

Everest Base Camp

Following the Kumbu valley to 5,333m (17,496ft) and the world's highest mountain.



**Inclusive price. inc - all taxes,
Permit fees, national park charges, etc.**

**3 extra acclimatisation
days along the trek**

Bi-lingual local guides

**Regional airport
departures at no extra cost**

Full trek insurance

Sun 5th Aug 2007 to Fri 24th Aug 2007 (19 nights)

Also available at www.ukoutdoorpursuits.co.uk
Inca Trail - Kilimanjaro Summit



This dossier date - 30 Nov 2005

To ensure you have the most up to date information (and holiday availability) please check our website and compare the Dossier Date (always at the top of page 2) with this copy.



This dossier contains much more information than a standard holiday brochure. It has been written to explain everything you need to know before you decide whether you wish to book. If, after reading it, you still have some questions, please do not hesitate to contact us on (01942) 826256.

We know it's an often used phrase, but we really do appreciate your interest, so many, many thanks and hopefully we will see you soon.

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Lisa (UK'OP admin manager) on her way to Everest Base Camp past the East face of Cholatse.



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Cost / Sponsorship

Most people simply pay for the trip but if you wish to use this event to raise funds for a deserving charity you may choose from a list of extremely worthy causes shown on our website www.ukoutdoorpursuits.co.uk or call us for details.

Cost

The cost of Everest Base Camp Trek is £1,950.

If you wish to join us on this trek:

A Deposit of £400-00 is required with your booking form payable to UK'OP Trekking.

Your final payment is required at least 70 days prior departure, or with application if booking after this.

Total payments include:

- Return flight to Nepal - see application form for a list of regional airport
- Transfers - internal flights, buses in Nepal
- B&B accommodation in Kathmandu
- Full board (all meals on the trek)
- Lodges along the trek
- British Guide
- Local Guides, porters and cooks
- Treks and Safaris Insurance

What the price does not include:

- Personal equipment (sleeping bag, clothing, etc)
- Lunch/dinner in Kathmandu (these are VERY cheap)
- Tips to local guides and porters (Normally each trekker contributes around \$60)
- Airport departure fees - At the time of writing the total is approx. \$20 per person
- Your visa (approx. \$20)

The Mount Everest Region (Solu Khumbu) in the far north of Nepal offers some of the greatest opportunities for the adventurous trekker. Not only is there the thrill of walking along trails surrounded by the highest peaks on earth, there is also the opportunity of visiting the remote monasteries such as Tengpoche and Chiwang and passing through Sherpa villages with their bustling markets and age-old Tibetan festivals.

As with most treks in the high Himalayas, we need to follow “natural” routes where rivers and glaciers have cut deep swathes and valleys through the mountains. To get all the way from the bustling Sherpa town of Lukla up to EBC generally there is only one way to go, that is to follow in the footsteps of Mallory, Hillary and Tenzing along the Western side of the Keshi Khala (River) up to Namche Bazaar and then turn North East, along the western side of the Imija Khala to Pheriche. Above this we turn almost due North, and then, on reaching the small Sherpa hamlet of Dughla, we skirt around the sections of the Khumbu Glacier. On the upper reach of this trek we will need to pass over the moraine and the final day of our ascent will see us walking along the Khumbu glacier and skirting around deep crevasses towards the base camp.

Nepal is a stunning country with many different faces, from the unearthly tranquillity of the high Himalayas to the chaotic scenes you will find in Kathmandu. We understand that the “main aim” of the trek is to reach EBC but this is not the “only aim”, on the way you will pass through many picturesque villages, meeting friendly people who are still happy to see “the strange foreigners” so take your time, look around, talk to the locals (most speak at least a little English) and most of all remember that the journey is just as important as the destination. So, as we progress higher don't fix only on Everest, take time to look to the horizon where you see many other high peaks covered in tumbling glaciers such as Ama Dablam, Chumbu and Pumori.

This is a trek that you just HAVE to do, probably only once so take your camera - and twice as much film as you think you will need - then when you get home and are sitting watching yet another soap on the TV, get out your album and remember the time when “you were there”. We will start the actual trek from the airstrip in Lukla and from here make our way up to Namche Bazaar, which is the Sherpa capital. This is where we will have our first days sight-seeing / acclimatisation. After this, we progress higher each day through Tengboche (very large monastery), Pheriche, Lobuche and other Sherpa villages until reaching our “top camp” at Gorak Shep. From Gorak you will have the opportunity to visit Kala Patter (5,545m) where there are spectacular views of Mount Everest. The walk to the actual Base Camp at the foot of the highest mountain on earth will be over the moraine of the Khumbu glacier. We will be taking a leisurely pace, walking approximately 6hrs a day, taking regular breaks in local tea houses. Porters will carry luggage up to the next night's stop in advance. Due to the extreme altitude of this trek we have been very cautious with the planning. Above 3,500m we will have a days rest between each day of ascent to aid acclimatisation.



