Mera Peak

Trip Code: MER

Version:

MOUNTAINEER	GUIDED GROUP	10 TOUGH



HIGHLIGHTS

- Mera's summit is a stunning viewpoint for 5 of the world's 8000 metre peaks
- Walk in to Mera via the Pangkongma La and walk out to Lukla across the Zatrwa La
- A spare day on the mountain allows some flexibilty for our summit attempt
- IFMGA qualified guide, all meals, excellent Kathmandu hotels and airport transfers
- FREE sleeping bag, down jacket and climbing gear hire is available for this holiday

AT A GLANCE

- 15 days trekking and climbing
- Max altitude - 6476 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Mera Peak at 6476 metres, is one of the highest trekking peaks in Nepal and its summit panorama takes in five of the world's 8000 metre peaks - Kangchenjunga, Makalu, Lhotse, Everest and Cho Oyu. This ultimate Himalayan trekking and climbing holiday begins with a short and exciting flight to Lukla in the Khumbu. From here, we begin trekking through the terraced farmland and forest of Nepal's 'Middle Hills', passing small villages and settlements inhabited by the hardy Sherpas.

Our route then takes us across the Pangkongma La (3174m) to reach the largely uninhabited Hinku Valley which we follow northwards via seasonal grazing grounds to the traditional basecamp area for Mera Peak at Khare. We spend 2 nights at Tagnag and 2 nights at Khare to help with our acclimatisation and to allow for some snow-skills instruction. Although physically very demanding on account of the altitude, the climbing on Mera Peak is not technically difficult, ascending snow slopes that rarely exceed 30 degrees and assisted by our local IFMGA qualified guide and a team of high altitude Sherpas. There is normally just one short steeper section where passage is safeguarded by fixed lines. Viewed from the mountain's upper slopes, the sunrise on Everest and Kangchenjunga is truly unforgettable. During the trek to basecamp we stay in simple tea-houses or lodges and then, above Khare, we have two nights in tents, supported by a full camp crew. Returning from the mountain, we take a different route across the high pass of the Zatwra La (4600m) to reach the airstrip at Lukla and from there fly back to Kathmandu. Mera Peak is the perfect choice for fit and keen hillwalkers looking to take part in a real Himalayan climbing expedition.

Is this holiday for you?

This trekking and climbing holiday in Nepal presents a great variety of trekking conditions. During the first couple of days from Lukla we trek on village trails through steep-sided valleys, crossing the 3174 metre Pangkongma La to reach the alpine environment of the Hinku Valley. Here, there are a number of small summer grazing camps where simple lodges have only recently been built. The paths are good for most of the route up to our basecamp at Khare, and offer relatively easy underfoot conditions although with some steep ascents and descents. The climbing on Mera Peak is not technical and for the most part we will be walking on snow slopes of less than 30 degrees. For much of the ascent we will be using crampons and moving as a roped party since we will be traversing a glacier. On some short steeper sections your guides may put in fixed lines to safeguard the route and you will be provided with an ascender to use on these fixed ropes. No previous mountaineering experience is required as instruction in the simple techniques of walking roped together and using fixed lines will be given by your IFMGA qualified guide. However, previous use of crampons is highly recommended. On summit day we will have a guide to client ratio of 1:3. The main difficulties of the climb of Mera Peak are those associated

with trekking at high altitude and this climbing holiday is suitable for fit and motivated trekkers as well as mountaineers wishing to reach new heights.

Itinerary

Version:

Extensions

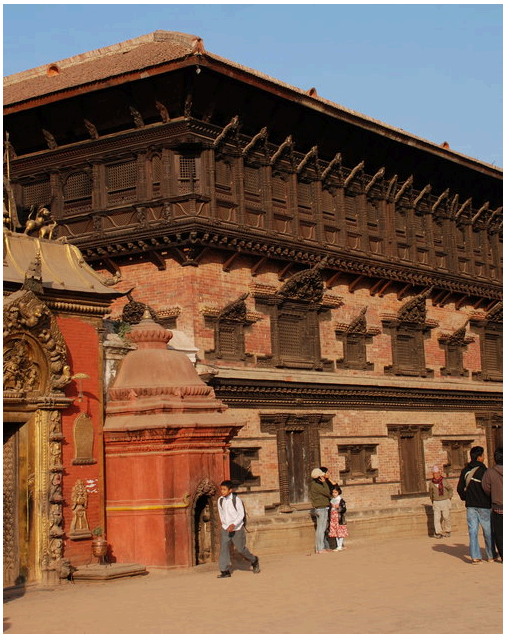
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

