



**Welcome to Our World of  
Expeditions  
-A Different Perspective-**





We believe in working in partnership with the people who help deliver our personalized and unique treks and Himalayan travel experiences to our friends and clients.



## Namaste!

We warmly welcome you to Nepal and are glad that you have chosen us to provide the infrastructure for your trekking adventure which we hope will be an experience of a life-time and one you'll never forget. You have come as a client but we hope you will go as a friend. We produce a newsletter three times a year and will add you to our mailing list, if you prefer not to receive the newsletter then please inform us accordingly

**'Off the Wall trekking'** was established by us in 2012. However, as a qualified mountain leader I have 50 years of mountaineering experience and have worked and led treks in many different areas of the European Alps, Norway, Africa, Tibet, Nepal and Ladakh as well as in the UK. I have lived in Nepal since 2005 and was for 6 years Country Representative for a UK charity based in Nepal. Among all my other roles I am the CEO for Kathmandu Environment Education Project that has as its main focus Porter Welfare

Sarita, my wife, is a qualified Nepali medic and a trekking leader in her own right and has accompanied me on many treks in Nepal in a medical support capacity and she has also led many treks. She also has all the necessary connections to enable your visit to Nepal to run without a hitch. Among her other responsibilities she is the General Secretary of the Trekking Agencies Association of Nepal that has as its main focus the responsibility of ensuring the trekking agencies operate within the law regarding Nepali staff rights.

Ian and Sarita Lama Wall and our crew ©Ian Wall 2022



## **Guide Staff**

As a small family run organisation we work mainly with two lead guides. As the guides have to work and have a good relationship with the staff under their care the engaging of the porter workforce is left to their professional judgement. Both of our guides have grown up through the ranks of the trekking industry so they have a full understanding of all the situations they are likely to encounter.

## **Cherring Bhotte**

Cherring has worked for Off the Wall trekking since the company was formed and prior to that Cherring and I worked together in another company.

Although Cherring comes from Hatiya in the Makalu region he now lives with his wife and family in Pokhara. With over 20 years of guiding experience he has lead treks right across Nepal



from Kangchenjunga in the east to the Limi Valley in the west, including a long section west to east of the GHT.

Cherring has his Guide license along with a current first aid certificate, he has also undertaken Eco-Leadership, Developing a Professional Approach to Leadership and Customer Care course and completed his Basic Mountaineering Course (NMA).

Your team will include porter staff to carry your personal trek gear. These will be associates of Cherring, possible family members, they need to work as a team so it is important that his staff are his choice not ours, although they will comply with our OTWT standards.

## **Tarjan Rai**



I have known Tarjan for several years now and he has worked for Off the Wall trekking pre the pandemic. Tarjan is also a Tour Guide and thus has a broad knowledge of all things Nepalese and will therefore be a valuable asset for your trekking experience.

Tarjan comes from east Nepal, Bung, but he now lives in Kopan, Kathmandu along with his wife and family. Tarjan has been leading treks as a free-lance guide for many years and his experience covers treks in all the main trekking regions of Nepal.

Tarjan has his Guide's license along with English Language, a current first aid certificate, recently newly endorsed (2022) he has also undertaken Eco-Leadership, Developing a Professional Approach to Leadership and Customer Care courses at KEEP. Your team will include other porters to carry your personal trek gear and your tent. These will be associates of Tarjan, possible family members, they need to work as a team so it is important that his staff are his choice not ours, although they will comply with our OTWT standards.

Both guides have their full Covid vaccinations and the identification card as evidence of the inoculations and have undergone training for dealing with potential Covid issues while on trek.



One of the iconic images and landmarks of Kathmandu and indeed Nepal. The famous and auspicious Boudhanath Chorten, the Buddhism religious structure and a sacred place for prayer in the Buddhist culture.