Everest Base Camp Itinerary

Heights shown are "sleeping heights" not the maximum altitude reached during the day.

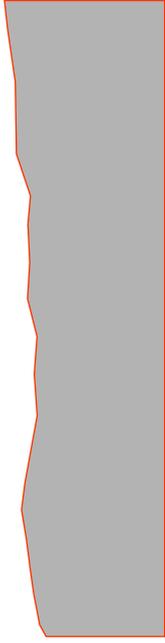
Sun 5th Aug	Overnight flight Depart UK to Kathmandu	
Mon 6th Aug	Arrive in Nepal - overnight stay in Kathmandu Guest House	1,344m
Tue 7th Aug	At leisure in Kathmandu	
Wed 8th Aug	Trek Day 1 - flight to Lukla then trek to Phakding	2,610m
Thur 9th Aug	Trek Day 2 Phakding to Namche Bazaar	3,440m
Fri 10th	Namche Bazaar - overnight stay Sight-seeing / Acclimatisation	
<p>Namche Bazaar This is the administrative centre of the Khumbu region. In years gone by the Sherpa people were traders carrying goods from India over the Nangpa La (pass) into Tibet. In recent times the income that trekkers provide enables this busy little town to thrive, despite the comparative lack of indigenous resources. There are quite a few shops selling (and renting) most things that you are likely to have forgotten (?) or decided that you want to replace (i.e. is your sleeping bag warm enough?).</p>		
Sat 11th Aug	Trek Day 4 Namche Bazaar to Tengpoche	3,860m
Sun 12th Aug	Tengpoche - overnight stay Sight-seeing / Acclimatisation	
<p>Tengpoche. Local beliefs have it that in the 17th century, Lama Sange Dorje flew from Tibet over the Himalayas and landed on the rocks above Tengpoche. Where he left his footprints a monastery was built. The monastery is over-shadowed by a hand carved statue of Sycamine (Buddha) which is almost 12ft high.</p>		
Mon 13th Aug	Trek Day 6 Tengpoche to Dingboche	4,240m
Tue 14th Aug	Dingboche - overnight stay Sight-seeing / Acclimatisation	
<p>Dingboche This is the highest permanently habited town in the valley and though, by no means the highest point on the trek, due to it's exposed, and windy, location, this is one of the coldest (see Clothing List on page 10). On this "Rest Day" we will be making the ascent to the village Chhukung before again descending to our lodge in Dingboche. From Chhukung there is one of the most spectacular views on earth. With the great south face of Lhotse (8,501m) and the ice covered crags of Amphu Lapcha and Makalu (8,463m), you really shouldn't forget your camera.</p>		
Wed 15th Aug	Trek Day 8 Dingboche to Lobuche	4,910m
Thur 16th Aug	Trek Day 9 Lobuche to Gorak Shep & Kalapatther	5,140m
<p>As Everest is not visible from EBC you will have the opportunity of ascending Kalapatther (5,540m - 18,175ft) from where there stunning views of the world's highest mountain</p>		
Fri 17th Aug	Trek Day 10 Gorak Shep to EBC to Lobuche	4,910m
<p>EVEREST BASE CAMP (5,210m) From Gorak Shep we walk for around 3hrs to EBC returning to Gorak Shep for lunch before desending to Lobuche</p>		
Sat 18th Aug	Trek Day 11 Lobuche to Tengboche	3,860m
Sun 19th Aug	Trek Day 12 Tengboche to Namche Bazaar	3,440m
Mon 20th Aug	Namche to Lukla then flight to Kathmandu	1,344m
Tue 21st Aug	Sight seeing in Kathmandu	
Wed 22nd Aug	Sight seeing in Kathmandu	
Thur 23rd Aug	Depart Kathmandu on overnight flight	
Fri 24th Aug	Arrive back in the UK	

NOTE - the extra days at the start and end of the trip are vital as they give us the flexibility to be able to cope with transport problems.

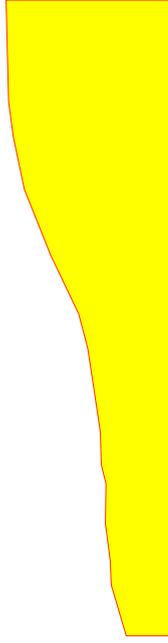
Everest Base Camp Trek stats
Copywrite UK Outdoor Pursuits (Trekking) Ltd

Survey Wayne of UK'OP Instructors Dept Aug 2003
 Correct to 5m +/-

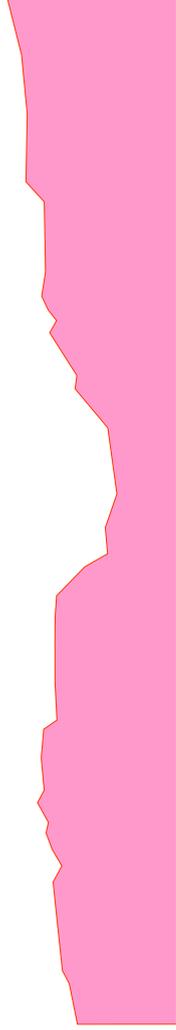
Note - Lukla to Phakding withheld.