3 days from
US$1,680 per person



Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from
US$200 per person

Holiday Information

What's Included

- An IFMGA qualified mountain guide and support climbing Sherpas
- Guide to client ratio of 1:3 on summit day
- Kathmandu Airport transfers
- Internal flights and all land transport involved in the itinerary
- All accommodation as described
- All meals
- Once on trek the group will be assisted by porters and a local guide
- FREE sleeping bag down jacket and climbing gear hire is available for this holiday on request

What's not Included

- Travel Insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are provided from dinner on Day 1 to breakfast on Day 20 of the Land Only itinerary.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Breakfasts on trek will generally be a set meal including porridge, bread with jam and/or honey and a small omelette or hard-boiled egg, together with tea or coffee. Lunch will be a set, single-course meal with tea or coffee. Dinner will be a set 3-course meal; soup, main and a simple dessert with tea or coffee. The lodges will typically provide Nepali dishes such as rice and dal, as well as 'international' dishes like pizza and chips. So that the group can eat dinner together, your trip leader will pre-order the main course, alternating daily between local and international dishes. If you wish to order additional dishes and/or snacks, you should budget accordingly. Boiled drinking water is provided at breakfast, lunch and dinner. All the lodges and tea-houses sell snacks, chocolate bars, soft drinks and beer. The food served at the high camps on Mera Peak will be simple and nourishing dishes prepared by our cook team. In Kathmandu we normally choose one of the excellent restaurants in the city for dinner.

Accommodation

In Kathmandu we use a range of excellent hotels including the new and very comfortable 4 star Aloft Hotel. Located in the heart of the city, this hotel offers a range of first-class facilities including fast and free WiFi and a spa and fitness centre. Whilst on trek there are 14 nights in lodges and 2 nights in tents during the ascent of Mera Peak. Accommodation is generally arranged on a twin sharing basis and if you are travelling by yourself you will usually be paired up with someone of the same sex. Please note that at one or two of the higher lodges we may be forced to use multi-bedded rooms. Nepalese trekking lodges are simple, friendly and atmospheric. They generally have heated dining areas which are often attractively decorated. Bedrooms are, however, basic and unheated with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at $4 - $5 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals. For the 3 nights in Kathmandu single rooms are available at additional cost. However, it is not possible to pre-arrange single room occupancy in the lodges and single tent occupancy for the 2 nights above Khare is not an option. Additional hotel nights in Kathmandu can be pre-booked.

Internal flights

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The changeable nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the UK Air Safety List (ASL), and are banned from operating commercial air services to, from, and within the United Kingdom. Flying in Nepal is an acknowledged risk, and the UK Foreign and Commonwealth Office travel advice provides further details which you can read on their website. KE is mindful of its duty of care to clients travelling with us in Nepal and we are stakeholders in an annual independent air audit of Nepal airlines undertaken by UK tour operators. KE only uses airlines in Nepal which have been approved by this audit. We continue to cooperate with other tour operators to monitor aviation safety in Nepal and will ensure we remain a stakeholder in any further air safety audits. While we have taken appropriate action to try to minimise the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night near the airport (this may be at a hotel other than the group hotel). On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but an alternative trek will be provided if delays to internal flights mean the original itinerary (or a shortened version of it) is no longer feasible.

For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. In the extremely unlikely event that a delay to your internal flight causes you to miss your homeward international flight, KE will re-book international flights for Flight Inclusive clients, but please be aware that clients booking on a Land Only basis will be responsible for re-booking their onward travel and for any associated costs. We advise you to take out suitable travel insurance and to keep your receipts, as you may subsequently be able to make a claim.

Group Leader & Support Staff

The group will be accompanied by an IFMGA qualified Nepalese mountain guide who will be assisted by an experienced team of high altitude Sherpas.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £250 to £300 (or equivalent in US dollars, Euros etc) changed into local currency, should be allowed for miscellaneous expenses including porter and trek crew tips, drinks, snacks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek it is possible to buy snacks, chocolate, soft drinks and beer on mostl days. Please be aware that since everything has to be carried up from the nearest road, these items become more expensive as you gain altitude.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £130 (in rupees) to these tips - although the amount you give is entirely up to you. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

Your main item of luggage should be a sturdy kit bag, duffle bag or similar which will be carried during the trek by porters and should weigh no more than 15kg. If you are picking up a sleeping bag and down jacket from KE in Kathmandu, you need to factor in the weight of these items (around 3kg) and allow space in your bag for them. Your personal mountaineering equipment (boots, axe, crampons etc) will be carried separately. On arrival at Lukla you will hand these items of equipment to your trek leader who will pack them in communal bags until you reach basecamp. You should also take on your holiday a daypack of approximately 40 litres capacity.