## **While in Kathmandu**

### **Your hotel**

It is important that once you are in your hotel you make yourself aware of all the safety issues, the fire exits and collection points around the hotel. It is advisable to only drink bottled water; drinks and food in good continental restaurants in Thamel are safe but avoid small 'local' Nepali restaurants to ensure you avoid stomach problems. To help keep yourself healthy we advise you to use the 'gel' hand cleanser regularly but especially before you eat anything and wear a mask while outdoors..

### **Changing Money**

Change money at a reputable money changer and make sure you count your money in the privacy of their counter; once you have left you will have forfeited your right to challenge the exchanged amount if you feel this is not correct.

Hotels will not provide the best exchange rates.

### **Communications**

Continental calls from your hotel will be expensive, use your mobile, we will help you acquire a Nepali Sim card for your phone if you require such an adaptation.

### **Taxis**

Always use the small white taxis with the yellow roof and ensure the driver will take you 'on the meter', once you arrive at your destination it will be difficult to renegotiate the fare. If this is your first visit to Nepal and you are unsure of your way around always take the hotel visiting card with you, this will help the taxi driver get you back to your hotel. Check you have not left anything in the taxi (or anywhere else) before leaving.

### **Rickshaws**

These are also a good means of transport but insist on 'Bistari, bistari' – slowly, slowly, otherwise they can provide an exciting ride.

### **Beggars**

There are many charities set up to help the street people of Kathmandu, if you feel you would like to support these people please contribute to the charity, please do not give money directly to those in need, the money you give is often misused.

### **Traffic**

Negotiating the traffic around Kathmandu is always a challenge. Despite this drivers are used to wayward pedestrians, never the less you must take extreme care when sharing the road with vehicles.

### **Personal Safety**

Kathmandu is a very safe city and I have never heard of any misfortune that has involved tourists. Never the less you must take all the usual precautions to protect both yourself, and your property. Don't leave valuable items unattended, only carry a small amount of cash in your pocket, keep larger amounts in your small day sack which you should always have with you with other important items that you might require while in town and away from your hotel.

### **Dress code**

Nepal is basically still a conservative country although it is pushing forward with is tolerance of western culture and fashion. Never the less dress appropriately and if visiting temples or religious sites ladies please cover up arms and legs and gents wear a shirt. For both shorts should not be too short!

### **A Night in Thamel**

Thamel is the tourist and red light district of the city there are many bars and quality restaurants, always check the bill before paying, tips are often included as a Service Charge, There is live music in abundance often with the emphasis on 'loud'. Beware of the Massage Pallor's, you might get more than expected!





A box of Tika used as a simple of anointment and blessing often offered by the Sadhu (priests) who wonder the streets looking for donations.

### **Bartering**

All tourist goods are up for bartering, however, please remember that the shop keepers also have to make a living. Essential supplies, tooth paste, food etc have a fixed price.

Keep a small amount of money in your pocket to avoid showing all your wealth in front of curious shop keepers or other vendors, the price will go up!

### **After dark**

Kathmandu sometimes experiences power cuts, always take a torch with you if you intend being out after dark. Try to avoid puddles, they may be only 2 inches deep but they might be 2 feet deep!

### **The Pre Trek Briefing**

These are the points which you can expect to be covered in the pre trek briefing provided before you set off for your '*Off the Wall trekking*' trek:

**Route outline** – A brief description of what to expect along your route.

**Daily Routine** – Wake up tea will be brought to you around 6am but as agreed, followed by packing, breakfast and departure from your lodge or tent.

**Menus** – a brief outline of the food that might be expected, breakfasts, lunches and evening meals – tea and biscuits. This will have been discussed previously and an overview will have been provided in your trek agreement. Drinks and meals outside of that agreement will be the financial responsibility of the client.

If camping, you are on a camping trek it should be remembered that any food or drinks consumed in tea-houses or lodges will be your financial responsibility.