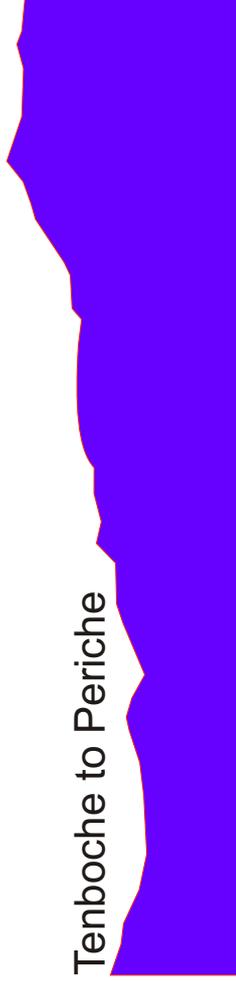
Phakding to Manjo



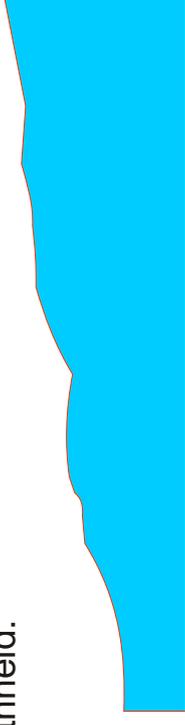
Manjo to Namche



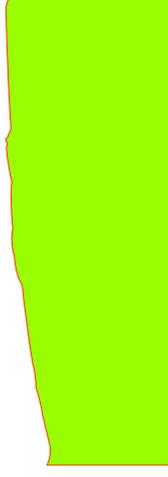
Namche to Tenboche



Tenboche to Periche



Periche to Lobuche

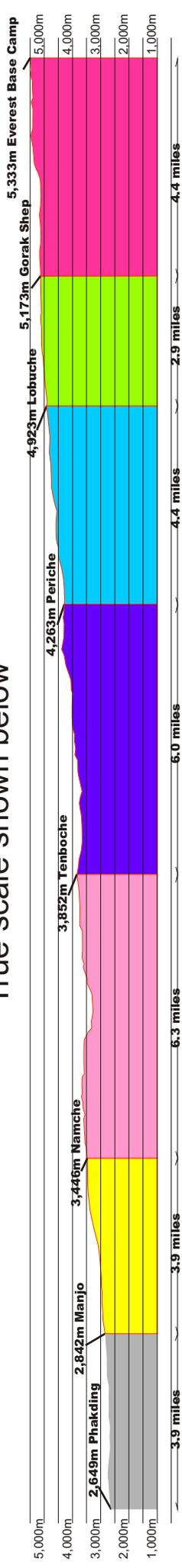


Lobuche to Gorak Shep



Gorak Shep to EBC

True scale shown below



Trek leader

The Leader on this trek this will be Wayne Naylor. An experienced mountaineer, who leads all our Everest Base Camp treks (all photos in this dossier were taken by him) and who has climbed in both the Alps and to over 8,000m in the Himalayas in Tibet and Nepal and has also made over 20 ascents of Kilimanjaro.



Wayne - trek leader

Sidar (senior guide)

The sidar's role is vital for the smooth running of the trek as they are responsible to the trek leader for the logistic side of the trek and also the hiring of porters. There are 2 Sidars on this trek (1 senior, 1 assistant), both of whom have worked with UK Outdoor Pursuits on numerous other treks into the high Himalayas, they both speak English.

Our sidars are from the Sherpas from the Khumbu region of North Nepal. Sidars do not carry luggage, they will take personal responsibility for organising the porters and liase with tea house owners, both our sidars have completed the EBC trek many times and know the area intimately. If you have any questions regarding the local customs, the best shops, weather forecasts, etc. speak to the guide or sidar.

Porters

Many Europeans feel uneasy about asking (as they see it) someone else to carry their bags. Don't forget that in many remote regions there is simply no other way of transporting goods up the tracks, indeed "everything" has been carried up by porters. Our porters are professionals. It is not unusual to see a father and son on the same



Our wonderful porters

trek, the wages they get are an absolute vital constituent of their family's income. Do not personally tip porters. At the end of the trek if you think that they (and the local guides) have done a good job, members may do a collection. The normal amount each trekker contributes on the trek is \$60. This is divided between all the guides, the porters, cooks, and other local staff.

UK Outdoor Pursuits Trekking, on your behalf, has agreed fully with the requirements of the International Porters Protection Guild (IPPG) guidelines.

The cost of this trip has been very slightly increased to enable us to meet these guidelines.

