



Travel and trekking information for the Medex Manaslu 2015 Expedition

Insurance

By now you should have insurance including cancellation, medical and search and rescue insurance. If you are climbing Larkya Peak you will need to inform your insurers of this.

Money and visas

1. US dollars are still the most easily traded currency in Nepal and your personal spending money is best brought in US dollars.
2. You can obtain your visa ahead of time but for most nationals it is also possible to obtain your visa at the airport on arrival in Kathmandu. The cost is US\$40 for a 30 day visa and US\$100 for a 60 day visa You will need US\$ to pay for your visa on arrival at Kathmandu.
3. You may need a passport sized photos for your visa on entry to Nepal. Best to bring a couple just in case.
4. There is no longer any departure tax when you leave Nepal on an International flight as this is included in the price of your ticket and we understand that this is also the case for internal flights.
5. You will need US\$ to pay for excess baggage for the trek. Everything over 15 kilos will cost you US\$9 per kilo. This is paid direct to the agent and covers the additional costs for the porter costs on trek. (Note the weight allowance for those who have pre-booked Larkya Peak is 20kilos).
6. Approximately US\$50 per person for tips and gratuities to porters and sherpa staff at the end of the expedition. Obviously this is optional but it is customary. This would normally be split according to status in the following order – Sirdar, cook and sherpa guides, cook boys and porters.
7. You will need money for food in Kathmandu and Pokhara.

Contact details whilst in Nepal

8. **Phone calls** – the majority of Nepal is by now well covered by 3G and it will be possible to use your mobile phones for substantial parts of the trek. However we understand that 3G will not be available at base camp. The limiting factor will be the battery life of your mobile and your ability to recharge it. Local sim cards can be purchased in Kathmandu.
9. The expedition will have access to a satellite phone. This will be carried by Simon and will be available for personal outgoing calls at a rate of US\$3 per minute. Incoming calls will not be possible as the 'phone will only be connected intermittently due to charging the battery. However it will be possible for anyone to send a text to the phone via the Iridium web site free of charge. We will publish the satellite phone number in early March and instructions on how to send text messages. These will be collected as frequently as is possible subject to satellite reception and relayed to you when

we meet up with your group. It will not be possible to send outgoing texts from the 'phone. We will be setting up a blog site which will be updated most days so your friends and relatives will be able to follow events.

Addresses of hotels in Kathmandu and Pokhara.

At the start and end of the trek we will be staying in the Manang in Thamel, Kathmandu. The contact details are:

Hotel Manang Pvt. Ltd.
Thamel, Kathmandu, Nepal
P.O. Box: 5608
Tel: +977-1-4700389, 4700993
Fax: +977-1-4700121

The hotel we will be staying at in Pokhara is the Crown Hotel. The contact details are:

Hotel Crown
Lakeside, Khahare
Pokhara, Nepal
Phone: 061-464821
Mobile: 9846060366

Environmental policy and cultural guidelines

Please ensure you have read our environmental and cultural guidelines. These are on the web and hard copies will be available at the data collection weekends.

We have a pack it in pack it out policy. All camp sites should be left clean and all rubbish/garbage taken out with us. This is particularly important to remember when leaving the base camp at Larkya La. We advise you to nominate one person in your group to work with the Nepalese staff to ensure our guidelines are adhered to. Trekking type rubbish should be taken to Pokhara or Kathmandu. This would normally be that left from the cook team catering for us. For all other rubbish and especially for clinical waste (sharps etc) this must be taken out of Nepal back to the country of origin for appropriate disposal. The research team will be responsible for ensuring this happens. We will request that one member of the research team takes responsibility for this for the expedition.

Any questions, please feel free to ask over the data collection weekends.

Simon.