

Trek4Paramedics 2020

Everest Base Camp

The Information Booklet



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Nepal

Taking you to the most iconic base camp of all, at the foot of the highest mountain on earth, Sagarmatha (Mount Everest) (8848m), this is one of the world's best known classic treks. Mount Everest is so much more than just a mountain, to many people the mountains, particularly Mount Everest, hold spiritual significance as places to come closer to enlightenment and it's fair to say that the journey to its base camp is more than just a trek. It's a journey of discovery. Along a route dubbed by some as "the steps to heaven," every bend in the trail provides another photo opportunity – beautiful forests, Sherpa villages, glacial moraines, and foothills. For adventurers who are not afraid to go beyond, our expedition staff will bring you close to local cultures before opening a window to the top of the world.

Himalayan Trek

The Khumbu region, also known as the Everest Region, is a region of Nepal that encompasses the Nepalese side of Mount Everest. It is part of the Solukhumbu District, which in turn is part of the Sagarmatha Region. Khumbu is one of three Sherpa sub regions and includes the town of Namche Bazaar as well as the villages of Thame, Khumjung, Pangboche, Pheriche and Kunde. The famous Buddhist monastery at Tengboche is also located in the Khumbu. Elevation in the Khumbu ranges from 3,300 metres to the 8,848 meters at the summit of Mount Everest and the area includes both Sagarmatha National Park (above Monju) and the Sagarmatha National Park Buffer Zone, between Lukla and Monju. A journey to Sagarmatha (Everest) is more a pilgrimage than a trek for some however it is an arduous and testing personal challenge with a very clear goal (hopefully clear view) at the end, it passes deep into Buddhist Sherpa country, among some of the world's most sublime peaks.





Expedition Logistics

To ensure the safe keeping of the team whilst in the Himalayas, Queensland Ambulance Service Legacy Scheme has partnered with Earth Trails Expeditions, a grass roots expedition company owned and operate by operational paramedics with decades of experience in the expedition industry. The Earth Trails team have been collectively working with expedition teams in the Himalayas, Central Asia and North Africa for over a decade. The core strategy is aimed at creating positive change in domestic communities and aboard by assisting ordinary people doing extraordinary things! Journey Further!





Expedition support staff

Your expedition is managed by an Australian based operations team to ensure the teams safety and the team is led by an experienced Australian based expedition leader who works collaboratively with a government registered Nepali Sidar. Your team will also be supported by a team of Sherpa guides, cook team and porters. All the expedition staff have immense experience working amongst the Himalayas and are well acquainted with all the regions and communities you will trek through.



TENTATIVE JOURNEY

Day 1 (1st March)



ACTIVITY: Depart Australia for Kathmandu

INCLUSIONS: Airport pickup by team and transfer to hotel in evening

NOTES: Meeting Team Leader at Brisbane International

Day 4 (4th March)



ACTIVITY: Trek Phakding to Namche

INCLUSIONS: 7-8 hour trek, (BLD)

NOTES: Tea House twin share

Day 7 (7th March)



ACTIVITY: Tengboche to Dingboche

INCLUSIONS: 5-6 hour trek (BLD)

NOTES: Tea House Twin Share

Day 2 (2nd March)

ACTIVITY: Kathmandu

INCLUSIONS: City tour / ambulance station visit (B- -)

NOTES: Hotel twin share

Day 5 (5th March)



ACTIVITY: Rest day in Namche 3450m

INCLUSIONS: 5-6 hour trek (BLD)

NOTES: Mandatory acclimatisation rest, Tea House Twin Share

Day 8 (8th March)



ACTIVITY: Rest day explore to the Chukung (4710) and back to Dingboche

INCLUSIONS: 5-6 hour trek (BLD)

NOTES: Tea House Twin Share

Day 3 (3rd March)



ACTIVITY: Fly to Lukla & Trek to Phakding

INCLUSIONS: transfers, flights + 3 hour hike, (BLD)

NOTES: Tea house twin share

Day 6 (6th March)



ACTIVITY: Namche to Tengboche

INCLUSIONS: 7 hour trek (BLD)

NOTES: Tea House Twin Share

Day 9 (9th March)



ACTIVITY: Dingboche to Lobuche

INCLUSIONS: 5 hour trek (BLD)

NOTES: Tea House Twin Share

TENTATIVE JOURNEY

Day 10 (10th March)



ACTIVITY: Lobuche to Gorak Shep - Everest Base Camp (5,320m) - Gorak Shep

INCLUSIONS: Trek 7-8 hours (BLD)