**Tents and camp-craft** – The tents will be erected for you by the trek staff and your main trek luggage will be placed in an accessible place. On arrival in camp you can identify your gear and take it to your tent. It is best you keep to the same tent each night so minimising the loss of equipment that you might have

left in your tent. Tents are waterproof but if the zip is tightened at night then you will cause condensation to form that will make all your gear feel damp. Do not strain the zips always make sure they are fully opened when you enter or leave the tent.

### **Lodges**

Again your trek crew should arrive at the lodge before you; however, there may be problems along the trails that delay them. A hot drink and biscuits will be available on your arrival at the lodge. Your kit will be taken up to your room. Make sure you keep your torch with you, it gets dark quickly!

**Photography** – Avoid taking pictures of infrastructure, Hydro Power Installations, military installations etc. If you want to take pictures of people always ask first, if they indicate ‘no’ then please respect their wishes. On some of the main trekking routes it will be possible to get batteries recharged for a small fee at the lodges. Don’t offer to pay for photographs it will only create a donor dependent society. Some people still believe that take a picture will capture their spirit and soul, please respect this when considering the subject of your image.

**Money** - Your entire trek-related expenses are covered, (if that is the agreement with ***Off the Wall trekking***) you will only require money for your luxuries, souvenirs and of course the guide and porter tips. If you purchase souvenirs along the way you must be prepared to take responsibility for looking after them or carrying them. The porter loads are restricted to 15kg for each set of personal luggage, it is always better to purchase souvenirs on the way back rather than on the way in! Excluding porter tips 50,000NRs should be sufficient on trek If you are on a pay as you go trek you will require more, we recommend around 40 US \$ per day.

**Children** – Children along the trail might ask for pens, sweets or money. Please avoid giving these out as that will create ‘charity dependency’ and become a

serious problem. If you have brought items to Nepal to give to the children please talk to your Guide and he will arrange for your gifts to go to a local school somewhere along the route of the trek.

**Security** – All our staff are trustworthy but we can't guarantee that for everyone you might meet on trek. Please take sensible precautions, don't leave things lying around, keep rucksacks closed and take care not to leave things at lodges if you call in for a drink or are staying in lodges.

**Drinking water** – Every day, at meal times, your trek crew will provide boiled clean drinking water. Please make sure your water bottles are full. Purchasing mineral water at the lodges will create a problem with regard to disposing of the plastic bottles, please try to avoid creating a plastic mountain. However, the lodges will provide a water bottle refill, at a price! Your crew will carry a gas stove so as to be able to boil water along the route at lunch stops if packed lunches are the order of the day.

**AMS / Dehydration** - You must make sure you drink plenty during the day as this will help you acclimatise. If you don't drink plenty then there is also the chance that you might become dehydrated.

**Toilets** – A toilet tent[s] will be erected at the camp site, however, if you are camping in lodge grounds some lodges insist you use their facilities. On trek if you need to go to the loo please be environmentally friendly, keep away from buildings, dispose of toilet paper [usually carefully burn it or carry it out] and bury anything you might leave behind. Then use your trek hand gel. Lodges will let you use their facilities, especially if you purchase a drink.

**Hand-washing water**

This will be provided outside the toilet tents and also a spray disinfectant – please wash your hands and spray the toilet tent zip. This helps minimise the spread of possible germs. Use hand gel.

**Day-sacks** - Make sure you carry everything you might need during the daily trek. You will not be able to access your travel bag once it leaves the camp or lodge first thing in the morning until you reach camp or lodge in the afternoon. Carry in your own rucksacks, water, torch, sun-screen, sun glasses, a hat, gloves, a long sleeved fleece and something warm and weather-proof, personal medication and of course your camera equipment. Once the sun goes the temperature will plummet. In the afternoons a cool breeze will develop, be prepared. Trekking poles are recommended.

