



Mera Peak Climbing – 18 Days

Trip fact:

Destination: Annapurna Region, Nepal

Duration: 17 Nights/18 Days

Maximum Altitude: 6,476m (Mera High Camp)

Itinerary:

Day 01: Arrival in Kathmandu

Day 02: Kathmandu: sightseeing & trip preparation

Day 03: Fly to Lukla (2,846 m/9,337 ft), trek to Paiya (Chutok) (2,800 m/9,187 ft)

Day 04: Paiya to Panggom (2,846 m/9,338 ft)

Day 05: Panggom to Ningsow (2,863 m/9,394 ft)

Day 06: Ningsow to Chhatra Khola (2,800 m/9,187 ft)

Day 07: Chhatra Khola to Kothe (3,691 m/12,110 ft)

Day 08: Kothe to Thaknak (4,358 m/14,299 ft)

Day 09: Thaknak to Khare (5,045 m/16,553 ft)

Day 10: Khare: Acclimatization and pre-climb training

Day 11: Khare to Mera High Camp (5,780 m/18,964 ft)

Day 12: Mera High Camp to Summit and back to Khare (6,476 m/21,247 ft)

Day 13: Reserve Day for Contingency (5,045m/16,553ft)

Day 14: Khare to Kothe (3,691 m/12,110 ft)

Day 15: Kothe to Thuli Kharka (4,300 m/14,108 ft)

Day 16: Thuli Kharka to Lukla (2,846 m/9,337 ft) via Zatrwa La pass (4,600 m/15,093 ft)

Day 17: Fly to Kathmandu (1,440m/4,724 ft)

Day 18: Final Departure



Cost Include:

- ✔ All ground travel, including getting to and from the airport, is done in a private car.
- ✔ One night accommodation at a standard hotel in Kathmandu with breakfast included as per the itinerary.
- ✔ During the trek, you will be provided with three meals a day: breakfast, lunch, and dinner with one cup of tea each meal
- ✔ Full board accommodation of lodges or guest houses in twin sharing based during the trek, and tents will be available during the climbing period
- ✔ All camping equipment in base camp
- ✔ Flight ticket from Kathmandu-Lukla-Kathmandu for members and staff
- ✔ his salary, food, drinks, lodging, transportation, and insurance covered.
- ✔ Strong, helpful porters with the right safety gear and walking gear, as well as a salary, food, a place to live, and insurance.
- ✔ A map of a trek and a certificate of completion of the trip
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- ✔ A map of a trek and a certificate of completion of the trip
- ✔ All papers that need to be done, Fees for entering permits you need to go while hiking.
- ✔ Duffle bag for trekking.
- ✔ First aid kit- Oxymeter to check your pulse, oxygen saturation, and heart rate twice a day (very helpful to check for signs of Altitude Mountain Sickness, or AMS). This will make sure that your trek is in the safest hands possible, no matter how experienced you are.
- ✔ Necessary fixed and dynamic ropes will be available during the climbing period
- ✔ The necessary kitchen crew will be available in the base camp
- ✔ Complete pre-departure information, flight ticket reconfirmation, and extend visa service(if necessary)

Cost Exclude:

- ✘ Food that you will eat in Kathmandu for lunch and dinner
- ✘ The cost of a visa to enter Nepal is \$30 USD for a 15-day stay, 30 Days - \$50, 90 Days - \$125
- ✘ Your insurance for travel and medical care.
- ✘ International Airfare.
- ✘ Your Personal Expenses.

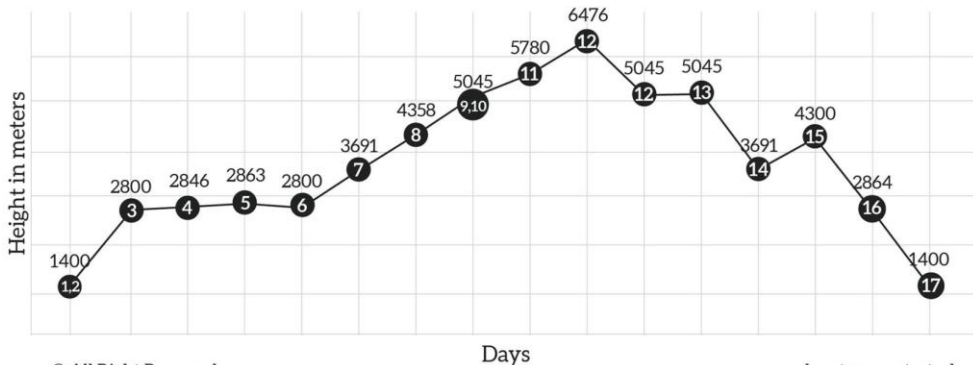
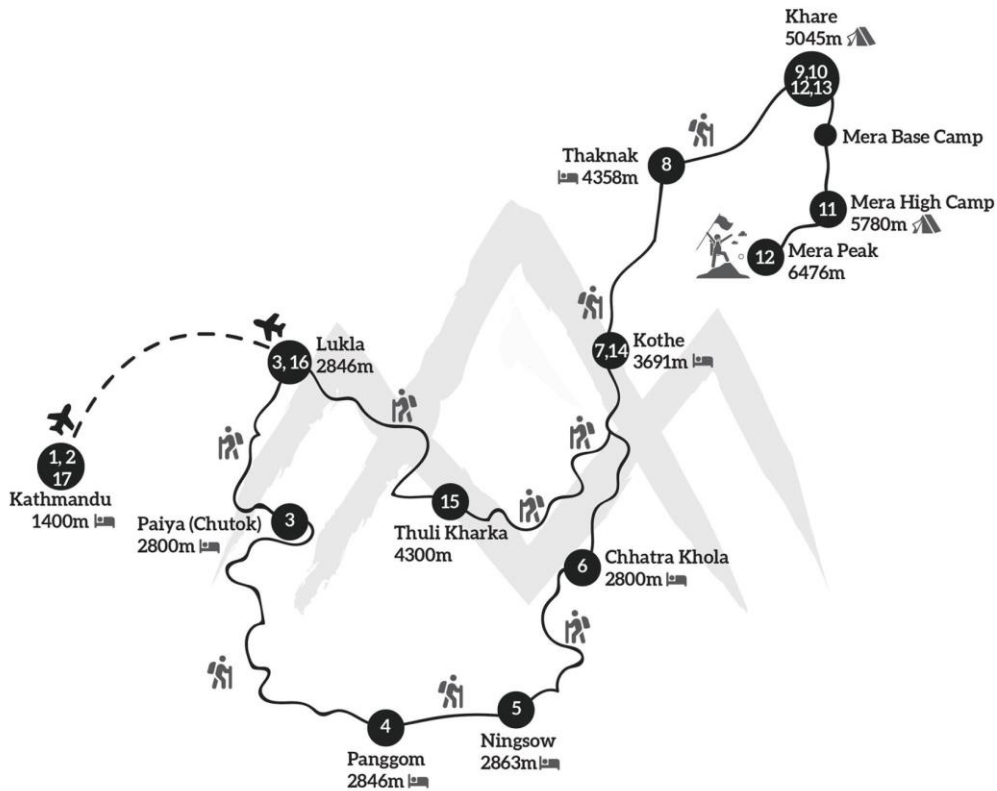