NOTES: Tea House twin share

Day 11 (11th March)



ACTIVITY: Hike up to Kalapattar 5550 m. early in the morning and trek down to Periche

INCLUSIONS: Highest point trekking today (BLD)

NOTES: Tea House twin share

Day 12 (12th March)



ACTIVITY: Periche to Namche

INCLUSIONS: trekking 4-5 hours (BLD)

NOTES: Tea house twin share

Day 13 (13th March)



ACTIVITY: Namche to Lukla

INCLUSIONS: 5-6 hour trek, (BLD)

NOTES: Tea House twin share

Day 14 (14th March)



ACTIVITY: Fly back to Kathmandu

INCLUSIONS: Hotel, internal flight and transfers (B - -)

NOTES: Hotel Twin Share

Day 15 (15th March)



ACTIVITY: Contingent day (flight out of Lukla if delayed)

INCLUSIONS: Hotel SASANE visit (B - -)

NOTES: Bad weather flight contingency

Day 16 (16th March)

ACTIVITY: Kathmandu and shopping

INCLUSIONS: Hotel (B- D)

NOTES: Hotel Twin Share, Team farewell dinner

Day 17 (17th March)



ACTIVITY: Expedition completion (Fly Home)

INCLUSIONS: KTM Airport Transfers

NOTES:

Day 18 (18th March)



ACTIVITY: Arrival in Brisbane Airport in the morning

INCLUSIONS: KTM Airport Transfers

NOTES: Farewell the team

Recommended kit-list

This list has been put together based on our experience and aims to save you unnecessary expenses and time researching what you should bring.

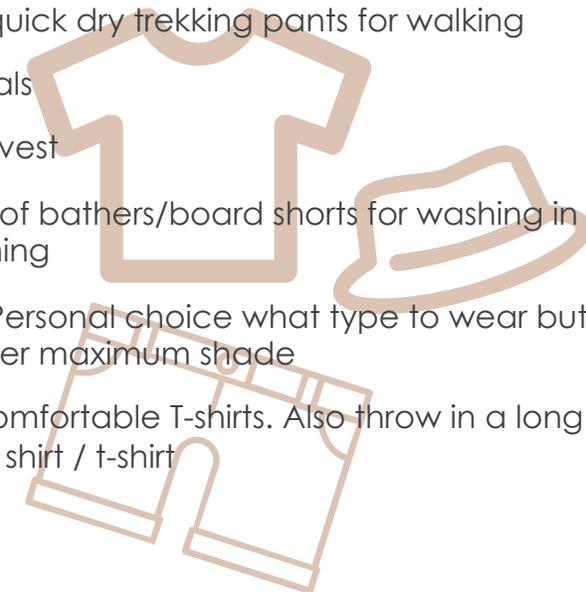
ESSENTIALS

- Backpack – 60 litre +
- Day bag / small pack
- Waterproof Pack cover / dry bags
- 4 litres water carrying capacity
- Hiking Boots /socks
- Head torch
- Quick-dry towel
- Sleeping bag: -15 degrees Celsius rating
- Clothes line – Bungy line with hooks
- Gortex Rain jacket



GENERAL CLOTHING

- Long quick dry trekking pants for walking
- Thermals
- Down vest
- A pair of bathers/board shorts for washing in or swimming
- Hat – Personal choice what type to wear but consider maximum shade
- Two comfortable T-shirts. Also throw in a long sleeve shirt / t-shirt



There is ample opportunity in Kathmandu to rent most of these items at a fraction of the cost to purchase in Australia. Contact us admin@earthtrails.com.au for more information.



MISCELLANEOUS

2 rolls of toilet paper

Daily snacks (energy bars or equivalent)

Spare batteries for camera and torches

Toiletries

Cup (optional)

Pocket knife/Leatherman's (optional)

Journal for jotting down memories (supplied)

Local currency in small denominations for buying fruit and snacks at markets

A good book

Souvenirs for locals (Consider the environmental impact)

PERSONAL FIRST AID KIT

You should always have a personal first aid kit in their pack. Here are some items to consider putting in your personal kit:

- A roll of sticking plaster and blister kit
- Anti-inflammatory gel such as Voltaren or Nurofen for inflamed joints/tendons.
- A small bottle of tea tree oil – a good natural antibiotic and great for insect bites.
- Sunscreen & tropical strength insect repellent such as RID or Bushmans.
- Rehydration electrolyte mix such as Gastrolyte.
- Antibiotics for gut, bladder, skin infections (discuss with your doctor).
- Immodium for diarrhoea

Fundraising...Ambulance Legacy

WHAT FOR?