**The Trek** – Walking on a normal trekking day will start from around 7.30 am to take advantage of the clear atmosphere allowing good views and to avoid the heat of the mid-day sun. There will be time to stop for rests and photography. Lunch time will be around 11am and might be pre-packed or cooked on the spot. Your trekking day will end around mid afternoon allowing time to mix with the Nepali crew, explore the close locality [please tell someone if you go off to take photographs etc] to rest, wash clothing or do your journal. Rest days are built into all high altitude treks when you will go for a short walk to help you acclimatise but you will then return to the same camp for a second night, but to rest is the critical element. There will be plenty of Sherpa Guides with you to allow you to walk at your own pace.

**At night** – Whenever you are away from the tent secure the door just to prevent unwanted visitors. As soon as you reach the lodge or tent prepare your sleeping space and make sure you know where everything is. At night and before you settle down take everything into your tent. Keep your tent ventilated to avoid condensation, avoid taking drinks into the tent that could get spilt and pack everything in the morning as soon as you get up so the porters can set off while you have breakfast. Fill your water bottle at dinner time.



### **Daily Routine**

You will be woken up in the morning with a hot drink, at a suitable time arranged with you the previous evening. Once you have finished with the mug please leave it in an appropriate place for the boys to collect.

It is essential that you pack your day sack and your trek bag before breakfast. As soon as the trek bag is ready leave it in an appropriate place so the porters can collect it and get their loads sorted out for their day's work.

Remember once your trek bag leaves you will not have access to it until you arrive at the next camp site/lodge so all essentials you might need during the walk, you should carry in your day-sack.

After packing go for breakfast (make sure you don't leave anything in the tent or the room if you are on a lodge trek). Immediately after breakfast you will set off on your day's trek.

Lunch will be taken around mid way through your day's journey and it will consist of a packed lunch or a hot meal prepared along the way.



You will arrive in camp or at the lodge mid to late afternoon; your pack might not arrive until a little later so make sure you have a warm fleece or jacket in your day sack.

On arrival in camp or at the lodge a warm drink and biscuits will be available; you will then have a little time to take in the beauty of your surroundings or to write your journal.

While it is still light it is best to prepare your sleeping space making sure you have plenty of insulation under your sleeping bag.

Around 6pm the evening meal will be served and the briefing for the next day will be given. Take your water bottles to dinner with you then the boys will fill

them up. If you wrap the bottle in a pair of socks and slip it into your sleeping bag it will make it cosy for you later but make sure the bottle top is tightly closed!

It is suggested that after your food you go to bed to make the best of the heat the meal generates.

Before you finally settle down make sure you keep your torch handy in case of an emergency or a quick trip to the loo during the night.

If you zip your tent tightly shut you risk the chance of condensation forming over night and this will make your sleeping bag damp.

### **Tiping**

Many of our porter boys only get paid for the work they do, when there is no work or it is off season then they must make do with what income they have generated during the season. They will appreciate your generosity!

To save embarrassment all round it is a good idea to place the trek tips in an envelope so as to keep it confidential and then hand it to the boys personally, they will appreciate that. So take enough envelopes with you to enable you to do this. It is best if one of the trekkers volunteers to distribute the tips rather than asking the Guide to do this.

Some porters will not be completing the whole trek with you. These are 'local' porters who are part of the team but as the food gets eaten and the load weight is reduced these guys return to their villages.

When they leave they would like to think they will get tipped at that time.

If a porter or Sherpa Guide has looked after you particularly well then it is expected that you provide a special and personal tip at the end of the day, carrying your rucksack if you are tired or even more directly helping you always warrants a tip! If the porter has consistently looked after you during the trek you



might want to enhance his tip personally at the end. If you feel like giving a porter something do it privately so as not to upset other staff.

**Suggested tipping** – for a porter, around 800/-NRs each a day while around 1200/- NRs a day for the guide.. but remember this is discretionary. (Collectively donated, not from each individual client). Even in trekking there is a wage differential, the guide and the cook get the largest per day wage, the Sherpa support guides get around 1000/- less, the porters about 500/- less and the kitchen boys and stove boy less again.