For all STOL flights in Nepal, the normal allowance for hold baggage AND hand baggage combined is 15kg. But, for our climbing holidays we have arranged an allowance of 15kg hold baggage PLUS 5kg cabin baggage. You may also wish to consider wearing your heavy mountaineering boots and any heavier clothing on these flights. Please be aware that you will have to pay any charges for excess personal baggage above this allowance at check-in, and that excess baggage may have to be flown separately. It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights, please check the baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is $30 for 15 days, $50 for 30 days, $125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at this link. This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

NEW REQUIREMENT - FNMIS - Foreign Nationals Management Information System

The Nepalese Department of Immigration has introduced this system which aims to assist in the tracking of foreign nationals when in Nepal. It is intended to streamline service delivery and to ensure the safety of travellers. It does not collect any additional personal data beyond that which is already obtained through existing immigration procedures.

You are required to download app before travelling. Use the app download links below:

• iOS: https://apps.apple.com/us/app/department-of-immigration/id6749536250

• Android: https://play.google.com/store/apps/details?id=com.govnp.doi

Please Note: The system is not yet operating smoothly and if you have problems accessing the app or making it work, you can travel without it. You will be assisted to register on arrival in Nepal and your details can still be entered manually if necessary at hotel check-in, airport etc..

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: Visa PDF India.

TREKKING PERMITS - WHAT DO WE NEED FROM YOU ?

For treks in the Everest region - EBL, EVL, EHW, ELL - we need your passport details and we need you to take with you to Nepal 2 passport photographs. You will hand these over to your local leader on Day 1.

For treks in the Annapurna region - ASL, ACL, UAT, ANL and for the Gosainkund and Langtang Trek - GLT - we need your passport details and we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself. Please send this to us once your holiday is guaranteed.

For these Conservation Area treks and other treks requiring Special Permits - KAN, DLG, NAP - we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself and a scan of the information pages of your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

For those trips requiring Climbing Permits - MER, IPC, CTL, YAR - we need to send to Nepal ahead of your departure, a scan of a passport-style photograph of yourself and a scan of the information pages of your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu, for YAR and for CTL, you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. This is a demanding trek and you need to be aerobically fit and also comfortable with walking up to 8 or 9 hours each day, and possibly for 12 hours or more on the summit day. The best preparation for this trip is regular hiking in mountain or hill country. If this is not possible, we suggest that you adopt a weekly exercise regime and gradually increase your work rate as you get nearer to departure. Running, cycling and swimming are also good for developing better stamina. Whatever your preparation, before departure, we suggest that you try to fit in a number of long walks in hilly country. For this trip it is also essential that you gain some experience walking on moderately angled snow slopes wearing crampons. No technical mountaineering experience is required and clients will be instructed in the basic techniques of glacier walking prior to the ascent.

Climate

October to November and March to May are the best times for trekking in Nepal. These months either side of the summer monsoon season are neither too hot in the foothills nor too cold in the higher elevations and they offer the best conditions for trekking. Pre-monsoon is the time to see the colourful blooms of the rhododendron at lower elevations. The post-monsoon months usually offer the clearest skies and the most settled weather. At either of these periods you will encounter a wide range of daytime temperatures during your trip from approximately 25ºC in Kathmandu to approximately 14ºC at 3000 metres and approximately 3ºC at 5000m. The 'real feel' temperature in the middle of the day will be much warmer than this. On the December trips the typical temperatures will be around 5 degrees lower than the above. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing once above approximately 4200m. (anywhere above 3000 metres in December), and at the highest camps on Mera Peak the night time temperatures may drop as low as -25ºC or below -30ºC in December. Extended periods of rain or snow are very unlikely outside of the monsoon period but short lived storms can and do occur. It is very important that you are equipped and prepared for these extremely low temperatures.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Trekking and Climbing in Nepal. Steve Razzetti.
- Kathmandu and the Kingdom of Nepal. Prakash Raj.
- Adventure Treks Nepal. Bill O'Connor.

Maps

Mera Peak. 1:50,000 Himalayan Maphouse.

