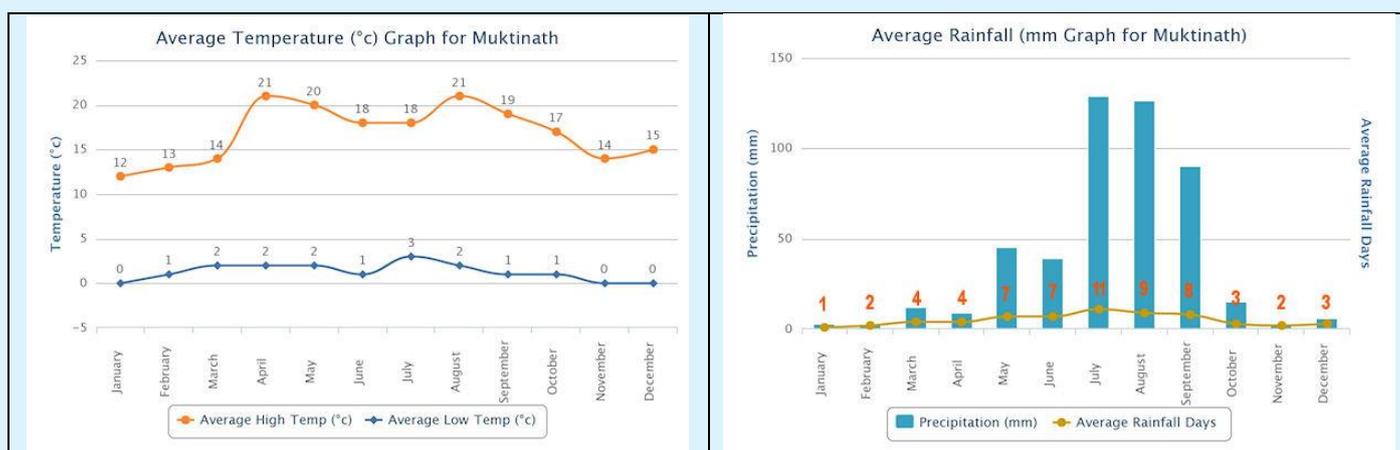




## Introduction

Infinite Mountain Adventure (IMA) Upper Mustang Trek is scheduled during spring and autumn dry season in a rain shadow area. Days will be comfortable to warm and mornings will be fresh to cold above Chele. Below Kagbeni weather will be warm in Marpha, Pokhara and Kathmandu. The average monthly precipitation and day|night temperatures are included below. In Upper Mustang we will stay overnight between 3500m and 3800m so weather conditions will be similar to Muktinath. We will cross passes as high as 4200m.



With the climate change due to increased CO2 and greenhouse gas atmospheric pollutions the weather is more unpredictable and unseasonal and you must be prepared for sudden cold snaps and some unseasonal precipitation.

## Recommended Gear List

The trek is along village treks and short sections of a jeep road. We will stop often to visit interesting places and hike-up for short hikes to the vistas. The adventure is not competitive and for comfort and safety light trekking boots/shoes with sturdy sole are recommended.

In most of mountainous area wind is typical in the afternoon. We also trek on high altitudes, which cause much stronger cold perception than at low altitudes. We recommend using the layering principle (Read more below) and recommend that you always carry a warm windproof / waterproof top when trekking. We will supply you a customized equipment checklist with appropriate climate briefing specifically tailored for your adventure taking in to account type of the trip, the length of the trip and the month of your trip.

Whilst keeping the weight of your equipment to a minimum, it is better to have an item of clothing and not use it than to be cold! The gear listed below is only recommendation and your personal judgement is required to choose the quantity of clothing ensuring that it will be sufficient to keep you warm and comfortable without excessive luggage.