At the end of your trek your Guide will provide a bag for you to donate unwanted clothing or other gear that you might not be planning to take home. This will then be shared out amongst the porter staff. Don't worry about the fact that you might have worn it all trek, the staff will wash it and put it to good use.



### **What happens in the case of a Rescue or a early return from trek?**

In the event of you suffering from any health problems that prevent you from continuing on trek then all expenses related to that incident will be your responsibility. You might be able to get these covered by your insurance when you get home but it is essential to collect the appropriate receipts and documentation to support your case before you leave Nepal.

The trek doctor, European Leader or Guide has the final word on this safety matters.

A helicopter might be required to airlift you back to Kathmandu but your trek equipment might not fly with you due to weight restrictions. You will be expected to pay for this service or guarantee your insurance company will pay before you leave Nepal..

If you have to walk out from a trek then you will be expected to cover all lodge costs. As your equipment will go with you a porter who will also act as your guide will be your financial responsibility. Trek camping and cooking equipment can't be taken from the main trek team as this would cause logistical problems.

Once you have arrived back in Kathmandu an ambulance will meet you at the airport and take you to get checked out at the health clinic. Both the ambulance charge and the clinic charges are your responsibility, without the official medical report your insurance company will not consider your claim. Sarita or I will accompany you through the medical process.

**You will be financially responsible for:** - All medication and x-rays, additional nights in the hotel and all repatriation charges if you do not return to the UK on your scheduled flight.

You might also have additional expenses in the form of telephone calls from the trek lodges, helicopter landing fees, or even additional nights in a lodge while waiting for a helicopter to arrive in the case of bad weather.

Our staff will support you in every way they can, including making any arrangements that might be required but, all the financial implications are your responsibility which must be settled before leaving Nepal.

When your trekking group returns from trek you will rejoin them and the itinerary and at that time your costs will again be covered by '**Off the Wall trekking**'

It should be noted that at the height of the season, if you return before your second visit date, it might not be possible to go back into your original hotel. In that case you will get booked into a different hotel but your stored luggage will be transferred to you. Hotels require proof of ownership of stored luggage so if you share a deposit receipt make sure you have it with you.

It should also be noted that despite the fact you might not want to alarm your family and therefore prefer to keep contact to a minimum, it is our experience that the news often gets through to the UK, even if from another trek colleague who contacts his/her family.

First-hand information is always the best policy!

### **Helicopter Evacuation Expenses**

If due to health reasons you have to be evacuated you will have to satisfy the helicopter company that the flight costs will be covered by your insurance company. In most cases a trekking insurance company will confirm this by email, fax or phone. Communication with your insurance company will be done by one of our '**Off the Wall trekking**' staff in Kathmandu. The same situation will apply to all your medical treatment expenses. You are also responsible for all hotels costs, food and living expenses until your trek return date.

At the time of writing the costs for an emergency helicopter evacuation could start from US 8,000\$ depending how far in flight time your trek is from Kathmandu.



### **Your trek emergency equipment**

Your trek team might carry a Hyperbaric Bag, a 'gammo bag' if it is a long trek at altitude and very remote; this is a pressurisation chamber which will be used in an emergency in case of serious AMS. During the early stages of the trek your Guide will show you and explain how the gammo bag works. This piece of kit might save your life in an emergency, please be familiar with its use and even get in it for a short while to experience the situation.

Your group will also carry a sat phone on high and remote treks where normal telephone reception is not available and a first aid kit on all treks. Please note the first aid kit also contains a copy of First Aid and Wilderness Medicines.



### **Trek Health**

**Drinking Water** - is an essential aid to keeping healthy, not only does this keep your body flushed out but, it is essential to avoid dehydration and the onset of AMS. Always ask your Guide if the water is 'European friendly', never drink water that has not been treated, never drink local water – keep your stomach healthy. Always clean your teeth in treated water.

