Gokyo Valley Trekking : Scenic Lakeside Trek for Women

Everest Region

Trip Facts

REGION	DURATION
Everest	**15 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking**
MAX. ALTITUDE	BEST SEASON
5,357 m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
90 km/56 miles	**Private vehicle**

Group Prices and Discounts

USD 1,399 per person

No. of travellers	Price per person
1 Pax	USD 1,850
2–5 Pax	USD 1,499
6–12 Pax	USD 1,399

Overview

Gokyo Valley Trekking is one of the most picturesque countries around the Himalayas. In the early days, it was a grazing pasture for the yaks and livestock, and over the years, it has turned out to be a photographer paradise. **Gokyo Valley** is home to serene emerald-colored lakes and Nepal's longest glacier, the Ngozumpa glaciers, which serve as the source of the Dudh Koshi River.

It is an exciting and scenic adventure of less than two weeks, where one can enjoy the grand vista of the world's tallest peaks in the close harmony of pristine surroundings and the warm traditional hospitality of the native Sherpa. The **Gokyo trek** is a perfect choice for adventure women of all ages, whether you are travelling solo or with fellow female explorers, and is popular among those seeking a unique **trekking guide Nepal** experience. Sherpa are the Highlanders of Khumbu and Eastern Himalayas interwoven with a strong heritage and customs rooted in Buddhism. Explore the lifestyle of Sherpa women in Gokyo Valley, showcasing their dedication to daily work, resilience in harsh conditions, and how they inspire other women through their strength, resourcefulness, and determination.

Gokyo Valley Trekking is an alternative adventure around the high Khumbu region, besides popular destinations to Everest Base Camp. The trekking will be pleasant and scenic country walks with a touch of high altitude, where magnificent scenery makes the adventure worth visiting. The journey begins from the town of Lukla, the door to various **adventures around the Khumbu region**. The trail follows through lovely villages within the backdrop of towering snow peaks to enter *Sagarmatha National Park*.

The Park is designated as a UNESCO World Heritage Site due to its unique features enriched with exotic flora and fauna including the world's highest peaks, the Everest, Mt. Lhotse, Mt. Cho-Oyu, and the famous mountain ranges. As the walk progresses, we ascend higher to the famous Namche Bazaar, a major hub for the Khumbu villagers. At **Namche Bazaar**, we spend an extra day for acclimatization. The adventure continues leaving the main trail towards **Gokyo Valley**.

The trail enters the Dudh Koshi River gorge covered in dense tree lines of tall rhododendrons and pines. Then, reaching a high and wide open country above the tree lines at Gokyo Valley. In Gokyo Valley, we are amidst by the stunning views of snow peaks with crystal clear reflections of the world's 6th highest Mt. Cho-Oyu on Gokyo glacial lakes.

At Gokyo, you have time to explore its beautiful surroundings with a climb to the high **Gokyo-Ri trekking,** the highlight of many Gokyo trekking itineraries. The highest point of the adventure offers the view of the world's four highest peaks Everest, Lhotse, Makalu, and Cho-Oyu. The view also includes a series of snow-dusted mountains encircle the high scenic ridge of Gokyo-Ri.

After a wonderful experience, then head for the return journey towards Namche Bazaar and back to Lukla. Next early morning, a smooth scenic flight brings you to Kathmandu after an exciting adventure to Gokyo Valley Trekking.

Highlights

- Head on an empowering journey to Gokyo Valley Trek with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions.
- Walking on scenic and traditional villages adorned with impressive cultures.
- Sagarmatha National Park, a world heritage site enriched with exotic flora, fauna.
- Within beautiful forested trail covered in tall rhododendrons, firs and pine trees.

- Away from mainstream route, a scenic walks all the way to Gokyo Valley of lakes.
- Capture the breathtaking panorama of world's four highest peaks from **Gokyo-Ri,** the perfect spot for every **Gokyo Valley trek itinerary**.

Route Overview

Trekkers joining for Gokyo Valley trekking or other **adventures around Nepal Himalayas** must be aware beforehand. Nepal is a country with the world's highest mountain range from foothills to the world's tallest peaks with rugged mountainous landscapes and terrains. The walk leads to many ups and downhill with few gradual sections to enjoy. The only flatland is the low sub-tropical Terai belt around southern Nepal.

En route to Gokyo Valley, the trek starts with a pleasant gradual path with a few short steep ups till Jorsalle. We then cross the high bridge on leaving Jorsalle village and reach Dudh Koshi River Valley. After a steep undulating climb for a few hours, the path leads to Namche Bazaar, Namche onwards the path is on wide scenic winding gradual ups. We continue our walk for a few hours and climb into the lovely forested path to Dole, and then with a short steep up, we reach Gokyo Valley.

To enhance your experience, consider hiring a **female trekking guide in Nepal** or connecting with **a female trekking guide agency** specializing in women-centric treks, ensuring expert local support and a memorable journey.

Fixed Departures

Departure	Duration	Availability
November 11th – November 25th	15 Days	Available
November 16th – November 30th	15 Days	Available
November 18th – December 2nd	15 Days	Available
November 20th – December 4th	15 Days	Available
November 25th – December 9th	15 Days	Available

The next 5 departures. See every date on the website.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you after which you can join the other members of the Gokyo Valley Trekking team in the meeting room for a briefing.

