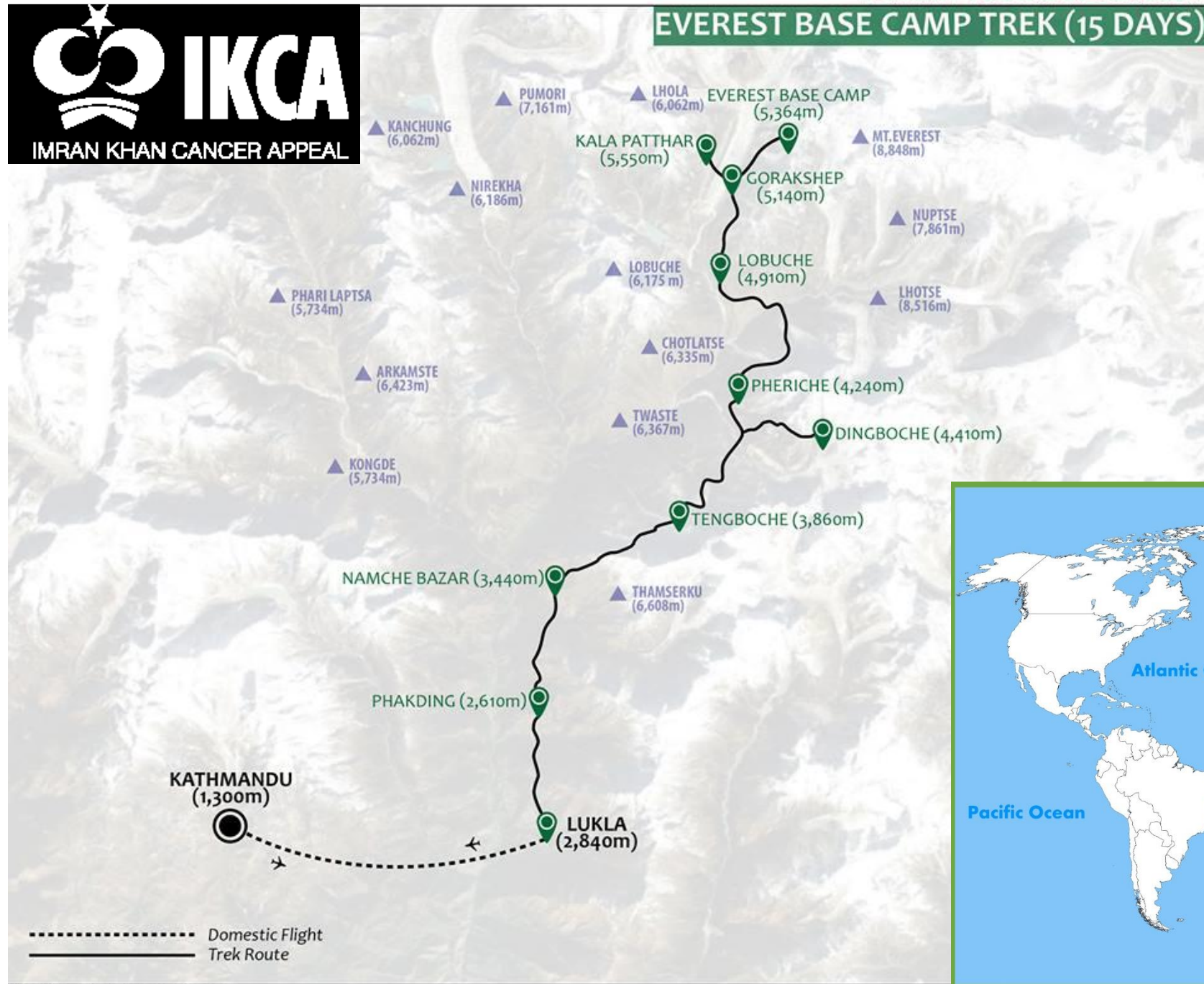




IMRAN KHAN CANCER APEAL

SUMMIT YOUR CHALLENGES...

EVEREST BASE CAMP TREK (15 DAYS)