**Diarrhoea** - Diarrhoea can also ruin your trek as well as making you feel very weak. You are bound to experience some form of disturbance to your digestive system purely because of the travel, change of diet and atmosphere. However, by simply maintaining a good standard of personal hygiene you can greatly reduce the chance of catching any bacteria that may be going around. Take

particular care with washing your hands after using the toilet and before eating. Beware of the effects of dehydration and inform the doctor, leader or Guide if you have any concerns. Use your hand gel regularly.

There will always be clean and treated hand-washing water outside the mess tent – please use it! We also suggest that you use hand gel before all meals

### **Acute Mountain Sickness (AMS)**

AMS is very common at high altitude. The occurrence of AMS is dependent upon the elevation, the rate of ascent, and individual susceptibility. Many people will experience mild AMS during the acclimatisation process. The symptoms usually start 12 to 24 hours after arrival at altitude and begin to decrease in severity around the third day if the correct procedures are followed.

#### **The symptoms of Mild AMS include:**

Headache

Nausea & Dizziness

Loss of appetite

Fatigue

Shortness of breath

Disturbed sleep

General feeling of malaise

Symptoms tend to be worse at night and when respiratory drive is decreased. But, generally subside within two to four days as the body acclimatises. When trekking, it is essential that you communicate any symptoms of illness immediately to others in your group especially the trek doctor, group leader or Guide.

Acclimatisation days are built into your trek itinerary. Ensure you drink plenty of water – but not from the streams!

### **Lake Louise Score (LLS) for the diagnosis of Acute Mountain Sickness**

Sometimes '*Off the Wall trekking*' monitors altitude fitness using the AMS Check Sheet. This will be provided separately by the Guide or trek leader on the rest days. Please complete this when going above 3,500m and as requested.

Once completed and signed please hand it back to the Guide on each appropriate occasion.

Please note the Guide and trek leader have the final word on your ability to go higher or in the event of evacuation. They are trained, experienced and qualified – please do not argue with them. If you do then your insurance could be regarded as null and void.

### **Treatment of AMS**


**Descent** - Wherever possible and appropriate this has to be attempted. There is really no magic altitude to descend to. This is the altitude to which your body is adjusted. Patients with High Altitude Pulmonary Oedema need to descend slowly and with assistance: excessive exertion even during descent may increase the blood flow to the lungs and exacerbate the problem. The trek medical kit contains Diamox that helps the body to adjust to altitude; it does not mask the symptoms but aids the process. If you carry your own Diamox please do not start taking it without first talking to the doctor, leader or Guide. Once you embark on Diamox you should continue to take it for the next two or three days or until your next rest day

**Side effects of Diamox** an uncomfortable tingling of the fingers, toes and face (called "jhum jhum" in Nepali – pins and needles); carbonated drinks tasting flat; excessive urination; and rarely, blurring of vision, prophylactically taking Diamox tends to be discouraged. The treatment dosage is 250mg twice a day for two or three days. Avoid taking Diamox last thing at night – it is a diuretic!

<i>Date:</i>	<i>Client's Name:</i>	
<i>Sleeping altitude:</i>	<i>Trek:</i>	
<i>Maximum altitude:</i>	<i>Trek Leader:</i>	
Self-Assessment. Score yourself for the five symptoms listed below. Remember that fatigue will be expected after exercise. Add comments if required		
<b><u>Physical Condition</u></b>	Score	Additional Comments
<b><u>S1. Headache</u></b>	0	
None at all	1	
Mild headache	2	
Moderate headache	3	
Severe, incapacitating headache	4	
<b><u>S2. Gastrointestinal</u></b>	0	
Good appetite	1	
Poor appetite and/or nausea	2	
Moderate nausea and/or vomiting	3	
Severe, incapacitating nausea/vomiting	4	
<b><u>S3. Fatigue and/or weakness</u></b>	0	
Not tired or weak	1	
Mild fatigue/weakness	2	
Moderate fatigue/weakness	3	
Severe fatigue/weakness	4	
<b><u>S4. Dizziness or light-headedness</u></b>	0	
None	1	
Mild	2	
Moderate	3	
Severe, incapacitating	4	
<b><u>S5. Difficulty sleeping</u></b>	0	
Slept as well as usual	1	
Did not sleep as well as usual	2	
Woke many times, poor night's sleep	3	
Could not sleep at all	4	
<b>Total Self-Assessment Score</b>		



