



Global Himalayan Expedition

Copyright: Global Himalayan Expedition.
All Rights reserved.

Global Himalayan Expedition

Trekking

The Trek would be led by experienced local Ladakhi mountaineering guides. We will also have a certified Paramedic with us on the Expedition. The guides are good at communicating in basic English. One should carry your own day sack (15-20L) to hold your food, raincoat, flashlight and other things you would require during the day. The camping accommodation would be in 3 men type camping tents (2men/1tent). These tents will be dome shaped double layer tents. Besides this, there would be a kitchen tent and a dry toilet tent. We also provide camping tables, stool / chairs, and all the utensils. We will also provide mattress. **We recommend that you carry your own sleeping bags.** Tents are erected and dismantled by the support team, and food is varied and plentiful.

Expedition Inclusions:

- All Night accommodations in 3* hotels/ 3 men tent/ homestays on twin sharing.
- Basic camping facilities (no shower facilities)
- All meals 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
- Mountain Bikes included

Expedition exclusions:

- International & Domestic Flights
- Travel insurance
- Indian Visa

There are daily early morning flights between Delhi and Leh.

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: Typhoid;

Global Himalayan Expedition

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. Besides our Tour Leaders, who are not much qualified medically, we will have a separate paramedic who is 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 is 25 deg C and night time temperatures could drop to 5 deg C. 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: Trek 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: Summers in Ladakh are warm and a full sleeve T-shirt is good during the day, and for mornings and evenings it is always wise to have a light woolen sweater at reach. But we suggest you bring a good warm jacket and leg wear in the form of thermal long johns. A good sun hat is very essential. 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 0 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 things, camping equipment etc. 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.

Global Himalayan Expedition

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 2600 meters (8500 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.

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 may 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 - 1
- Thick Fleece Jacket - 1
- Wool Trousers - 1
- 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-3 (avoid cotton)
- Lightweight Insulating gloves – 1 pair fleece or wool.
- 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

Global Himalayan Expedition

Personal Equipment

- Trekking Backpack (60-70L) or a duffle bag (60-70L)
- A light back-pack for carrying meal pack and water bottle during trek
- Sleeping Bag-1 (rated to 0 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 (Optional)
- Big Plastic Trash bags. To line stuff sacks and pack.

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.
- Please note that all timings and distances given are approximate only