Porters will carry luggage up to the next night's stop. Porters will only carry a **maximum of 10 kilos for each member**. The guides will weigh these loads each day. Anything else you wish to take must be transported in your own rucksack. It would be a good idea to restrict these extra items to a camera, spare film, waterproofs, etc. You **MUST** always have your first aid kit, passport, money, etc, in your own rucksack.

Tips

Tips make up a vital section of wages in many developing countries. The normal rate of tips in Nepal are: Porters \$20, Senior Porter \$30, Assistant Cook & Yak drivers \$40, Cook \$60, Assistant Sidar \$80, Sidar \$100.

Risks

Members must understand that they are participating in a potentially dangerous high altitude trek. As with all expeditions to high altitudes there is a risk of any party member getting Altitude Sickness, suffering injury or even death.

Participation

Group members should observe the customary conventions of remote expeditions, e.g. sharing work, respecting local customs, conserving the environment, etc. Being part of a group, all members must bear in mind that their actions, will reflect on the rest of the group.

Disruptions

Any journey to high altitudes is highly likely to be subject to changes, alterations and other disruptions totally beyond our control. The weather can have the largest affect on the group as a whole and, for individuals, acclimatisation to altitude is a big consideration. Some things that, in Europe or North America, would be unusual are more common in the more remote areas of Nepal. Such occurrences are not something to get upset about. Simply put it down as one of the benefits of experiencing a totally different culture. The trek leader will make every effort to ensure that each member has the opportunity of reaching the Base Campo, but, if this is not possible, the best alternative will be sort, bearing in mind the original aims of the trek.



Altitude

Each trek has been scheduled to allow time for altitude acclimatisation but it may be that some members have a slower than normal rate of acclimatisation. In this case it may be necessary for these members to accompany a porter back to a lower lodge.

Flights

Please check the application form for a list of regional departure airports.

Note. If flying from / to Belfast we suggest that you get a BMI flight to Manchester the day before and stay over in Manchester - it's much cheaper than London. Call our admin office for advice.

Visa

A Visa is normally issued (cost around \$20) at Kathmandu airport on arrival for anyone with a passport issued within the EU.

Money

You are very rich. Alright you may not feel very well off, but remember the cost of this trip is sometimes more than some people in the areas we are travelling to will earn in their whole life. So you really are rich. Do not flaunt your wealth. Keep money in a money belt next to your skin and NEVER leave it lying around. It is always tempting to give a local child \$20. Please don't. If you do wish to help the locals, speak to the trek leader who will enquire about local charities. They will appreciate any donations. Do not give to beggars.

Most people find that £250 in spending money is plenty for your time in Nepal.

Don't take Sterling Travellers Cheques. If you wish to take Travellers Cheques make sure they are in US Dollars. Take plenty of small US dollars. DO NOT take anything larger than a \$20 bill, better still take loads of \$5's and \$1's (\$1 bills are especially welcomed by the locals). To you a \$50 bill is only worth enough to take a few mates out for a burger, but to a local it may be a year's wages, they won't have change. The hotel in Kathmandu will change travellers cheques (you can't change £ or \$ on the trek so it's best to do this in Kathmandu). Don't accept any torn notes, shops will not accept them.

DO NOT change more, into local currency (Rupee - £1 is worth "very approximately" 125 rupees), than you need as you can not change it back in to Sterling or Dollars and it is not exchangeable back in the UK. So if you do end up with some left over, probably the best thing to do with it is to put it in the charity collection on the plane home.

Airport Departure Fees.

The cost of this holiday includes all taxes and other charges except airport fees, which we can't pay as a group. Each person must present themselves at the security gate and pay their own fees, so you will need to budget for this. The charge is (in Nov 2005 - so may rise slightly) NR1695 (around £13.50) but has to be paid in US-\$ (around \$20).

Security

It is a sad fact that a few people have had gear stolen in Nepal, but there are a few sensible precautions which you can take to reduce this problem. Ensure that you carry your passport, travellers cheques, etc. in a money belt. Get a rucksack lock for the items you leave in the hotel (unless you have a lockable suitcase). Safe deposit boxes are available at the hotel in Kathmandu (you may leave items here whilst on the trek).

Many items that may be of interest (if you have security concerns) are available from www.catch22products.co.uk or call (01942) 511820 and ask for a brochure.



On the last day of the trek we will be walking along the Khumbo glacier

Health

Before you book your trek have a medical check up. Ask your doctor to pay special attention to your cardiovascular system. Show your doctor this dossier as they may wish to compare your medical history with the information contained here. Ask them to pay specific attention to the program with regards to your medical history and the details (altitude, distances, etc) on page 5 & 6.

We have taken the medical questionnaire off the application form as many people apply for trek over a year in advance. We will send you a medical questionnaire just before the trek to ensure that it is up to date.