Infinite Mountain Adventure – Upper Mustang Cultural Trek – GEAR LIST

| ITEM                    |                                  | COMMENTS  |
|-------------------------|----------------------------------|---|
| <b>DAYPACK CONTENT</b>  |                                  |   |
| 1                       | A daypack   1L bladder or bottle |   |
| 2                       | Sun cream   Lip balm 30SPF+      |   |
| 3                       | Camera                           | + spare batteries   |
| 4                       | Head torch                       |   |
| 5                       | Gore-Tex shell                   | Top and pants   |
| 6                       | Light jacket                     | Fleece or similar fabric  |
| 7                       | Down jacket                      | Fleece or similar fabric  |
| <b>CLOTHING: FEET</b>   |                                  |   |
| 8                       | Trekking shoes                   | For the trek and ride   |
| 9                       | Training shoes   runners         | For after ride  |
| 10                      | Sandals                          |   |
| 11                      | socks                            | Warm socks for above Manang   Light socks for the ride            |
| <b>LOWER BODY</b>       |                                  |   |
| 12                      | Trekking trousers/pants          |   |
| 13                      | Lightweight shell/rain pants     |   |
| 14                      | Underwear                        | Merino wool or synthetic  |
| 23                      | Shorts                           |   |
| 15                      | Swimming gear                    | For Tatopani springs  |
| <b>TORSO</b>            |                                  |   |
| 16                      | Short sleeve shirts              | For below Kagbeni   |
| 17                      | Long sleeve shirts               | For above Kagbeni   |
| 18                      | Waterproof Gore-Tex jacket       |   |
| 19                      | Lightweight jacket               | down   synthetic filled   |
| 20                      | Fleece jacket                    |   |
| <b>HEAD</b>             |                                  |   |
| 21                      | Sunhat   cap                     |   |
| 22                      | Warm hat                         |   |
| 23                      | Sunglasses                       |   |
| 24                      | Light neck   face sleeve         | For sun   dust protection   |
| 25                      | Bandana                          |   |
| <b>HANDS</b>            |                                  |   |
| 26                      | Thermal lightweight gloves       |   |
| 27                      | Warm gloves for camping          |   |
| 28                      | Cycling gloves                   |   |
| <b>PERSONAL HYGIENE</b> |                                  |   |
| 29                      | Personal hygiene supplies        |   |
| 30                      | Sun cream SPF 30+   lip balm     |   |
| 31                      | Insect repellent                 |   |
| 32                      | Soap   hand wipes                |   |
| 33                      | Hand sanitizer                   |   |
| 34                      | Toiletries                       | Toothbrush, tooth paste, dental floss, nail brush, nail clippers, |

|                      |                          |   |
|----------------------|--------------------------|---|
| 35                   | Personal First Aid       | Personal medications, Ibuprofen, Paracetamol, Antiseptic cream, assortment of Band-Aids, elastic bandage, moisturizing cream; |
| <b>MISCELLANEOUS</b> |                          |   |
| 36                   | Swiss army knife         |   |
| 37                   | Travel cloth             |   |
| 38                   | 1L water bottle          |   |
| 39                   | Selection of dry bags    | To separate cloths  |
| 40                   | Sleeping bag for camping | At least rated -10°C  |
| 41                   | Duffel back for porter   |   |

## How to Use your Gear

### Apply Layering Principle

While trekking in any mountainous undulating environment, in particularly at high altitudes where the weather is a subject to rapid changes one needs to adopt

layering principle.

Using clothing layers to regulate body temperature ensures that the body temperature stays in a comfortable range to prevent excessive sweating followed by rapid cooling. When you start the day wear sufficient number of layers to keep warm but as soon as you feel overheating remove a layer on the go quickly to prevent unnecessary overheating and sweating.

Individuals who over heat and sweat profusely or practice extreme climbing use vapour barrier garments, which absorb the sweat and keep your outer layer dry.

### Merino Wool as a first layer

For layer one garments IMA recommends Merino Wool from Icebreaker because the company understands climbers and mountaineers needs and utilizes the best quality material.

No other company can at this stage (spring 2015) match Icebreaker quality. The quality in extreme conditions is essential for your comfort and safety. Merino wool is the finest wool and it matches cotton with softness and polypropylene with insulation and breathing-ability because it takes moisture away from the body and keeps you dry and warm.

#### Merino Advantage:

Moisture Wicking

Insulation

Antibacterial Properties

The process of taking the moisture away from the body is called wicking. Wool and synthetic fabrics are really good wicking materials hence they are very suitable to wear for hard physical activity such as trekking, mountain biking and climbing.

Due to its natural nano-tube construction wool has also antibacterial properties, so it stays usable for much longer. It is slightly more expensive than polypropylene so is Himalayan biking, climbing and trekking. Using cotton shirts for high altitude biking, trekking or climbing is a wrong and dangerous approach, which can lead to hypothermia.

For more information contact Infinite Mountain Adventure:

[www.8mtb.com](http://www.8mtb.com)

[www.facebook.com/himalayandreaming](https://www.facebook.com/himalayandreaming)

[info@8mtb.com](mailto:info@8mtb.com)

SMS or call Tony Olejnicki for obligation free advice: +61 421 250 444

©2014 Infinite Mountain Adventure | [www.8mtb.com](http://www.8mtb.com)