

CHANGING LIVES THROUGH LIFE-CHANGING EVENTS

PENNY APPEAL EVEREST BASE CAMP TREK 2020
KNOW BEFORE YOU GO



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We welcome you to explore Nepal with us. The Everest Base Camp trek truly is the challenge of a lifetime! You'll get the chance to test your endurance as you take on this 17 day trip where you will experience some of the most dramatic mountain landscapes on earth!

In this guide you will find all of the information you will need to get prepared for your unforgettable adventure!

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INTRODUCTION

This document aims to give you as much information as possible before you embark upon your international challenge with Skyline!

Taking part in one of our international challenges requires commitment and determination and we aim to support you from the moment you sign up.

If you have any questions about your challenge please email the overseas team on overseas@skylineevents.co.uk or call us on **0207 424 5511**.

THE CHALLENGE

Duration 17 Days / 16 Nights

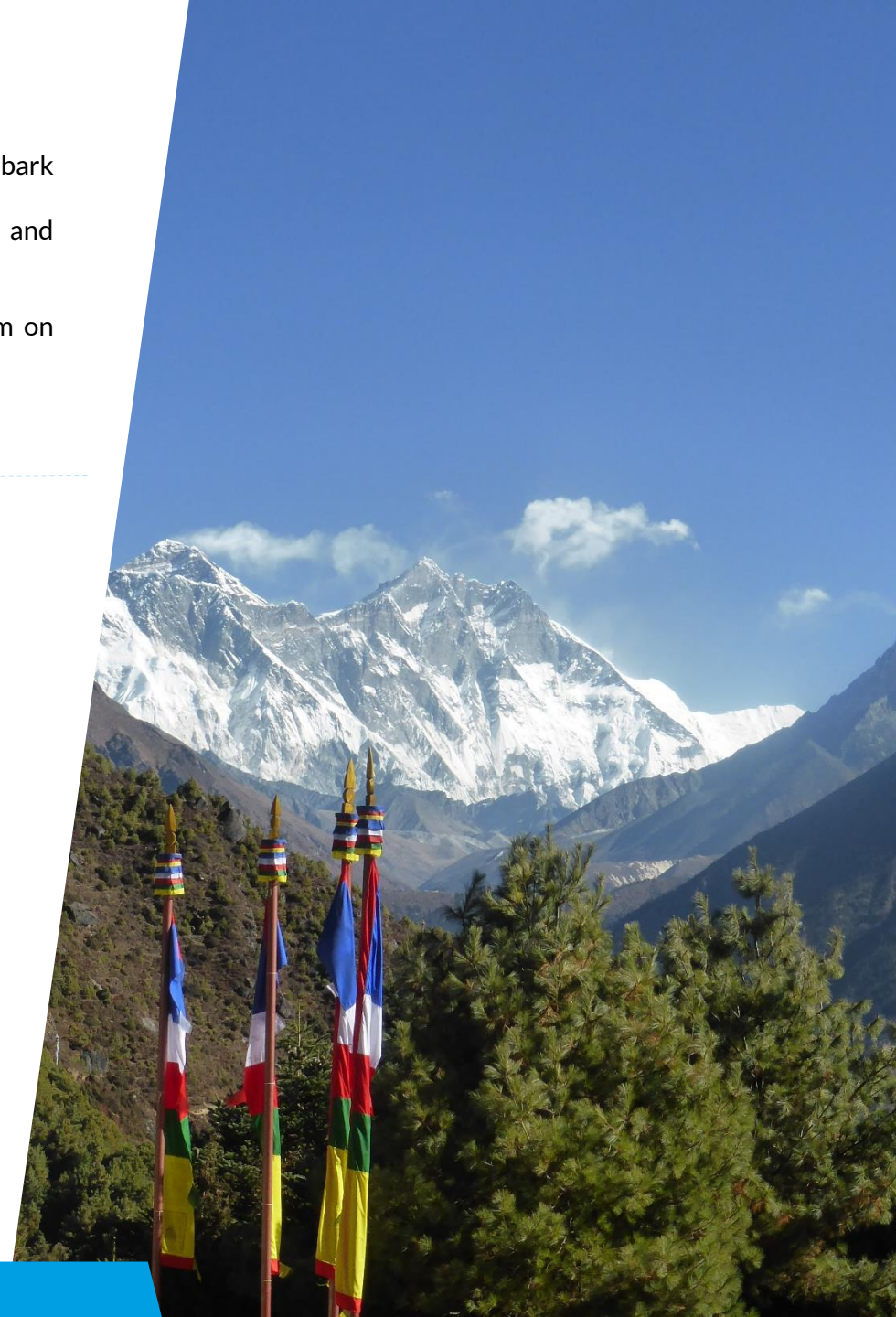
Dates 11th – 27th November 2020

Country Nepal

Activity Trekking

Accommodation Tea-houses and local homestays along the route and hotel either side of trek in Kathmandu (twin share)

