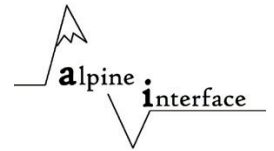


Alpine Interface

- Your connection to any number of hiking and walking adventures in the Alps, Europe, the Himalaya and the Americas – small groups, certified guides.



Everest, Cho Oyo, Shishapangma – Three Base Camp trek, Kathmandu, Lhasa, Kathmandu.

Weather/Climate in Nepal/Tibet:

Weather can normally be expected to be very stable. Kathmandu should be pleasant, nearing 20C degrees during the day and cooling off at night. Lhasa will be a bit colder, but still pleasant.

Some snow and freezing temperatures at the base camps are possible. Most days should be clear.

Light fleece and wind layers will be needed during the day. At alpine elevations, we might start the day with a woolen hat and gloves and down jacket, but will shed them when it gets warmer.

Transport of luggage during the Three Base Camp Trek:

We will provide you with an 'Alpine Interface' duffle bag, in which we ask you to put all personal belongings needed during the trek. Some clean, spare clothes, extra film etc. can be stored in Kathmandu in our office or in the hotel. Our duffles are sturdy and water resistant.

Because the porters and yaks will be carrying everything in your duffles, you will not need more than rain gear, fleece, water, hat, gloves and camera equipment in your day-packs.

Mandatory equipment:

- Wind and waterproof jacket and pants
- Fleece layers (*one warm fleece pullover or jacket, one lighter fleece layer, a fleece vest is a very good idea, too*)
- Proper fitting, solid trekking boots (*Take the inner sole/foot bed out of your shoe and stand on it. You should have a space of 0,5cm – 1cm from the top of your toes to the top of the sole. If there is less space, your boots are too small, if there is more space, your boots are too big. Also make sure that your heel is not too loose in order to avoid blisters*). *If you are unsure of what brand and model of shoe, please contact Alpine Interface. Most boots today need no break in periods and are extremely comfortable. Buying boots mail order is a recipe for disaster. Boots should have Vibram soles, should be above the ankles and should be waterproof.*
- Jogging shoes/sandals for the lodges and Kathmandu/Lhasa.
- Technical clothing that is light and dries quickly (*2/3 T-shirts, 1 or 2 t-shirts with long sleeves*)
- Socks / underwear
- Warm hat, gloves (*fleece gloves are enough*)
- Sleeping bag. Comfort rating of -15C
- Sun protection (*sun hat/cap, glasses, cream*)
- 45 litre rucksack (*with rain cover, if possible. Some have one built in on the bottom of the pack, for example 'Deuter' rucksacks. If not, try to get one for your rucksack in a sport shop. Also a good thing, a plastic liner for the inside of the bag, to protect the gear that is inside. Zip lock bag for wallet, tickets, passport, money etc. works as well. If you unsure as to the brand and model, please contact Alpine Interface.*)
- Camelbak or water bottle (*if you use a Camelbak, make sure you carry spare parts*)

Optional equipment:

- Telescopic poles (*will help in case you have to cross snow fields and takes weight off the knees*)
- Gaiters
- Map/compass
- GPS if you like to use it
- Small head torch (*for nights in the huts*)
- Swiss army knife or similar
- Small umbrella