It is the Earth Trails Expeditions (ETX) team ethos that every expedition is adding purposeful value in the communities we are from and the communities we explore. This means raising a little bit of money for home based initiatives and local projects. **Your Expedition will already support QAS Ambulance Legacy with a \$500 donation** out of the package but we also ask every participant to **have a go at raising a few hundred more** to supercharge QAS Ambulance Legacy and support the great work they do. This is greatly appreciated!

HOW?

We have identified that the most powerful way to raise funds will be for participants to start individually campaigning by tapping into their network of friends and family.

Start a crowdfunding platform

Consider setting up a crowdfunding platform such as "chuffed.org" and link in with your family and friends to raise funds for the upcoming cause you will be supporting. If you need any assistance or details please contact admin@earthtrails.com.au and our team will give you guidance.



DATES

1st - 19th March 2020

COST

\$ 5960 AUD per person

FLIGHTS AND TRAVEL INSURANCE

ETX will provide international flights (ex Brisbane), and travel insurance as part of this opportunity so participants can just focus on the expedition ahead. All bookings are to be booked and paid no more than 12 weeks prior to departure date.



The Package



INCLUSIONS:

International flights and travel insurance
Airport transfers
All transport including drivers & insurance during the entire experience
All accommodation during the experience
All food during the expedition phase
Australian based leader
Internal flights: KTM – Lukla - KTM
\$500 donation to QAS Legacy
All trek permits
All Porters , Sherpas and a team Sidar
Expedition Handbook
Team Expeditions Jacket, T-Shirt, duffel bag and journal
Private tour of Kathmandu City
SASANE visit

EXCLUSIONS

Visa (\$40 USD on arrival)
Passport cost
Personal trekking gear
Extra food / drinks
Calls home/ internet

REGISTRATION PROCESS

Please email us at admin@earthtrails.com.au and quote 'trek4Paramedics' to confirm you are in and we'll send through an invoice to secure your place!

Team Expedition Kit

Each team member will receive a personalised team expedition kit branded with TREK4PARAMEDICS - EVEREST BASE CAMP 2020 that includes:

- Expedition Jacket
- Quick dry shirt
- Duffel bag

The Duffel bag will be used as your main bag for the porters to carry however you will need to ensure dry bags are used for anything you don't want to get wet.



For more information and discuss your involvement please contact our expedition planners and quote 'trek4Paramedics'.

Email - admin@earthtrails.com.au

Phone - 1300 193 349

EARTH TRAILS BOOKINGS INFORMATION

Earth Trails reserve the right to update, change or modify these terms and conditions at its discretion without prior notice and you agree to abide by the most recent version implemented. In the event that any changes are made, the revised terms and conditions shall be posted on this website immediately. Please check the latest information posted herein to inform yourself of any changes. Once you have reviewed the itinerary and information provided by Earth Trails on the upcoming expedition, to secure your place you will need to do the following:

- Transfer a \$650 non-refundable deposit into the Earth Trails bank account to go towards your complete package price;
- The remaining balance is required for all departures at least 12 weeks prior to departure or we reserve the right to treat your booking as cancelled.

Full payment due

Full payment of the balance is to be paid in full 12 weeks prior to the departure date. If your booking is made within 90 days of the departure date, then the full amount is payable at the time of booking.

Payment Options

- Individual online invoice

Your details

In order for us to confirm your travel arrangements you must provide all requested details with the balance of the trip price 90 days prior to departure date. Necessary details include full name as per passport, date of birth, nationality, passport number, passport issue and expiry date and any pre-existing medical conditions you have (which may affect your ability to complete your travel arrangements). On some more demanding trips we also require you to complete and forward a Self-Assessment form. Your booking cannot be confirmed without provision of these details.





Cancellation by Earth Trails

We may cancel an expedition if minimum numbers are not met. We may cancel an expedition at any time up to 60 days before departure for administrative reasons. We may cancel a trip at any time prior to departure if, due to terrorism, natural disasters, political instability or other external events it is not viable for us to operate the planned itinerary. If we cancel your trip, you can transfer amounts paid to Earth Trails to an alternate departure date or alternatively receive a full refund. We are not responsible for any incidental expenses that you may have incurred as a result of your booking including but not limited to visas, vaccinations, and travel insurance excess or non-refundable flights.