Group Size 30 trekkers





ITINERARY

Day 1 Depart London for Kathmandu

We meet at London Heathrow airport for our flight to Nepal! *No meals included other than on the flight.*

Day 2 Arrive Kathmandu

Welcome to Nepal! Upon arrival in Kathmandu we'll be met by our local crew and transfer to our accommodation. This evening we'll have a welcome dinner and briefing of the challenge ahead. **Overnight hotel.**

Day 3 Fly to Lukla and trek to Phakding

We catch a morning flight from Kathmandu to Lukla (2,840m), the most renowned mountain airstrip in the world! Upon arrival we will meet our mountain crew and porters who will be carrying our luggage throughout our journey before we begin our trek along the undulating trail to Phakding, which is situated at 2,600m. **Overnight local tea house. Approx. 4-5 hours trekking.**

Day 4 Trek to Namche Bazaar

Today we trek into the Sherpa capital and heart of the Khumbu. The trail up the hill is steep but we will take the climb slowly and enjoy the surrounding views of the valley and river before we enter Everest

National Park. After the formalities at the park entrance we continue uphill to Namche which is built on the steep side of the mountain. Overnight at 3,440m. **Overnight local tea house. Approx. 7 hours trekking.**

Day 5 Acclimatisation day in Namche

With Everest now in sight, it's time for us to acclimatise before we continue our trek. Today we'll walk up to the Everest View Hotel and visit the Hilary Museum to learn more about the region's mountaineering history. Tonight we'll stay at the lodge in Namche.

Overnight tea house.

Day 6 Trek to Phortse Gaon

This morning we leave Namche along the classic route to Everest which contours the hillside high above the Imja Khosi and offers an amazing insight into the life and culture of the Sherpas. Today we'll enjoy spectacular views of many peaks in the area including Everest, Lhotse, Nuptse and the beautifully shaped Ama Dablam (6,812m). Tonight we stay in Phortse Gaon (3,810m), home to a number of Sherpas who have reached Everest's summit. **Overnight tea house. Approx. 6-7 hours trekking**



ITINERARY



Day 7 Trek to Dingboche

Today we will feel the high altitude as we climb above the Imjatse River. From the top of this climb we'll enjoy beautiful views of the Imjatse Valley which we'll trek through as we descend into Dingboche (4,410m), with the mountains of Nuptse, Lhotse and Ama Dablam looming above us. **Overnight local tea house. Approx. 6 hours trekking**

Day 8 Acclimatisation day in Dingboche

Today we take a short hike this morning to a higher altitude to help aid acclimatisation. This afternoon will be free to relax. **Overnight local tea house.**

Day 9 Trek to Lobuche

We head North above the village of Pheriche and stop for lunch before taking on the steep hill to the top. Today we will pass beautiful prayer flags fluttering in the wind before we follow the valley into Lobuche (4,900m) and our lodge for the evening. **Overnight local tea house. Approx. 5 hours trekking**

Day 10 Trek to Everest Base Camp and back to Gorakshep

This will be a challenging hike but is undoubtedly the highlight of the challenge as we make our way to Everest Base Camp (5,380m) and experience the wonderful lively atmosphere with fellow trekkers. It will be

a tough climb but we will be rewarded with spectacular views. After a stop at camp with breath-taking scenery, including the Khumbu icefall, we will make our way back to Gorakshep which will be our place of rest for the night! **Overnight tea house. Approx. 8 hours trekking**

Day 11 Trek to Kalapathar

Today we will summit Kalapathar (5,650m), our highest point of the trek, and witness the incredible views of Everest and the Khumbu Icefall. We will spend some time at summit so we can revel in our incredible achievement and take in the beautiful views. This will give us the chance to reflect on the awe-inspiring journey we have accomplished so far and take in the majestic mountains around us. From here we return to Pheriche or Orsho for a well-deserved sleep! **Overnight tea house. Approx. 8-12 hours trekking**

Day 12 Trek to Tengboche

After a hearty breakfast we set off from our accommodation and make our way onwards to Tengboche (3,840m), taking in the stunning views of the now familiar Ama Dablam, Nuptse and Lhotse – some of the most beautiful peaks in the Himalayas. We'll visit Tengboche Monastery and the Sherpa Heritage Foundations to soak up the wonderful culture of this popular village. **Overnight local tea house. Approx. 3-5 hours trekking**



ITINERARY

Day 13 Trek to Monjo

Leaving Tengboche, we will pass yak herder's cottages and high peaks as we make our way to Monjo. We will have a slow descent as we lose 1,000m with Monjo standing at 2,840m – quite a dramatic change from our previous night's lodgings! Today will see us making our way over suspension bridges, taking us along beautiful paths and past tea house as we make our way into Monjo. **Overnight local tea-house. Approx. 7-8 hours trekking.**