A detailed trekking map at a good scale. The contour interval is a useful 40 metres, with numerous spot heights. The map is indexed and shows settlements, tracks, airfields etc. Margin ticks show latitude and longitude in steps of 5'. A separate detachable map shows Mera Peak at 1:33,898, indicating the main climbing routes.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. Use your own experience and judgement to determine what to bring with you but please ensure you have all of the mandatory items. As a general rule, you should always try to keep the weight of your equipment to a minimum. Please make sure you have read the section on baggage allowance in the trip notes.

You must bring the following items:

- Hiking boots
- Mountaineering boots - see 'Mountaineering Equipment'
- Waterproof gaiters
- Good quality and fully waterproof (Gore-Tex or similar) overtrousers
- Good quality and fully waterproof (Gore-Tex or similar) mountain jacket with hood
- Fleece jacket
- Duvet jacket (down or man-made fibre)*
- Down trousers/pants (optional)
- Sunhat
- Warm hat and thermal balaclava
- Good quality wrap-around sunglasses or glacier glasses
- Ski goggles (optional)
- Thin gloves
- Warm and insulating gloves or mittens
- Daypack minimum 40 litres
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)

- Water purification tablets
- Dry bags(s) for daypack/kit bag contents (to ensure they keep dry)
- Sleeping bag comfort rated down to minus 20 C*
- Sleeping bag liner
- Basic First Aid Kit including: A broad spectrum antibiotic, antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters (band-aids) and blister treatment, and re-hydration salts (Dioralite).

Mountaineering Equipment:

- Mountaineering double boots - see below
- Ice axe *
- Crampons (that fit your boots!)*
- Mountaineering or climbing harness*
- 2 x Karabiners (screwgate)**
- Ascender or Jumar (provided)
- Descender (rappelling device) **
- Prussik loop **
- Climbing helmet*

Packing checklist:

- Trekking trousers
- Baselayer shirts

- Baselayer leggings
- T-shirts or similar
- Washbag and toiletries
- Antibacterial handwash
- Toilet paper (you can also buy this in the lodges)
- Small trek towel
- Small padlock (to lock your kit bag)
- Travel clothes
- Trekking poles (recommended)
- Scarf or buff
- Trainers for camp use
- Pee bottle
- Swimwear (for the hotel pool in Kathmandu)
- Insect repellant - (DEET)
- Camera
- Penknife (remember to pack all sharp objects in hold baggage)
- Basic repair kit (gaffer tape, sewing thread and needle etc)

Notes

*FREE sleeping bag, down jacket and climbing gear hire is included in your KE holiday booking on request.

Equipment hire: Please make all requests at least 4 weeks prior to the trip departure date. Items marked ** are provided with hire of a harness and not available for individual hire. All equipment is issued in Kathmandu. Please remember to allow room in your kit bag for these items during travel to the start of your trek. During the trek your mountaineering equipment including double-boots will be carried separately in communal equipment bags.

Crampon hire: We provide Grivel G12 Crampons which are classic 12 point crampons designed for general mountaineering. They are fully adjustable and essentially, one size fits all. However if you have boots bigger than size 11 (46) you will need to purchase and take with you Grivel extender bars. Or take your own crampons.

Cultural sensitivity: The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a long skirt.

Camping mattress: For the 2 nights camping on Mera Peak, foam type camping mattresses are provided. You may wish to bring your own Thermarest-type mattress for extra comfort, but this is optional.

Mountaineering Boots: Climbing at altitudes of up to 6500 metres, the temperatures can be very cold (as low as minus 30 degrees centigrade). Standard mountaineering boots are not suitable for these cold, high altitude conditions. Specialist double boots with insulated inners are the best to keep your feet warm at altitude in these extremely low temperatures. Examples of suitable boots are Scarpa Phantom 6000, Boreal G1 Lite, Mammut Nordwand, and La Sportiva G2 Evo. These boots are also designed to take step-in crampons, quickly and efficiently. This combination of double mountaineering boots and step-in crampons is by far the most sensible option when considering a mountaineering peak up to 6500 metres. You must make sure that you are suitably equipped for these extremely low temperatures.

Gear Advisor

- PHD specialise in cold weather equipment, from the world's lightest right up to the most protective for Everest or the Poles. It's a large range. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this expedition. Click on this link: http://www.phdesigns.co.uk/gearadviser/destination.php?destinations_id=12

- Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

36 Years of Mera Peak Experience!The first KE group to climb Mera Peak was in 1988 and we have climbed this excellent Himlayan peak every year since then. No-one has more experience on Mera than us.

Please Note This document was downloaded on 12/11/2026 and the trip is subject to change