Cancellation by the traveller

A cancellation will only be effective when we receive written confirmation of the cancellation. If you cancel your expedition or placement:

- 90 days or more prior to departure, we will retain the initial deposit and 25% paid by you in connection with the booking;
- 60 days or less prior to departure, we will retain the deposit and 50% paid by you in connection with the booking.
- 30 days or less prior to departure, we will retain the deposit and 100% paid by you in connection with the booking.
- If you leave an expedition or placement for any reason after it has commenced we are not obliged to make any refunds for unused services. All monies paid are non-refundable after commencement.
- If you fail to join a journey, join it after departure, or leave it prior to its completion, you are not entitled to a refund of any payments made by you.

Passport and visas

You must carry a valid passport and have obtained all of the appropriate visas, permits and certificates for the countries in which you will visit during your trip. Your passport must be valid for 6 months beyond the duration of the trip. It is your responsibility to ensure that you are in possession of the correct visas, permits and certificates for your trip; please refer to the Trip Notes for details. We are not responsible if you are refused entry to a country because you do not hold the correct passport, visa or other travel documentation.

Booking flights and travel insurance

Flights will be booked by the Earth Trails team once final payments have been received no less than 90 days before departure.

Authority on expedition

An expedition leader is designated, for the safety of all team members and the decision of the expedition leader is final on all matters likely to affect the safety or well-being of any person participating in the trip.

Acceptance of risk

You acknowledge that the nature of the trip is adventurous and participation involves a high degree of personal risk. You will be visiting places where the political, cultural and geographical attributes present dangers and physical challenges greater than those present in our daily lives. We use information from government foreign departments and reports from our own contacts in assessing whether the itinerary should operate. However, it is also your own responsibility to acquaint yourself with all possible relevant travel information and the nature of your itinerary. Passengers must ensure that they are suitably fit to allow full participation in the trip. It is your responsibility to ensure that you obtain proper and detailed medical advice at least two months prior to travel for the latest health requirements and recommendations for your destination. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel.

You acknowledge that EARTH TRAILS has provided you with a risk warning and these risks include, but are not limited to:

- Personal injury and loss (including financial loss) and damage;
- Personal injury and loss (including financial loss) resulting from your actions, and/or actions of others; and
- Loss or damage to personal property whether it be lost, stolen, damaged or destroyed.

You acknowledge that you fully understand these risks and participate freely and accept the risks involved.

You agree to release and indemnify Earth Trails, you will not hold responsible Earth Trails, its officers, employees, volunteers or agents from all claims and liabilities whatsoever, associated with your participation in any Earth Trails project or activity.

You state that you are physically and mentally capable of participating and that you have fully read this form, in particular the 'acceptance or risk'.



**YOUR NEXT
ADVENTURE
AWAITS**

www.earthtrails.com.au



Release and waiver of liability

In consideration of Earth Trails accepting your booking application and in consideration of you being permitted by Earth Trails to join the expedition to the extent permitted by law:

You release, waive, discharge, hold harmless and agree to indemnify Earth Trails and its volunteers, guides and other representatives and the land management authorities in the countries in which the expedition is conducted from all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services, lost profits, consequential, exemplary, indirect or punitive damages or otherwise which may arise out of or occur during your travel in connection with the expedition or any activities conducted in conjunction there within unless caused by the wilful negligence or wrongful act of Earth Trails and its volunteers; and regardless of the situation or circumstances giving rise to the claim you waive any claims you have, or may at any time have, against Earth Trails and its volunteers and you agree, by accepting the additional inherent dangers and risks associated with the expedition, not to make any claim against or seek any compensation from Earth Trails and its volunteers in respect of any personal injury, illness or death suffered by you or damage to or loss of property sustained by you as a result of your participation in the expedition.

Medical Disclosure

- You declare and warrant that
- You are in good health and mental and physical fitness at the time of booking this expedition;
- You have disclosed to Earth Trails every matter concerning your health and mental and physical fitness of which you are aware, or ought reasonably be expected to know, that is relevant to Earth Trails decision to permit you to go on the expedition;
- Immediately upon any adverse change in your health or fitness that may be likely to affect Earth Trails decision to permit you to go on the expedition, you will notify Earth Trails in writing of any such adverse change.
- Earth Trails may exclude you from a tour staff deems it necessary. You acknowledge that the obligation to disclose under this condition continues from the time of booking the expedition through to departure and extends for the duration of the tour.
- You have taken the necessary precautions to immunise/vaccinate for the destination you are travelling to.

If you fail to comply with the duty of disclosure in this condition and if Earth Trails would not have permitted you to undertake the tour, or continue participation of the tour, had you made full disclosure under this condition, Earth Trails will not be liable, except to the minimum extent required by law, for personal injury, death or property damage or loss incurred by you