Day 14 Trek to Lukla

This will be our final day trekking and will be a pleasant day to end our incredible challenge! We make our way through small villages on our final climb as we trek towards our final destination of Lukla (2,840m) where we can enjoy our last evening with the Sherpa guides and porters and thank them for a wonderful adventure. **Overnight local tea house. Approx. 5 hours trekking.**

Day 15 Fly back to Kathmandu

Today marks the end of our unforgettable trek as we leave Lukla and the breath-taking Himalayas behind and fly over to Kathmandu where

we can enjoy a well-deserved rest in our hotel before our celebration and farewell dinner with the whole group where we can toast our achievements! **Overnight hotel.**

Day 16 Kathmandu

Today is a free day to explore Kathmandu including Durbar Square, the Buddhist monkey temple Swayambunath and the sacred Hindu temple complex of Pashupatinath. **Overnight hotel.**

Day 17 Transfer to airport for flight home

It's time for our goodbyes! We have achieved something truly awe-inspiring and will be leaving with amazing memories, a huge sense of accomplishment and, hopefully, plenty of photos of our travels! We will arrive back in the UK where we say our farewells to our fellow trekkers after what was undoubtedly the challenge of a lifetime.

Due to its complex nature, this itinerary is subject to change



COSTS & WHAT'S INCLUDED

Registration Fee £499

Minimum Sponsorship £4,500 (80% of which must be raised and with your charity by 12 weeks before departure)

The tour costs include :

- Scheduled return flights London-Kathmandu-London
- In-country transport
- All airline taxes and fuel surcharges
- Fully qualified UK International Mountain Leader
- UK Doctor
- Local crew, porters, cooks, drivers and English speaking guides
- All relevant national park and entry fees as per itinerary
- Full back-up support with in-country transport and first aid trained staff
- All accommodation on twin share basis
- All meals except are lunch in Kathmandu on days 2,3, 15 and 16 and dinner on day 2 and 16
- Drinking water during trekking days (treated)

The tour costs does not include:

- Any repatriation of the trek early (medical/personal reasons) please be aware that you will incur the costs for this e.g. car to bring you back, food, accommodation etc.
- Personal travel insurance
- Personal spending money
- Visa – currently costs £20pp (plus postage) for 15 day visa
- Vaccinations
- Local crew gratuities

THE TREK

All of our challenges are graded from Moderate (1) to Extreme (5) and the Everest Base Camp Trek is graded as Extreme (5). This trek requires a great deal of endurance and training, but the sense of achievement you will feel can't be beaten!

This is a long trek at high altitude – you will be trekking for 12 consecutive days and will cover a total distance of almost 120km! It's essential that you train to prepare yourself for the challenge and you can find a full training guide on your Participant's Page.

Our trek begins with an exciting flight to Lukla, landing at Tenzing-Hillary airport, before we begin to follow in the footsteps of the airport's namesakes, Sir Edmund Hillary and Tenzing Norgay to Everest Base Camp. The trek slowly winds through fertile valleys and pine forests, crossing many rivers by suspension bridge; much of the trail is uneven with steep ascents and descents each day and there will be numerous suspension bridges to cross which may be difficult for anyone with a strong fear of heights.

As we gain altitude the pine forests give way to rhododendron and juniper woods before we finally emerge into an alpine desert region and then onto the Khumbu glacier. In December it will be pleasant during the day but very cold when the sun goes down and on our attempt to climb Kala Pathar we may well be starting out in temperatures of -25C so you'll need good quality warm and waterproof layers!

As we gain height and altitude the trek will become harder and our pace will become slower but the incredible views and support from fellow trekkers will help keep you focussed.

Arriving into Everest Base Camp is a feeling like no other and we'll have a chance to savour this special place as a group before descending to our overnight accommodation.

One of the biggest challenges on this trek to Everest Base Camp is the altitude; altitude affects people differently with early symptoms of altitude sickness including tiredness, shortness of breath, headaches and nausea. Please ensure you read the altitude information found later in this document for further information.

Along with your Skyline leader and local crew you will be supported by a UK doctor who is experienced in trekking at altitude. They will monitor the group as you ascend and will be there to advise and assist should you be worried about altitude sickness; there may be times when the doctor deems it dangerous for a trekker to continue climbing at which point the doctor's decision is final and the trekker will be taken to a lower altitude with a crew member and onto medical assistance if necessary.





A TYPICAL DAY...

We'll rise early each morning so we can make the most of the day. Before breakfast you will need to have packed your bags and have these ready to be collected by our porters who will get on the trail to meet us at our accommodation in the afternoon.

After breakfast your leader will get everyone together and make sure everyone is all set and ready for the day before the day's trek begins. Days are long but each day will include a lunch stop and at least one stop in the morning and one in the afternoon – there will be time to take breaks throughout the day.

We will trek as a group as much as possible and crew will be dispersed amongst the group with one member always at the back. You can expect to arrive at our accommodation in the early afternoon where you will enjoy a nutritious dinner. Your leader will then have a chat about the day and what's to come tomorrow before we head to our rooms for a good night's sleep!