- ✘ All of the alcoholic and non-alcoholic cold and hot drinks you buy on trek (along the way and in the Tea Houses at night).
- ✘ All of the sweet desserts, like chocolate, cake, pie, and pudding.
- ✘ The tea houses have hot showers and places to charge your phone which will cost you about 2\$ to 5\$
- ✘ Tip to the guide, the porter, and the driver. (Tipping is expected)
- ✘ One porter for two people: US \$320

Route Map



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List of Equipment

Packing list

Head and Hand

1. Balaclava
2. Neck Gaiter/High Neck
3. Sun Cap
4. Wool/Fleece Hat
5. Lightweight Synthetic Liner Glove
6. Wind Stopper Fleece Gloves
7. Heavy Gloves (Mitten)

Upper Body

1. Lightweight Top/Thermo Coat
2. Short-Sleeved Shirts/T-shirts
3. Midweight Top
4. Down Insulated Jacket
5. Synthetic or Fleece Jacket
6. Gore-Tex Jacket

Lower Body

1. Lightweight Long Underpants
2. Midweight Long Underpants
3. Trekking Pants
4. Gore-Tex Pants
5. Synthetic Insulated Pants
6. Underwear
7. Summit Socks
8. Trekking and Climbing Socks

Trekking Devices/Climbing Gears

1. Harness
2. Carabiners (Both Lock & Unlock)
3. Ascenders/Jumar
4. Climbing Helmet
5. Headlamp with Spare Batteries (Petzl/BD)
6. Ice Axe Semi-technical
7. Crampons
8. 1 Sleeping Bag: -30 +C to -40 +C
9. Thermarest Cell Foam Mattress
10. Belay Device (ATC Guide/Figure of 8)
11. Assistant Rope
12. Tape Sling



13. Ice Screw
14. Summit Boot/G2SM
15. Snow Goggle UV Protection
16. Sun/Glacier Glasses UV Protection
17. Extendable Trekking Poles (BD Alpine Flz)

First Aid Kit

1. Water Purification Tablets
2. Sunscreen (-50 Spf)
3. Lips Guard (-20/-50 Spf)
4. Zip-Lock Bags
5. Baby Wipes or Wet Towels
6. Handy Plaster
7. Crack Bandage
8. Tincture
9. Iodine
10. Aspirin
11. Sinex
12. Strepsils
13. Antibiotic
14. Paracetamol
15. Anti-Diarrhea Capsule/Eldoper
16. Brufen/Ibuprofen
17. Diamox
18. Eye Drops
19. Toiletries
20. Toothpaste
21. Toothbrush Hand Sanitizers & Hand wash
22. Wet Tissues
23. Laundry Soap
24. Garbage Bag
25. Bath Soap
26. Shampoo
27. Moisturizers

Miscellaneous

1. Rucksacks (45 - 55 Ltr.)
2. 1 Duffel Bag
3. Water Bottles
4. Thermos/Flask
5. Swiss Knife
6. Pee Bottle
7. Pack Towel
8. Umbrella/RainCoat
9. Spare batteries
10. Waterproof Stuff Sacks



11. Sandals
12. Lightweight Hiking/Trekking Boots
13. Camp Booties
14. Satellite Phone (if possible)
15. Solar chargeable power bank (optional)
16. Book/Board Game
17. Journal/Pen
18. Bars and Snacks

Travel Document

1. Valid Visa
2. Valid Passport
3. 4 PP Size Photo
4. Family/Company Contact Number & Address
5. Insurance Paper (Medical & Rescue) & Contact Address

Credit Card If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on Instagram (**@adventuremastertrek**) or get in touch via **WhatsApp (+9779851033195)**. A member of our team will get back to you as quickly as possible and be happy to assist you further.

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