The unsung heroes – our guides and trek master

<https://www.spiritualexcursion.com/>

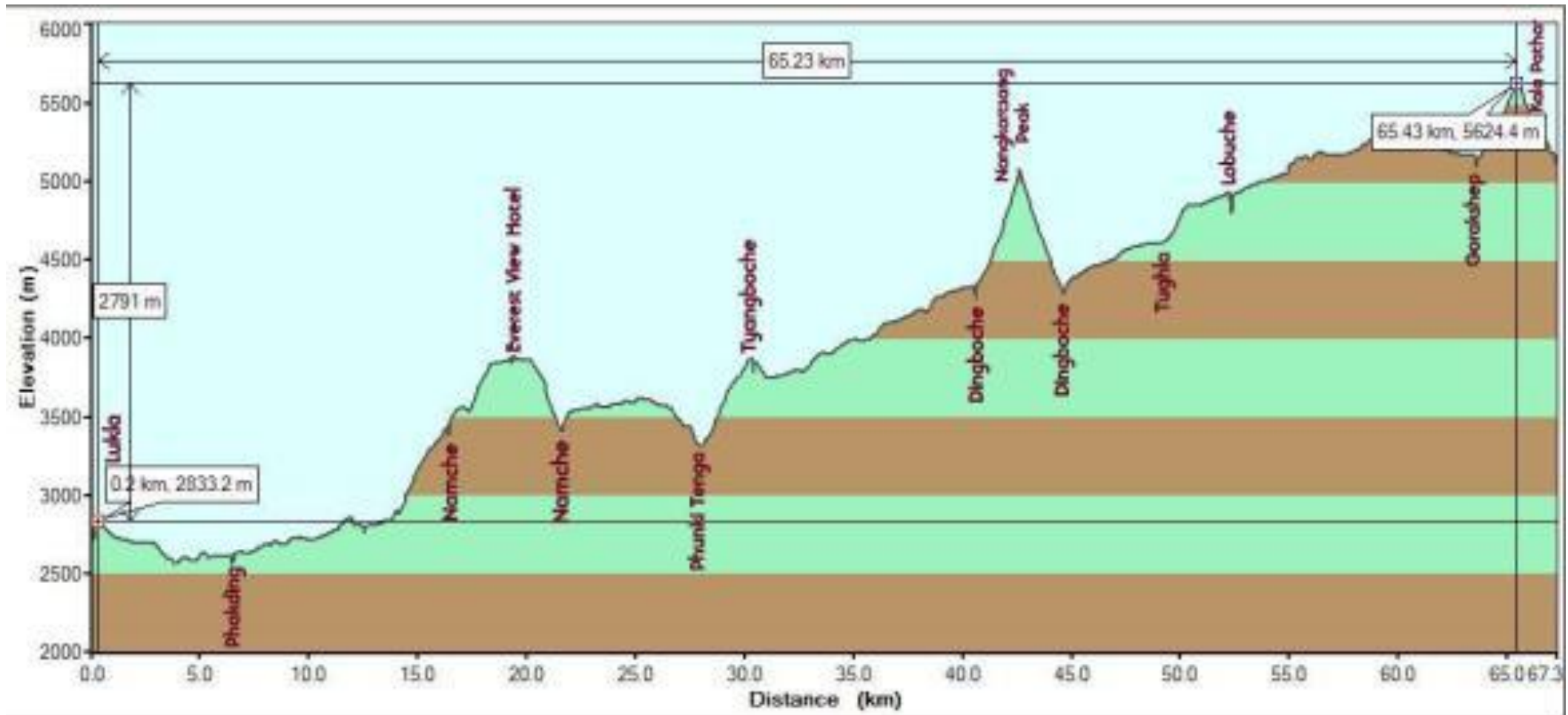


Puri – our pace maker who descended from EBS to Lukla in 11 hours on his own!!!

Kabin (Kabindra) – who is the owner of the trekking company and welcomed us at the airport
Next time I will teach him a few cultural hints for welcoming people at airports!!!



You ascend 2791 metres over a distance of 65km (return trip distance is walking from Manchester to Bham!!)



Biggest challenges are.....

1. Yourself – can you hack it? (very cold, out of your comfort zone, mountain village food (Yak's milk is a luxury), lack of basic facilities in the mountains, no running hot water, no mobile signal, basic internet – where available, no electric sockets in tea house bedrooms, rooms not heated etc some with no sheeting and lights out means lights out from 9pm till dawn when the solar generators kick in again)
2. How do you fit 15 days of supplies/snacks/equipment/clothes into a 10kg duffle bag and a 5 kg backpack? See next slide
3. Your health – acclimitisation, altitude sickness, diaorrhea
4. The terrain its -17 C at top near base camp yet the air conditioning is on in your Kathmandu hotel plus the steep climbs are never ending it seems at times.
5. It's one of the poorest countries in the world sustained by tourism – however it has people with a heart of gold!!!

CHECKLIST

1. For the Head

- Sun hat or scarf
- Winter hat or insulating hat or wide brimmed hat
- Headlight with extra batteries

2. For the Face

- Sunscreen
- Sunglasses with UV protection
- Face/body wipes
- Lightweight gloves
- Heavyweight winter gloves

3. Clothing

- Hiking tops
- Long sleeved tops
- Hooded rain jacket
- Fleece jacket
- Lightweight (trekking) trousers
- T-Shirts (bring light weight wool)
- Thermal (polypropylene) under-wear / base layers
- Down jacket (available to rent in Kathmandu)
- Sweater
- Water proof jacket and trousers

4. Footwear

- Hiking Boots
- Thick wool socks and thick light socks

5. Essential Gear

- Backpack or daypack
- Thermos
- Water purification tablets
- Trekking pole
- Sleeping bag (-15 bag is best for high altitude trekking)

6. Toiletries

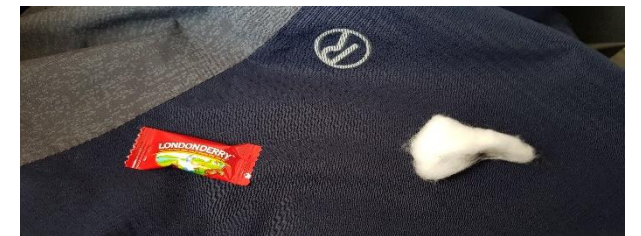
- Medium sized towel
- Toothbrush
- Toothpaste and gloss
- Deodorant
- Bio degradable bar of soap
- Nail clippers
- Small mirror

7. Personal Items and Misc.

- Money
- Watch
- Cell phone
- Camera
- First Aid kit
- Extra passport photos and photocopies of passport
- Notebook and pen



Some pictures to illustrate these points



Some more pictures to illustrate these points



Some more pictures to illustrate these points



Some more pictures to illustrate these points



Food to go....



EBC



Relaxation



Favourite picture.....