There are two acclimatization days built into the itinerary where we will stay at the same accommodation for two nights in a row. These acclimatization days are planned to assist your acclimatization as we can take short treks to higher altitude before coming back to our accommodation at a lower altitude – the common adage of trekking at altitude is trek high and sleep low.



ABOUT NEPAL

Nepal, officially the Federal Democratic Republic of Nepal, is a landlocked country in South Asia located mainly in the Himalayas but also includes parts of the Indo-Gangetic Plain.

With an estimated population of 26.4 million, it is 48th largest country by population and 93rd largest country by area. It borders China in the north and India in the south, east, and west while Bangladesh is located within only 27 km (17 mi) of its south-eastern tip and Bhutan is separated from it by the Indian state of Sikkim.

A Himalayan state, Nepal has a diverse geography, including fertile plains, subalpine forested hills, and eight of the world's ten tallest mountains, including Mount Everest, the highest point on Earth. Kathmandu is the nation's capital and largest city.

Nepal is a multi-ethnic nation with Nepali as the official language.

ACCOMMODATION

Whilst in Kathmandu either side of the trek we will stay in a 2-3* hotel with rooms allocated on a twin-share basis. The hotel will be comfortable and traditional with en-suite toilets per room.

During the trek we will stay in traditional tea-house along the route. These tea-houses are basic but comfortable and nearly all trekkers on their way to Everest will have stayed in them.

Rooms will be twin-share and there are shared toilets and washing facilities – these are simple and will get more basic the higher we climb.

Toilets will be a mixture of squat-style and 'western' style and toilet paper is not provided so you should bring your own supply. Some tea-houses may offer hot showers at an additional cost and these are typically solar-heated so may not be as warm as you are used to at home.

You will need to bring your own sleeping bag and it will be cold overnight.

Please note, smoke alarms are not a legal requirement in Nepal and as such most of the accommodation will not have these installed. We have inspected all tea-houses and hotels and your leader will advise you on safety precautions.



FLIGHTS AND TRANSPORT

Group flights are booked with an airline when they become available 11 months before departure. When these are confirmed this document will be updated.

We ask that you meet our crew by the airline check-in desks 3 hours before departure for a smooth check-in as a group.

Food will be served on the flight and we will advise the airline of any dietary requirements stated on your information sheet.

You are allowed one piece of hold luggage with a maximum weight of 20kg.

London Heathrow Airport can be reached by road or public transport – please check your route in advance. You can find lots of information [here](#).

Group flights are booked by Skyline Tour Operations Ltd, ATOL 10069.

ESSENTIAL INFORMATION

Before you embark upon your challenge it is vital that we get a number of pieces of information from you. The sooner we receive this information from you the better – we cannot 100% confirm your place on the trip until we have received the following from you:

Medical Form: We need you to fill this out as soon as possible so we can ensure that you are physically fit enough to partake in the challenge. Our medical forms flag certain parameters and we may ask you to get your medical form signed off by your local GP; your form may also be checked by our company medical advisor. This process can sometimes take some time so the sooner you start the easier it will be.

Information Sheet: Your information sheet gives us really important information such as next of kin details, dietary requirements, room sharing arrangements, passport details. It's vital you give us this information early to ensure your requirements are met and any issues are flagged immediately

Travel Insurance: This is compulsory in order to take part in the trekking challenge. We will need details of the policy prior to departure.



PASSPORTS AND VISA

A valid ten-year passport with at least 6 months validity from date of entry is essential for entry to Nepal.

A visa is required in order to enter Nepal and we strongly suggest obtaining this before arrival to limit delays on arrival; facilities for obtaining a visa on arrival are basic and there are often long queues.

Currently a visa valid for 30 days costs £35 for UK passport holders. Other nationalities should check with their nearest embassy.

MEALS

Whilst on the trek all meals will be provided for you.

Breakfast will consist of porridge and pancakes with hot drinks. Lunches and dinners will be hot and consist of pasta, rice, potatoes, halal meat and vegetables; in the absence of halal meat you will be served a vegetarian option. You'll be amazed at what the team can serve up on the side of a mountain!

Plenty of water will be provided throughout the challenge – this will be filtered by our crew before it is used in cooking and as drinking water but you should bring your own personal supply of purifying tablets. You should expect to be drinking at least 4 litres of water each day, if not more, and must have water bottles or a water bladder (camelbak or similar) that are large enough to carry your water. We'd suggest bringing along some flavoured squash or similar to add to your water as you may find the taste after filtering is unusual if you're not used to it.

You can purchase bottled water along the route if you'd like to supplement this but these will get more expensive the higher you go.

Meals throughout will mostly be vegetarian and we can cater for most other dietary requirements if you let us know in advance. If you think you may need to supplement your meals it's a good idea to bring some snacks along with you and if you have trained with specific snacks we strongly recommend packing them too.

