

## Trekking in Nepal

Nepal- the adventurer's playground offers you a wealth of outdoor adventure activities in the lap of the highest mountains in the world. Trekking is one of the most popular activities amongst tourists coming to Nepal. With a large variety of treks from 4-5-day trek to multi- week tea house trek, to fully supported expedition style treks as well as a multitude of "trekking" peaks for climbers, there is something for everyone. Here are some tips to stay healthy and prepare for treks in Nepal.

- 1) **Physical Fitness:** Trekking is an arduous physical activity involving walking for substantial hours along mountainous trails. Physical fitness is always helpful when you want to do such an activity, so do simpler hikes and train properly for any treks you have planned.
- 2) **Water purification:** Any surface or tap water in Nepal needs purification before drinking. In the treks specially, drinking water is a scarce commodity. So, you should plan ahead about purification techniques, either using only bottled water or making sure the water you consume is boiled or treated with iodine/chlorine tabs. SteriPEN can be used for clear water.
- 3) **Flexible itinerary:** Always make sure you have 1-2 days extra, should you run into trouble during the trek, it could be bad weather or ill health; having a few extra days could give you that flexibility of tackling an unforeseen circumstance and still complete the trip. Remember that trekking routes and standard itineraries are well researched and take into account fatigue, location of lodges and in the instance of the Himalaya, altitude as well.
- 4) **Suitable Insurance:** It is essential to get travel insurance that covers for evacuation as well as medical coverage when you trek in Nepal. Also make sure that the insurance you choose covers not only your evacuation but also your medical bill once you land up in the cities.
- 5) **Hydration:** Trekking even during the cold causes you to lose a lot of body fluids through sweat. So, make sure you remain hydrated more than usual and that the water is treated for drinking. Rest stops and lunch stops are the best places to refill water
- 6) **Protection from the sun:** Trekking will expose you to direct sunlight and at high altitude, expose you to harmful UV rays causing sunburn. Use high SPF UVA/UVB rated sunscreen and sunblock lip balms along with wide brimmed hats. Remember to top up on sunscreen every few hours.
- 7) **Eye Protection:** Even for those not climbing the mountains, proper eye protection will help to prevent snow blindness while trekking on snow.
- 8) **Responsible Trekking:** Use reputed trekking agencies and make sure your porters are well taken care of. Try to ensure they have proper gear for the trip as well
- 9) **Break in your boots:** If you are getting new boots for trekking, make sure they are broken in (i.e. you have spent some time walking in them before the trek).
- 10) **Availability of local medical facilities:**
  - Everest region:** - 1. Lukla (Pasang Lhamu Nicole-Niquille Hospital), 2. Pheriche (Himalayan Rescue Association Aid Post), 3. Everest Base Camp (Everest ER- Only during Spring season), 4. Gorakshep PLRM, 5. Khunde Hospital.
  - Annapurna region:** - 1. HRA aid post in ManangMedical service is available 24/7 on the above listed facilities. In case of medical problems, try to get to these facilities and be evaluated by medical personnel.
- 11) **DO NOT TRAVEL ALONE:** Nepal is a safe country to travel but when in a remote setting, never travel alone.

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