Pre-existing Medical Problems

Should someone become seriously ill whilst on higher reaches of the trek, evacuation would be problematical. **For this reason we are not able to accept anyone with pre-existing medical problems on this trip.**

Immunisation

At least two months prior to the trip please go and see your doctor who will arrange for an immunisation program. Your practice nurse will have a full list of current required "jabs".

Dental

Have a check-up before the trip. Dental treatment in Nepal is sometimes rather traumatic. If you do have serious dental problems, the trek leader will arrange for you to go to a dentist but it is MUCH better to have a thorough checkup before you go.

Personal Hygiene

Wherever you are in Nepal you should constantly think about personal hygiene. Many trips to this area have been ruined by a simple mistake, such as drinking from a bottle without wiping the top.

Woman's Hygiene Products

These are readily available in local shops but you don't know how many "years" they may have been there. Please purchase any requirements from Britain and take them with you. They are NOT available on the trek.

First Aid Kit

The trek Leader has a large first aid kit and is experienced in dealing with altitude problems and other common situations in remote areas, but it is important that each member carries their own first aid kit.

Your personal first aid kit should contain

- Painkiller e.g. Paracetamol, etc
- Anti Fungal Cream - One small tube
- Cough Lozenges e.g. Locketts, Halls, etc
- Multi Vitamins - Enough for one per day
- Plasters - Assorted sizes
- Compeed (for blisters)
- Safety Pins - Assorted sizes
- Dioralyte - For dehydration
- Antiseptic Cream - A small tube
- Oil of Cloves - Small bottle (dental problems)
- Antiseptic Wipes (take loads of them)
- Antibiotics Chest (obtained from your doctor)
- Antibiotic Bowel (obtained from your doctor)
- Triangular Bandage Take one
- Thick Crepe Bandages - 1 wide & 1 thin
- Arret or Lomoti - For Diarrhoea

NOTE. Ensure that any prescription drugs are kept in their original wrappings and if possible take a copy of the prescription with you.



GEAR Items marked * can be obtained very cheaply in Kathmandu.

A Large suitcase which will be left in the hotel with the items you don't need for the trek.

You will also need a large rucksack for the porters to carry your trekking gear.

Small (30/35 litre) Rucksack Must have well padded waist strap

Sleeping Bag - As good a quality as you can get hold of

Penknife - Swiss Army Type. (Don't carry in your hand luggage)

Head Torch & at least 4 spare bulbs and * 4 spare batteries sets (Battery life is reduced at high altitude)

Sun Screen - Very High Factor (you will need at least factor 50)

* Foot Powder

* Insect repellent

Compression Sacks - For packing bulky items in to bags. (available from most outdoor shops)

Camera - Don't under estimate the number of * films you need and remember spare * batteries.

Camera Case - Optional but essential if you have a decent camera.

* Small Sewing kit - Ensure it contains strong cotton and spare buttons

Sun Glasses - **Don't forget these you're going to NEED them**

Water Bottle - Nalgene water bottles are strong but we strongly suggest that you take An Aqua Pure Bottle (available from Catch 22)

* Bin liner - Take two, industrial strength to line your rucksack and keep everything dry.

Pair of Trekking Poles - Telescopic (Optional)

Personal washing gear and * small towel.

CLOTHING

Underwear - Bring plenty

Socks - Ensure they are at least calf length. Therlo Trekking Socks are best but they are expensive. If you are prone to blisters take some thin cotton under-socks which will prevent rubbing.

* Trekking Trousers - Lightweight canvass are best. Don't wear jeans on the trek.

* Sun Hat - (You can get a wind brimmed hat in many local shops for around \$3)

* Warm Hat - You will need a warm woolly hat for the cold nights.

Gloves - Needed for cold mornings higher up.

* Silk Scarf - stops wind, rain, etc. from going down your neck and silk dries very quickly

Fleece Or Down Jacket - THIS IS IMPORTANT - It can get VERY cold up there

* T Shirts - Take (or buy) a few (they tend to smell after a while)

**Other**

You don't really need one of these but they will make you much happier ???. Catch 22 sell mattress covers that stop anything living in the mattress in the hotel ?? from biting you. Give them a call and ask for advice.

**BAGGAGE**

It is important to weigh your baggage "before" you arrive at the airport. **The allowance is 20 kilos.** If you have any excess you may be able to haggle at in the UK although you will still probably have to pay a supplement and remember that even a small excess can be "very" expensive. Even if you are not charged in at home **it is almost certain that you will be when you arrive.**



Water

Strong recommendation - get an Aqua Pure Traveller from Catch 22 - (01942) 511820. These look like normal water bottles but they contain a iodine filter which not only kills all the bugs and beasts but also takes out all the other bits such as grit (and other dead things that you don't want to think about) !!!!

The main way to avoid altitude problems is to drink water. Lots and Lots of it. If you are not used to drinking large amounts of water, start practising now (it's good for you). You should ensure that you drink an absolute minimum of **at least one litre for each 1000m in altitude.**

NEVER drink water from taps, pipes or streams.