The only meals not included are Lunch in Kathmandu on days 2,3, 15 + 16 and dinner on day 2 + 16. A celebration meal is arranged for the evening of Day 16; we suggest budgeting £30 for this but will be dependent on how much you wish to eat!



EQUIPMENT

The changeable weather in the mountains means it is especially important to purchase good quality kit and equipment that suits you. You can find a separate Kit List on this site to aid you with packing but below are tips and hints about some specific items to be aware of:

Footwear: It's incredibly important to trek with comfortable walking boots that you have worn in during your training months. There are many different brands and styles of walking boots on the market and there is certainly no fit-for-all so it is a good idea to shop around until you find the perfect boot for you. Make use of seasonal sales throughout the year or utilise the discount exclusively offered to Skyline trekkers by Cotswold Outdoors and affiliates (more about this below!).

Ensure that your boots are fully waterproofed before you travel – if you think they need a top up most outdoor shops will sell waterproof spray for boots. Also ensure that your boots will keep you comfortably warm down to -20°C

Trekking Poles: It's highly recommended that you bring trekking poles for this trek; the terrain is uneven and these can assist your balance and help prevent injury on trickier sections. These should be packed into your main bag and not tied to the outside as they can get lost in transit. If you have to attach them to your main bag they should be clearly labelled with your name and address.

Day Pack: Just like walking boots, a comfortable day pack that fits you properly is essential. This should have a waist strap for comfort and distribution of weight; a waterproof liner or bag will be invaluable in keeping your items dry inside the bag.

Each day you will need to carry, amongst other things, your water + snacks, waterproofs, personal first aid kit, sun cream and sunhat.

Clothes: Layers will be your best friend when trying to keep warm whilst trekking and you should have good quality waterproof jacket and trousers. The temperatures will drop significantly overnight so you should make sure you have thermal layers and a good quality down jacket (4 season) to keep warm. You'll also want a good hat and pair of gloves.

Sleeping Bag: A warm, comfortable sleeping bag will be a welcome end to a trekking day. Your sleeping bag must be a 5-season with a comfort level of at least -15°C. We recommend packing your sleeping bag into a waterproof bag to protect it from the elements whilst it is being transported each day.

You can hire a sleeping bag, down jacket and walking poles from Kathmandu should you wish. This can be arranged in advance so please advise Skyline by 10 weeks before the trip so we can ensure the items are available. Typically these items will cost \$2-\$3 per item per day to hire.

DISCOUNT! The lovely people at Cotswold Outdoor, Snow & Rock, Runners Need and Cycle Surgery are exclusively offering our Skyline participants a special 15% discount in recognition of your continued support! Using the unique code: CSCR-35ACS you can add this discount to any order as follows:

In-store: Simply print off the letter loaded on to your Participant's Page and present in store or use a valid form of identification.

Online: Register your address of login. When ready to checkout, key in the code in the Promotion box (not case sensitive). All qualifying items will have the correct price structure applied to the order.

Mail Order: Please provide your address details to the sales staff quoting the code when ordering.



LUGGAGE

Your luggage allowance on the international flight to Kathmandu is 1 main bag of 20kg and 1 hand luggage bag, which should be your day pack- **no suitcases please!** We strongly suggest you wear your walking boots on the flight and even have a few essentials in your hand luggage in the unlikely event that your main bag is delayed.

There is a strict weight restriction on the flights between Kathmandu and Lukla of 10kg for your main checked luggage plus 5kg for your hand luggage – you cannot exceed this and all luggage will be weighed at the airport. You can leave surplus items at the hotel in Kathmandu and pick up on your return; we'd recommend leaving in a lockable bag.

Whilst on the challenge you will have your day pack on you each day. Your main kit bag will be carried by a porter who will carry 2 kitbags, as such we ask that each bag is limited to a maximum of 10kg.

MONEY

The currency in Nepal is the Nepalese Rupee (NPR). You cannot purchase this in advance and we recommend bringing cash to exchange upon arrival - USD, GBP or EUR can all be changed easily in Kathmandu. You shouldn't bring traveller's cheques as these cannot be exchanged in Nepal.

Though there are ATMs in Kathmandu these are very often broken or have a daily withdrawal limit. You should bring a credit card with you in case of emergency and should have access to at least \$500 in case evacuation is necessary en-route, remember to let your bank know you're travelling abroad to avoid any issues.



TRAVEL INSURANCE

You will need to take out adequate travel insurance to go on this trek; this is compulsory for everyone taking part on the challenge.

It is your responsibility to ensure that your policy covers you completely for this type of event; the policy must include repatriation and helicopter evacuation as standard and cover you for at least medical expenses, injury, death, cancellation and curtailment. The maximum height you will be trekking to is 5,650m. You must also ensure that there are no exclusion clauses limiting protection for the type of activities included in the tour

You will need to provide Skyline with your insurance details in order to travel, this includes insurance policy number, 24hr emergency contact telephone number and dates of cover.

