travel involves elements of the unexpected, particularly in remote areas such as Ladakh where we are at the mercy of weather conditions, local schedule changes and difficulties with transportation. We will make every effort to maintain the integrity of the original itinerary and minimize the impact of any changes, but an easy-going and flexible nature is an asset.