Ensure that ALL water that you drink has either been put through a Catch22 bottle, sterilised or boiled. If you drink bottled water make sure that it is STILL SEALED when you get it. In the First Aid Kit section you will see Medi wipes, take loads of these and wipe everything, inc. bottle tops.

Boots

Get a sturdy pair with good ankle support. BUT the most important thing regarding boots is that they are comfortable. Should you get leather or Canvass ? There are benefits to both. Leather is strong and gives more support whilst canvass are lighter and tend to expand more (important when walking long distances). Ensure you wear your boots for at least a few days prior to the trip to ensure they are comfortable with no "rub-points"

Waterproofs

Some people take a set of waterproofs others simply buy a poncho in Kathmandu. The choice is yours. Waterproofs are more rugged but poncho's are cheaper (about \$3 in 2005) and lighter.

Other Clothing

Take whatever you want. But please remember that it Nepal is a deeply religious Hindu country so your clothing should be conservative and not too revealing.

Ladies - Do not wear shorts anywhere in Nepal and (men as well for this bit) T shirts should always cover your shoulders.

WARNING



This plant grows naturally in this area. By all means take photos and have a good look but then leave it alone. If you decide to take any home as a souvenir you will be arrested at the airport and Nepalese jails are not very nice!

INSURANCE

All figures quoted are pounds sterling and to the best of our knowledge they are correct but they may change.

Summary of insurance cover for all treks under the Ault Insurance "Treks and Safaris" policy.

Cost of cover is included within the cost of the trek.

Up to a Maximum of

1. Loss of Deposit / Cancellation (Excess - 7.5% of the claims settlement figure) (Including Government Travel Restriction)	£5,000
2. Curtailment (Excess - 7.5% of the claims settlement figure)	£5,000
3. Medical and other Expenses (£40 Excess)	£2,500,000
4. Hospital Benefit	£500
5. Personal Accident	£25,000
6. Personal Baggage (Single Article Limit £300) (Limit for Valuables (Incl. photographic equipment & binoculars £300)) (£40 Excess)	£1,500
7. Personal Money (£40 Excess)	£300
8. Personal Liability	£1,000,000
9. Travel Delay or Cancellation (£40 Excess applicable to Cancellation)	£5,000
10. Missed Departure (£40 Excess)	£800
11. Legal Expenses	£10,000

If you are aged 70 years or over, a Medical Certificate from your doctor confirming that you are fit enough for the trip you plan to join must be produced before cover can be confirmed.

Altitude Sickness.

Any trip to high altitude can result in altitude problems. This is normally caused by too rapid an ascent. Although the program has been designed to avoid this, acclimatisation to altitude is very much a personal thing, which makes it impossible for the trek leader to predict beforehand if a particular member will suffer from altitude sickness. The group will go through how to recognise AMS (Acute Mountain Sickness) on arrival. This said, the program we have arranged should negate any altitude problems due to our slow rate of ascent. There are many problems associated with high altitude including some uncomfortable symptoms and some even life-threatening conditions. All are caused by the result of a decrease in oxygen concentration in the blood. There are three general principals that all trekkers should bear in mind.

- People's susceptibility to the affects of high altitude vary greatly.
- A rate of ascent that will suit most members of a trek or climb may be too rapid for others. These differences are inherent and nothing to do with your state of fitness, your determination or courage.
- Anyone who gets more than "slightly sick" has only their self to blame. If in doubt "GO DOWN". Trekkers who fall even slightly sick, for whatever reason, should assume they are suffering from the high altitude, or that their illness is being made worse by the high altitude.

The most common misunderstanding is that at high altitude there is less oxygen in the air. This is not true. There is the same percentage of oxygen in air (about 20%) at all altitudes, but due to there being less air (pressure) there is also less oxygen. This is important as your lungs work on pressure. Oxygen is moved into the blood from the lungs because the amount of oxygen (pressure) in the lungs is greater than that in the blood and so the blood "absorbs" the oxygen molecules. We need oxygen to live and without it we have Big problems.

There are 3 main problems with high Altitude.

1 ACUTE MOUNTAIN SICKNESS.

AMS is a name given to a set of symptoms caused by too rapid ascent to high altitude. THE EASIEST WAY TO RELIEVE THESE SYMPTOMS IS TO DESCEND. The main reason people get AMS symptoms is due to a reduction of oxygen to the brain which is caused by a lack of circulating (oxygen bearing) fluid (blood is a fluid). This is because too great an ascent will cause the body to absorb any available fluids (i.e. blood) into other tissues i.e. Muscles, brain, etc. You MUST be able to replace this fluid. **THIS IS WHY YOU "MUST" DRINK PLENTY OF WATER AT HIGHER ALTITUDES.** Don't forget that you are the only person who knows how you feels until symptoms become obvious by when it's normally too late !

Symptoms of AMS

- Headache
- Dizziness
- Fatigue
- Dry cough
- Loss of appetite
- Nausea (feeling sick)
- Vomiting (being sick)
- Or, as often happens, simply feeling unwell.