We strongly advise you to have travel insurance cover in place as soon as you sign up to cover you in the event of cancellation before the trip departure.

You will not be permitted to travel without sufficient travel cover and proof of this.

Please note, many insurers will have increased excess cover for helicopter rescue in Nepal. As such, you should ensure you have access to £500/\$500 in case helicopter rescue is necessary.

OPTIONAL EXCURSIONS

You may wish to extend your stay in Nepal to explore more of this fascinating country. If you are travelling on our group flights, there is the option to change your return flight for an admin fee of £50 plus any increase in fare (this is subject to availability and at the airline's discretion).

VACCINATIONS AND TRAVEL ADVICE

You should contact your GP or local travel clinic for the latest travel health advice. The NHS Fit For Travel website (www.fitfortravel.nhs.uk) is a useful tool for researching vaccination requirements and recommendations prior to visiting your travel health professional.

You should also check the Foreign & Commonwealth Office (FCO) Travel Advice for Nepal before travelling, [here](#).

Though an expedition doctor will travel with the group please ensure you bring a personal first aid that includes any usual personal medication along with basic items such as ibuprofen/paracetamol, plasters and blister prevention so you can treat any minor issues you may have.

SUPPORT CREW

Joining you on your challenge will be your Skyline Leader and a UK Doctor who will meet you at the airport, along with the other trekkers in your group, before you board your flight to Nepal.

Our carefully selected Skyline crew will be there to support you throughout the challenge. They are very experienced in difficult environments, have travelled extensively and are fully qualified: they usually have a whole library full of stories from their adventures around the world!

Supporting our Skyline Crew will be a team of local guides, porters, cooks and drivers. Our local guides spend most of their time trekking this area of the Himalayas so are very experienced and know the wilderness like the back of their hands! You'll also be amazed at the quality of food our cooks can produce on the side of a mountain – you definitely won't go hungry!

CONNECTIVITY

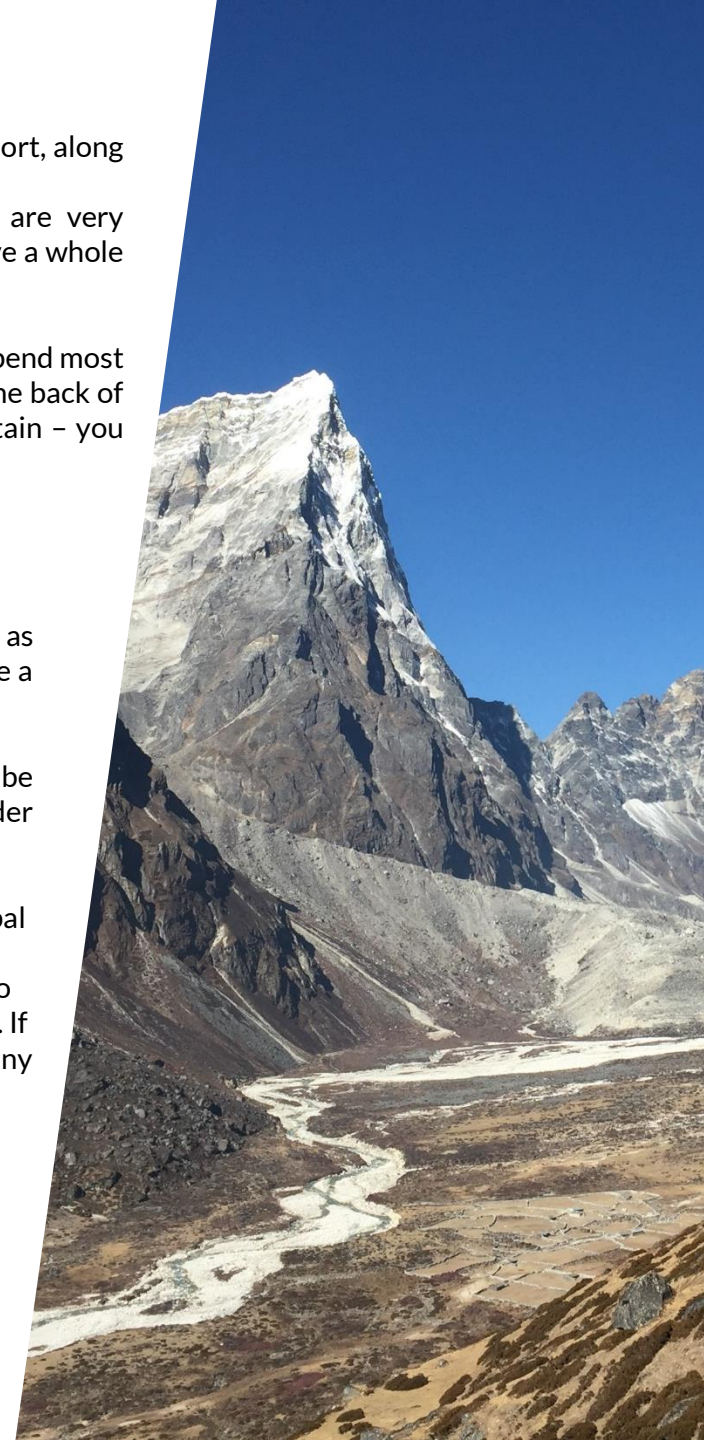
WiFi: Our hotel before and after the trek will have WiFi available, though the signal may not be as strong as you're used to! Whilst in the mountains there may be WiFi available at some tea houses but there will be a charge for usages – typically between around \$5.