## Hypothermia



**Hypothermia**

It is a condition which occurs when the body starts losing heat more quickly than it can produce it resulting in the body temperature going down rapidly.

**Symptoms of Hypothermia**

- Shivering
- Dizziness
- Feeling hungry
- Nausea
- Rapid breathing
- Problems speaking
- Confusion
- Coordination difficulties
- Fatigue
- Rapid heart rate
- Shivering, as the condition worsens
- Drowsiness
- Weak pulse
- Shallow breathing.

ePainAssist.com

Hypothermia is a rapid cooling down of the body core temperature. By the time you display signs of hypothermia your body will have cooled to a dangerously low temperature. It is important that you keep warm, carry a spare sweater, fleece or preferably a down jacket in your day sack – you will appreciate it when the sun goes down or if the weather suddenly changes

### Daily Briefings

Your Guide will, at the end of each day, give you a briefing about the following day's activities. He will also check by asking you if you feel OK. Please be honest

and tell the truth, take the Guide to one side if you have a problem mentioning issues in front of others. Remember that '*Off the Wall trekking*' Guides can do most things but they aren't telepathic and can't help if they don't know.

### **Administration**

Please confirm with a member of the '*Off the Wall trekking*' staff any extension details that you might have or wish to have organised on your behalf..

If you have any valuables that you might want to leave in the hotel's safety deposit box please see the Hotel Reception staff – you will be responsible for the box key and there is a \$100 charge for its loss and subsequent breaking into the box. Only the signatory will be able to get access to the box so if you share be warned the box will not be opened unless you are the signatory or you have the key.

You may require your passport on trek however; it is advisable to leave a photocopy with our staff in Kathmandu.

### **Health Warning**

Remember the mountains are one of the great wonders of the world; however, they can also be dangerous. While '*Off the Wall trekking*' takes every precaution to ensure your safety we are unable to provide a written 'guarantee'. It is very important that you accept your responsibility to be fully fit for your trek, to ensure you have the correct equipment and that you understand the environment into which you are going to trek. You must communicate any concerns you might have while on trek about health or other matters or the staff won't be able to help.

You should have declared any health issues you might have with us before commencing your trek so that we can brief the guide however, if you are still concerned during the trek please mention it to and Guide.

**'Off the Wall trekking'** can hire down clothing for you in Kathmandu if, at the last minute, you feel a down-jacket might be a good piece of kit to take on trek.



### **While on Trek**

Your trek might be either based on a 'lodge trek' or a 'camping trek', either way your trekking crew will be structured in a similar manner. If you stay in lodges your daily routine will be similar with the exception that you will not have a catering team, you will eat in the lodges from the lodge menu. As previously arranged with us (all inclusive or pay as you go)

### **Staff Structure on Trek**

**The Guide** is the 'Boss' and his role is that of trek manager. He ensures all the porters work according to the trek program; they arrive at camp/lodge on time and leave/strike camp on time. He liaises with the cook team and the Sherpa

Guides. In the event of your trek not having a European leader he will liaise between the clients and the trek staff.

**Sherpa Guides** these staff generally trek with the clients and make sure everything goes according to plan and that everyone is happy and that they don't get lost. One of these sherpa-guides will carry the group first aid kit at all times.