Symptoms will normally be worse in the early to mid morning. This is because at night there is a normal reduction in your rate and depth of breathing (and intake of oxygen). At higher altitude this is more pronounced. This is the reason some people find it difficult to "get a good night's sleep" at high altitude. If untreated a few people's AMS may progress into HAPE (see below).

It is a fact that over 60% of people trekking to over 4,000m do get mild AMS. It is most-commonly treated with Asprin or some other form of Analgesic. Your guides will be carrying other treatments so please do seek help if you have any problems.

2 HIGH ALTITUDE PULMONARY EDEMA (HAPE)

This is normally caused by AMS not being treated i.e. Going down to a lower altitude. In times gone by this was commonly thought of as pneumonia. It isn't, although the symptoms are similar. It is caused by the body's reaction to the reduction in circulation fluids and the lungs trying to alleviate this by absorbing fluids though the lung linings. This causes the alveoli to fill with fluid and , well lets just say it's another Big problem.

Symptoms of HAPE

Marked shortness of breath, a feeling of "tightness" around the chest, raleing (bubbling or crackling sounds in the lungs, coughing which is dry at first then may become watery. At the end, i.e. when you have (yet another) really Big problem there may be blood coughed up.

3 HIGH ALTITUDE CEREBRAL EDEMA (HACE)

This is a another BIG problem (of the brain). It can be seen by the patient's ataxia (acting in a drunken manner), raleing, although this will more normally indicate HAPE. ANY ATAXIA OR SEVERE HEADACHES MAY INDICATE HACE. If you don't turn round and go down right away you may die.

Please do take the time to read the items below - they are important. If there is ANYTHING you don't understand please do contact us, either by phone (01942) 826256 or by e-mail. (info@ukoutdoorpursuits.co.uk)

After reading these Term and Conditions if you decide not to proceed with the booking, within 7 days of the Confirmation Date which we will send you, simply let us know and we will cancel your booking and make a full refund of all money paid.

When you book a holiday with UK Outdoor Pursuits (Trekking) Ltd ("UKOP") and we send you a Holiday Confirmation, a contract is formed between you and UKOP, which is subject exclusively to English law and the jurisdiction of the English courts. No-one, other than a Director of UKOP, may alter this contract.

Details in any publicity other than these Terms and Conditions do not form part of the contract. We provide dossiers, websites, etc for your information and to enable you to make an informed decision regarding whether to book or not.

A booking is made when:

When we receive a signed booking form, with deposit (or full payment if traveling within 70 days of booking) and we confirm your holiday with a Holiday Confirmation form. At any time before the Holiday Confirmation form is sent UKOP may alter any part of the holiday or decline your booking. If you are a parent making a booking for a child (a person under 18 years old) your signature on the booking form confirms that you have accepted all of these Terms and Conditions on behalf of the child.

Your signature is confirmation that you agree to these Terms and Conditions and that you have no pre-existing medical problems that may in anyway affect your participation and that you will inform the UKOP should a condition become apparent once your booking has been accepted. Also that you will obtain all inoculations required and that you understand that the nature of this holiday means that it is subject to alterations in such matter as dates, times and itineraries, services offered, etc. Also that you understand that there are risks of injury and even death involved in any form of adventurous travel.

Paying for your holiday:

Any money you owe to UKOP for your holiday must be paid within before 70 days prior to departure. If full payment is not made, UKOP may cancel the holiday and apply the cancellation charges.

If you change your booking:

A fee of £20 to cover the cost of administration will be charged along with any additional costs incurred by UKOP.

If you can not travel UKOP may, (at our discretion), allow you to transfer your booking to another person. UKOP will only accept the transfer if all suppliers (e.g. airlines, insurance agents, etc) will accept the change and the person receiving the booking makes a payment of £40 (if more than 70 days prior to departure) or £80 (if 69 days or less to departure) in addition to any other incurred costs.

If you cancel your booking:

The following charges will be made - as a percentage of the total cost of your holiday.

70 days or more prior to departure loss of deposit

69 to 40 days prior to departure 40%

39 to 20 days prior to departure 60%

Less than 20 days prior to departure 100%

If you have a complaint:

Should you experience a problem, you should let UKOP (or their representative) know about the problem right away. The vast majority of complaints and problems can be settled quickly, as long as we are notified as soon as possible. If you have a complaint that our representative is not able to deal with, you should put your complaint in writing to the address shown on your Holiday Confirmation form, for the attention of the managing director, as soon as practicable. The managing director is able to deal with all claims and complaints.

Travel requirements:

Do not forward a booking form until you have checked that you have a passport, that is valid for the full period of your holiday and that you are able to obtain the relevant visas and, in some cases, vaccination certificates.