Phone: You will likely have good phone signal in Kathmandu but whilst in the mountains it is likely to be sporadic or non-existent. As always, we advise checking overseas charges with your mobile phone provider before you leave the UK to avoid being caught out.

Power: There will be the option to charge your devices at the hotel when we arrive; power sockets in Nepal are international so don't require an adapter to use. Whilst in the mountains you may be able to charge your electricals at a tea house but there will be a charge for usage – typically between \$5. You may wish to bring a small portable power bank with you or a solar-powered charger to keep you going during the trek. If you are using a camera that takes batteries it will be worth stocking up with some so that you don't miss any photo opportunity.

TIPPING

There will be the opportunity to tip our local Nepalese crew who have worked very hard to assist us throughout the trek. Contributing is completely optional and if you wish to do so we will collect it from you in advance so we can present to the crew at the end of the trek; we would suggest a contribution of \$100 per trekker to be distributed amongst our local guides and porters. Please do not tip crew members separately as this can cause issues.



TRAINING

We cannot stress enough just how important getting yourself in shape will be; good preparation will make your trek a far more enjoyable experience. Whilst you still have plenty of time to train your challenge will come round soon enough, therefore it is vital that you begin to make small changes soon.

A good level of fitness is required for this challenge and you should be looking to train regularly over a period of at least 3-4 months before departure.

You can download a full Training Guide from the Training section of your participant's page and we strongly suggest you use this to prepare yourself for the trek.

You must have some experience trekking before you depart and if you don't already partake in regular exercise or hill-walking you should be looking to add this to your training plans.

Altitude is a factor on this trek which can affect your trekking experience in a number of ways – ample time is given for acclimatisation in our itinerary but please read the altitude notes in the following pages and speak to your Event Coordinator if you have any questions.

Some tips to remember when training for your Trek to Everest Base Camp:

- Get those boots on and get walking! Whether this is walking the dog round the local park or going a bit further afield, getting the hours in wearing your boots will get your feet used to them and will allow you to find your personal preferences such as how you like to tie your boots and what socks you find most comfortable.
- By the time of the challenge you should be comfortable walking for at least 8 hours a day along rough terrain. We'd strongly advise training walks over consecutive days to help get your
- As much as possible try and train in the gear you will be taking on the challenge with you to give you chance to modify anything in advance.





ALTITUDE

The Trek to Everest Base Camp includes one or more overnight stays over 3,500m, where there is a genuine risk of being affected by Acute Mountain Sickness (AMS) due to decreased oxygen concentration in the blood caused by the lower atmospheric pressure at altitude. If left untreated AMS can be life-threatening.

We expect most trekkers to experience some mild symptoms of altitude sickness, such as headaches, shortness of breath while walking or sleeplessness and it is not uncommon for a small number of people to need extra care which will be provided by Skyline crew and our local staff. Our crew are trained to identify symptoms of severe AMS and if a trekker requires extra care arrangements such as rapid descent will be made immediately.

A number of medical conditions or medications can also reduce your body's ability to acclimatise and thus will affect your performance at altitude and make you more susceptible to AMS. If you are worried about any pre-existing condition (e.g. heart problems) or unsure of your physical ability you must seek medical advice prior to travel. All trekkers are required to complete in full a medical form in order to partake in this challenge; in some case this may also need to be reviewed and signed by your GP and our Company Medical Advisor before participation is approved.

The drug Diamox (also known as Acetazolamide and normally only available on prescription) has been shown to aid acclimatisation in some individuals and therefore may reduce the risk of AMS. Diamox is contra-indicated for certain kidney, eye and liver conditions but functions at altitude by affecting the acid-base balance in the body at a time when normal balances are already stressed by altitude. Trekkers considering using Diamox should speak to their doctor about the drug, its side-effects and a prescription.

ALTITUDE CONTINUED...

Symptoms of AMS

Some symptoms are described below to allow personal monitoring of your acclimatisation.

- Fatigue - Undue tiredness in relation to work put in. (Our altitude itineraries are planned with this in mind.)
- Headaches - Take a mild pain killer if a bad headache does develop.
- Nausea - Replace fluids if you are sick. Use isotonic fluids such as 'Dioralyte'
- Anorexia - Loss of appetite. (A sign of acclimatisation is when it returns in a big way!)
- Breathlessness - Quick breathing, blue lips.
- Photosensitivity - Sneezing in bright sunlight.
- Cheyne-Stokes Breathing - Irregular, cyclic breathing pattern, especially at night. Listen to partners who may suddenly inhale deeply and sharply.
- Oedema - Swollen wrists (watch too tight?) puffy eyes etc.

