

# RAF Trekking Expedition to the Himalayas 2014

## Personal kit list:

### FOOTWEAR

**Running shoes** For travel and easy walking.

**Hiking boots** Leather with sturdy mid-sole and Vibram sole. Boots must be warm and fit over light and heavy sock combinations.

**Gaiters** short, simple gaiters (Goretex not necessary).

**Sports sandals** For use in camp.

**Booties** Down or synthetic.

**Lightweight socks** 3 pairs of synthetic/wool blend.

**Heavy socks** 3 pairs of synthetic/wool blend

### CLOTHING

**Lightweight trousers** 2 pairs.

**Lightweight long underwear top**

**Mid-weight long underwear top** Zip T-neck design is good. Light colours are better for hiking in direct sunlight and just as warm as dark colours when worn underneath other layers.

**Lightweight long underwear bottom** Dark colours are preferable.

**Mid-weight underwear bottom** Dark colours are preferable (as they do not show dirt).

**Underwear** 4 pairs (synthetic or cotton).

**Short-sleeved shirts** 2 synthetic (running or athletic shirts work well).

**Synthetic Jacket or Fleece** Synthetic jackets are a great alternative to fleece as they are lighter and more compressible for packing.

**Synthetic insulated trousers** Full side zips are recommended. Fleece trousers are an acceptable alternative but are more bulky, heavier and less versatile.

**Down insulated jacket** Medium weight down filled jacket – with a hood is recommended.

**Waterproof, breathable jacket and trousers** Jacket must have a hood and the trousers must have full side zips.

### HEAD AND HAND GEAR

**Liner gloves** Lightweight and synthetic.

**Windstopper fleece gloves.**

**Mittens with pile liners.**

**Bandana** 2 or 3 cotton. This is an important item with many uses.

**Sun hat** Lightweight with good brim or visor.

**Wool or fleece hat** Warm, that can go over the ears.

**Balaclava** Should fit under wool or fleece hat, but also be thick enough to be worn on its own.

### ACCESSORIES

**Sunglasses – pair 1** For high altitude. High quality 100% UV and 100% IR with a minimum of 80% light reduction. Size and shape of lens should offer maximum protection from bright light on snow.

**Sunglasses – pair 2** High quality 100% UV and 100% IR, for lower elevations, also as a back up. It is very important to have a spare pair of sunglasses.

**Headlamp with spare bulb.**

**Spare batteries.**

### CAMPING GEAR

**Rucksack** 40 litre capacity or more with an internal frame. Top opening mountaineers rucksack is best. Avoid large zipper openings and excessive outside pockets. Larger packs are better as they are easier to pack with cold hands and they distribute loads more effectively.

**Rucksack cover** To protect rucksack on rainy or snowy days.

**Sleeping bag** Minimum -12C to -24C. Down 700 fill minimum.

**Water bottles** Two 1 litre capacity, leak proof wide-mouth.

**Pee bottle** (optional) 1 litre leak proof wide mouth (for use at night).

**Pee funnel for women** (optional).

**Pack towel** Small or medium pack towel. Do not bring 'terrycloth' as they are too bulky and difficult to dry. Bandanas work in a pinch.

**Trekking poles** Recommended. Useful for going up and down trails. Adjustable poles are better for packing.

**Swiss army knife** Do not leave in carry-on bags for domestic and international flights.





## MEDICAL AND PERSONAL

**Sunscreen** SPF 30 or higher (non oily).

**Lipscreen** SPF 30 or higher.

**Toiletry kit** Toothbrush, toothpaste, skin lotion, alcohol-based hand sanitizer, soap, comb/brush, shaving kit. Bring travel size bottles to reduce weight/size.

**First-aid kit** Ibuprofen/aspirin, assorted plasters, moleskin, antiseptic cream, small gauze pad, roll of adhesive tape, tweezers, safety pins. Include any prescription medicines that you have been prescribed.

**Large bin bags** For waterproofing items inside your rucksack.

**Zip-loc bags** For general use (keeping smaller items dry etc).

**Baby wipes.**

**Earplugs** Useful when sleeping in shared tents and lodges.

**Water purification tablets** You should not drink untreated tap water in Asia; bottled water may be hard to get hold of. Back up purified water is always a good idea.

## TRAVEL ITEMS

**Expedition duffel bag** Large, with strong zips.

**Small travel bag** For storing travel clothes and personal items in Kathmandu.

**Nylon stuff sacks** 2 or 3, for organising your gear and clothes. Lighter colours preferable for easy labelling.

**Clothes for international travel and time spent in Kathmandu** 2 or 3 changes of comfortable travel clothes.

**Passport belt/pouch.**

**Small padlocks** (for locking duffel bags).

**Books.**

**Journal.**

**Camera** Plus extra batteries and memory cards.

## Exped details:

**Approx 3 weeks, 12 x RAF personnel**  
**Rough itinerary:**

**Depart UK, fly to Kathmandu.**

**Arrive Kathmandu,** explore the city and tour – take in sights such as Bodhnath and Swayambhunath (the monkey-temple).

**Fly from Kathmandu to Lukla** (Tenzing-Hillary Airport). The airport is 2840m above the Dudh Kosi (River of Milk) and has very short runway (only 460m with a 12% gradient). There is high terrain immediately after the northern end of the runway and a steeply angled drop, of about 2,000 m (6,600 ft) at the southern end of the runway, into the valley below.

**Trek north to Phakding** (2610m) – overnight in a tea house. Trek approx 3 hrs.

**Trek from Phakding to Namche** – trail rises through a forest of rhododendron, magnolia and giant fir trees. Trek finishes at the Namche Bazaar (3340m), the Sherpa 'capital'. Overnight in a tea house. Trek approx 5 – 7 hrs.

**Acclimatisation Day** – days rest in Namche to acclimatise.

**Trek from Namche to Dingboche** – on route will get views of Everest, Lhotse, Nuptse, Ama Dablam, Kwangde and Kangtega. Once at Dingboche (4100m) will over night in a tea house. Trek approx 3-6 hours.

**Acclimatisation Day** – Dingboche (local trekking).

**Trek from Dingboche to Kalapatar to Everest Base Camp.** Via Lobuche (4910m) and to the look out point at Kalapatar (5545m), then on to Everest Base Camp (5,364m). Treks are 4 -8 hours daily. (Many trekkers in the region of Mount Everest will attempt to summit Kalapatar, since it provides the most accessible point to view Mt. Everest from base camp to peak (due to the structure of Everest, the peak cannot be seen from the base camp). The views of Everest and Nuptse are spectacular from Kalapatar and there are glimpses of the northern flank of Lhotse. The world's highest webcam, Mount Everest webcam ([http://en.wikipedia.org/wiki/Mount\\_Everest\\_webcam](http://en.wikipedia.org/wiki/Mount_Everest_webcam)), is located here.

**Treks from Lobuche – Tengboche – Lukla.** Tengboche has yeti relics and the oldest gumpa (monastery). Treks 4 -8 hours daily.

**Fly from Lukla to Kathmandu.** More time to explore Kathmandu.

**Depart Kathmandu, fly to the UK.**

## GENERAL INFO

**Terrain** – very varied as route lies through valleys, forests and high mountain passes. The altitude should not be underestimated, effects such as headaches and shortness of breath may happen.

**Trekking distances** – because of the varied terrain and lack of accurate maps it is hard to give accurate daily distances.

**Weather conditions** These can change very quickly in the mountains so there is the need to be prepared for all weather and temperatures. In the mountains the temperature is influence heavily by the altitude.