**Porters** are the 'Eddie Stobbarts' of the trek and of Nepal. Their role is to move logistics from one camp site to the next. However, once they set off in the morning you rarely see them again until you arrive in camp or at the lodge in the afternoon. So don't expect to have access to your main luggage during the day's trek. Carry your daily needs with you in your day sack.

**Cook** is the main man in charge of, and responsible for, all the catering requirements and kitchen equipment. He oversees the preparation of meals and supervises the kitchen boys. He is responsible for the catering in the mess-tent and organising meal times. The chef will often walk with the clients for part of the day acting as a Sherpa Guide.

**Cook Boys** are the junior chefs, they prepare the food and in many cases are responsible for cooking it under the supervision of the chef. They also act as the porters of the kitchen equipment

**The stove boy** has probably the worst job on trek, he is responsible for carrying the stoves and fuel as it is important not to get food or cooking gear contaminated with kerosene.

Although the guide looks after the whole team it is the support staff who you rarely meet so it is always a welcome gesture if, when you do pass them along the trail you take a couple of minutes out just to have a friendly chat.

**Trek Staff Guide**

**Guide**

**Chef**

**Assistant guide**

**Porters**

**Kitchen Boys**

**Stove Boy**

**Insurance information**

This is important information – please make sure you fill this section in. Then keep this booklet in your day sack / on your phone at all times.

- Insurance Company
  
- Insurance Company telephone –
  
- Your insurance policy number –
  
- Pre-trek Medical conditions –
  
- Any medical allergies –
  
- Personal Medication –
  
- Medication administered on trek –
  
- Trek Medical History -

In case of a non fatal emergency do you wish 'Off the Wall trekking' to contact your family? YES / NO

If YES please indicate the phone number to use.....

Thamel is the tourist area of Kathmandu, (Kathmandu Guest House is marked) a district where you will find the tourists, but, not the locals doing their daily shopping. There are many shops catering for the general tourists as well as for trekkers and mountaineers.

Most of the out-door shops will hire nearly all of your out-door trekking requirements.

The Pharmacies in Thamel can provide all your general medication for trekking and without the necessity of a prescription.

To go where the locals go to shop, visit the Ason District or New Road for the more upmarket shops, Durbar Marge (King's Way)

### **Recommended Trekking Kit**

The following is a list of clothing and accessories that we recommend that you take with you. This is not intended to be a comprehensive clothing and equipment list, rather it is intended to act as a reminder of those items that we feel are essential for your comfort and convenience. However, we recognise that you may have your own personal preferences for clothing which may be equally as suitable.

### **Footwear**

Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof or trail / approach shoes. Trainers for relaxing in for travelling in.

Warm socks for colder areas

Gaiters, in case of rain or snow

### **Leg-wear**

Loose, casual trousers for trekking

Thermal underwear for colder areas

Long skirt for women as an alternative to trousers

Waterproof trousers

### **Body**

Selection of T-shirts, and long sleeved shirts, preferably not cotton

Thermal shirt for colder areas

Warm shirt, possibly fleece, for colder areas

Fleece jacket or warm wool jumper

Windproof, waterproof outer shell garment for higher altitudes

Down jacket (optional for cold nights & mornings; can be hired in Kathmandu).

### **Head/Hands**

Wool or fleece hat, or balaclava, buff

Hat or cap for sun protection while trekking

Sunglasses or goggles

Sunscreen lotion and lip balm

Warm gloves

### **Other items**

Strong rucksack, or large holdall to be carried by porters

Day sack to be carried personally

Plastic bags or stuff sacks to store/separate trekking gear inside your main bag

One litre water bottle

Personal first aid kit to include essential items

Sleeping bag, 4 seasons

Torch, ideally head torch

Camera and charger! - For those not to be forgotten shots of the Himalaya

Toilet items and towel

**Optional items**

Binoculars

Something for evening relaxation – books, ipod etc

'Off the Wall trekking' supports: -





**NOTES**