Altitude also affects the higher brain centres and can lead to depression and irritability especially at the end of a long day. Vivid dreams and anxiety are also fairly common.

Very few of these symptoms should be experienced by the majority of expedition members.

There are some simple things you can do to help manage the symptoms of altitude sickness:

- Keep hydrated by drinking plenty of water. If you can manage it you should be looking to drink 4-5 litres per 24hrs; you should pass a champagne-coloured stream of urine 3 or 4 times per day.
- Avoid alcohol and other substances that can interfere with good delivery of oxygen to the body, or cause dehydration.
- Walk slower than your normal pace at sea-level and take regular breaks; avoid over-exertion.





ALTITUDE CONTINUED...

Once symptoms of acute mountain sickness do develop the only treatment is immediate descent - to less than 3000m (10000ft) if need be - although even a descent of a few hundred metres can make a marked difference. It is sometimes forgotten that Acute Mountain Sickness (AMS) is a life threatening condition and descent is the only reliable cure.

Please note, while we endeavour to assist all our trekkers in achieving their goals there may be times Skyline Crew make the decision to either delay or stop your ascent based on your medical conditions and AMS symptoms.

On some days this trek may climb faster than commonly published recommended ascent rates at altitude. However, based upon an assessment by our team in-country and our company medical advisor, and in conjunction with our own risk assessments we consider that the ascent rate is acceptable due to the additional safety measures that are in place for our participants. If you have any concerns please speak to your Skyline Events Co-ordinator.

Acclimatisation

There's a wide variation in an individual's ability to acclimatise – in absolute terms (i.e. whether they ever do or not) and in time it takes them to achieve a given level of tolerance and in performance on different expeditions. Previous lack of difficulties should not lead to over confidence in this area.

Other generalised observations are:

- Individuals over 25 have fewer problems - probably due to maturity of bone marrow. Children are particularly susceptible.
- Yearly exposure over a number of years (i.e. experience) decreases the likelihood of altitude problems - probably due to better precautions rather than any physiological effect.
- Physical fitness has no positive effect on acclimatisation. Marathon runners in fact often have more problems by virtue of their (usual) ability to retain water under specific physiological stress.

In other words, no matter how fit you are, if you have had little or no experience of trekking at altitude, you may be just as susceptible as someone of lesser fitness.

Slow ascent is the only way to acclimatise. The old adage 'climb high, sleep low' is a good idea although lower on the mountain, a gradual daily increment is generally acceptable.

ALTITUDE CONTINUED...

Lake Louise Altitude Sickness Scoring Table

There are a number of ways to monitor altitude sickness. One of the most common and well known is called the Lake Louise Scoring Table, which is shown below. We strongly advise you use this during the trek to monitor your own symptoms and to share this with our Skyline Leader and Doctor. You must inform a Skyline crew member as soon as you start to feel ill.

Self-Report Questionnaire

Add together the individual scores for each symptom to get the total score

Scores between 3 and 7 are a sign of mild to moderate AMS. Scores above are a sign of severe altitude sickness.

Headache	No headache	0	
	Mild headache	1	
	Moderate headache	2	
	Severe headache, incapacitating	3	
Gastrointestinal symptoms	None	0	
	Poor appetite or nausea	1	
	Moderate nausea &/or vomiting	2	
	Severe nausea &/or vomiting	3	
Fatigue &/or weakness	Not tired or weak	0	
	Mild fatigue/weakness	1	
	Moderate fatigue/weakness	2	
	Severe fatigue/weakness	3	
Dizziness/light-headedness	Not dizzy	0	
	Mild dizziness	1	
	Moderate dizziness	2	
	Severe dizziness, incapacitating	3	
Difficulty sleeping	Slept as well as usual	0	
	Did not sleep as well as usual	1	
	Woke many times, poor sleep	2	
	Count not sleep at all	3	
		TOTAL SCORE:	



ABOUT SKYLINE

Skyline are celebrating turning 27! Over the past three decades we're proud to have been at the forefront of building a charity challenges industry where anybody can take on a challenge of their choice and raise funds for a cause that is close to their heart.

Whether it's a 5km run dressed as your favourite Superhero, a daring Skydive from 12,000 feet, cycling the 300 miles from London to Paris, or trekking the highest mountain in Africa, we welcome our participants to explore the world with us whilst at the same time exploring their own limits and hopefully exceeding them!

Founded in 1992 we now have over 25 years experience and work with over 5,000 charity clients, arranging events for hundreds of thousands of valued fundraising participants who collectively raise in excess of £10M per year for our benefiting causes and we are excited to have you join us to grow that total even further!