Air Tour Organiser's Licence (ATOL):

UK Outdoor Pursuits (Trekking) Ltd holds an ATOL (number 6836). In the unlikely event of our ceasing trading, the Civil Aviation Authority will ensure you are (if abroad) repatriated and will arrange for a refund of money you have paid to us as deposits for future holidays.

Insurance:

A policy is supplied within the cost of the holiday. If you wish to arrange and pay for extra insurance this will not negate that fact that we have already supplied it. Although this may lead to complications if a claim is made.

It is a condition of all policies that you are responsible for your own belongings at all times and that you take reasonable care to protect it at all times. You should note that "reasonable care" may require much more surveillance and attention when in some foreign countries than in the UK.

You should also note that all policies will be invalidated by a false declaration concerning your fitness to travel. If you have any medical problems you should inform us before booking so that we can ensure that you are able to be insured to travel.

Your responsibility whilst on holiday:

The nature of adventure tourism means that you must accept the decisions of the tour leader whilst on your holiday. If the tour leader decides that you may not continue with your holiday or any section of it (for example due to ill health, altitude problems, etc) you must accept this decision. If the tour leader decides that your actions or behavior are, or may, affect your safety or the safety and enjoyment of the holiday by any other group members you may be excluded from the holiday. If you commit an illegal act whilst on the holiday you may be excluded from the remaining sections and UKOP will cease to have any responsibility for you.

In some of the countries we visit drugs are more readily available than in the UK. Please note that punishment for any infringement of local drug laws, however minor, can be extremely severe. Our holiday representatives are contractually bound not to associate with anyone in local custody. They will (via our UK central administration office) however inform the local British embassy, of your location.

In all cases of exclusion from your holiday, no payment will be made by UKOP for any unused sections, although, in the case of curtailment due to illness, a claim may be possible on the insurance policy.

Increases in holiday cost:

The cost of your holiday is guaranteed not to rise by more than 5%. (At the time of writing UKOP has never increased the cost of any holiday). UKOP make bookings in good faith with our suppliers. If, due to currency fluctuations, price increases by our suppliers, tax increases, etc, we need to increase the cost of your holiday by more than 5% you may cancel your holiday and we will refund all money paid, other than the proportion of the costs which has been used to pay for your insurance policy. If you wish to cancel your holiday due to an increase of more than 5% you must do so in writing within 14 days of receiving the notice of increased costs.

Changes to your holiday:

We will try when-ever possible to provide the holiday as described in the promotional literature but, due to the nature of adventure travel in remote parts of the world this may not always be possible, or advisable, due to events outside our control. If a major change is necessary e.g. Due to foreign political situations, natural disaster, epidemics, financial failure of airline company, etc. we will inform you as soon as we can. If we advise you of a major change to your holiday, that is not eligible for a claim against your holiday insurance policy, you may have a refund of all money paid or accept the change or transfer to another holiday operated by UKOP.

If UKOP cancels your holiday:

In the unlikely event of your holiday being cancelled by us you will receive a full refund of all money paid.

Local customs and standards:

You should be aware that in some countries the facilities offered will be significantly lower than European standards, e.g. hotels, toilets and washing facilities, shops, travel, etc. You should always be aware of local customs. Some local customs are an intrinsic part of everyday life and religion so if in any doubt consult your tour leader.

Everest Base Camp

Depart from UK Return to UK
Sun 5th Aug 2007 Fri 24th Aug 2007

These dates may change by one day either way as we do not yet have the confirmed flight times. Dates will be confirmed 1 year before departure.

First Name Surname
(as on passport) (as on passport)

Home Address
Inc postcode

Airport (Please)
 London
 Manchester

Male Female (Please)

Telephone (day)
Passport Number
Passport Expiry Date
Date of Birth
Nationality

The passport number you give here **MUST** be the one you will take on the trek as your permit will be booked under this number.

IMPORTANT - Please enclose 2 passport size photographs with this application form for permits.

Do you have a room partner for the trek Yes No (Please)

If Yes, put name here

If No, we will pair you up with another single trekker. Note. There are no single rooms or lodges on the trek. Please give details of someone who we may contact in the UK whilst you are away, should the need arise.

Contact Name

Telephone (day) Telephone (eve)

Please take time to read this declaration before you sign it

I confirm that I have read and agree to the terms and conditions shown in this dossier and that the details above are correct and that, **I have no medical problems that may in anyway affect my participation in the Trek applied for** and that I will inform the UK'OP should a condition become apparent once my booking has been accepted. I further confirm that I will obtain all inoculations required. **I understand that the nature of this holiday means that it is subject to alterations in such matter as dates, times and itineraries, services offered, etc.**

Signature Date

Please forward your deposit payment and photographs with this form

£400-00 Payable to **"UK'OP Trekking"** - to cover the deposit for the trip

Please note these payments are NOT REFUNDABLE. Please be sure you wish to join us prior to posting to, **UK Outdoor Pursuits (Trekking) Ltd, 28 Upper Dicconson St, Wigan, WN1 2AG.**