The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge and foods. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 02: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Fly to Lukla 2,860 m and trek to Phakding 2,610 m-04 hrs.

You will have your breakfast at Hotel, and after having early breakfast and refreshments, the Woman Adventures guide, and staff receives you for short drive to domestic airport. You then check in with respective airlines, get on board in a small aircraft of 15 to 18 seats. Twin Otter, Dornier or similar STOL aircraft can only fly to mountainous smaller

Airport and runways. The flight to Lukla's amazing Tenzing-Hillary Airport is an enchanting experience, with its remarkable airstrip. During this short flight enjoy sweeping panorama of the Himalayan range of peaks with Mt. Everest towards North-East.

Then the plane lands at Lukla's short runways, reaching the parking space on landing at Tenzing-Hillary Airport. After getting organized with the baggage, you'll have time to take a refreshing break. Then follow our lady expert guide heading through the market areas on the main streets of Lukla town. Enjoy a pleasant walk downhill, passing farm villages and continuing through several charming settlements along the way. We then reached Phakding for the first overnight around the Khumbu area of Everest.

The lodge offers lovely rooms and warm hospitality, providing a comfortable place to enjoy the night in Phakding, near the Dudh Koshi River. The flight to Lukla takes about 30 minutes and covers a distance of approximately 135 km (84 miles) while the walking distance from Lukla to Phakding covers an approximate distance of 8 km (5 miles).

Day 04: Trek to Namche Bazaar 3,440 m-06 hrs.

After a hearty breakfast in the morning, follow our female guide and trekking staff for a pleasant walk to start the day. After short hour of good walk cross over a long bridge above Dudh Koshi River. Then a short climb to lovely Monjo village and then enter Sagarmatha National Park. Sagarmatha, a name for Everest in Nepal, the native Sherpa calls Chomolungma similar to Tibetan. In both languages it means great Mother as large as an ocean. From the park, we walk down to cross the same river once again. (Sagarmatha National Park is in the list of UNESCO World Heritage Sites).

We then reach the settlement of Jorsalle before Namche Bazaar, possible lunch stops, and then walk on river bed amidst dense forest. We take a short climb to cross a high bridge, with a long undulating uphill walk of a few hours takes us to Namche Bazaar. A large settlement, a size of a moderate town with colorful and well built houses serving as lodge, and hotels. Enjoy a nice comfort in one of the best lodge rooms, with a grand view of Kwangde Himal range; with Thamersarkhu peaks. The total distance from Phakding to Namche Bazaar is approximately 12 km (7.5 miles), taking more than 5-6 hours due to the increase in altitude.

Day 05: Rest day in Namche Bazaar for acclimatization with short hike.

Namche Bazaar is a perfect place and ideal height for rest and acclimatization, before heading higher ground. Sleeping and resting low is best, taking short hike above Namche Bazaar heights for better acclimatization. It is best to sleep and rest at lower altitude. We also take a short hike above Namche Bazaar to aid in better acclimatization. In Namche, immerse yourself in exploring the lifestyle of Sherpa women, appreciating their dedication, resilience, and the unique cultural roles they uphold in the community.

Possible short hiking around Namche Bazaar and viewpoints are as follows:

After breakfast climb uphill to near Park Headquarters, a top ridge with an interesting museum. Enjoy the grand vista of Mt. Everest, Lhotse, and Nuptse with beautiful Mt. Ama Dablam, Khangtiaga, Tharmasarku, and Kwangde Himal range of peaks. You then visit the museum which offers good information about the Sherpa culture and history as well as local flora/fauna and mountaineering expeditions history around Khumbu and Everest.

The other interesting hike is climb above Namche Bazaar to a small old airstrip at Syangboche. Then on slow gradual ups to Everest View Hotel, the first luxury hotels of Khumbu and Everest region. It is designated in the Guinness Book of World Record, as the highest hotels in the world at 3,962 m/ 13,000 feet. It is located in a serene surrounding amidst pines and rhododendrons small forest. Enjoy the glorious views of Mt. Everest, Lhotse, Nuptse with Ama Dablam while having refreshing hot drinks.

We then return to Namche Bazaar for lunch. The rest of the day is free to leisurely explore the fascinating streets of Namche Bazaar. Namche Bazaar is also famous for its weekly Saturday Market, hence the name tagged as Namche Bazaar due to the colorful busy bazaar/ market held every Saturday.

Day 06: Trek to Dole 4,110 m- 06 hrs.

Enjoying a pleasant two overnight stop in Namche Bazaar, the walk leads on a pleasant gradual wide trail. Soon our route diverts from the main popular trail of Everest base camp leading to a steep climb up to Mong high ridge, with superb views of towering snow peaks. From here, the path leads downhill to Dudh Koshi River at Phortse Tenga for a lunch break. A small settlement with few small simple lodges and Tea-Houses. In the afternoon, a few hour's climb takes us into a narrow gorge which are covered in tall rhododendrons, pines, oaks, and fir trees. We then reach on an open wide area at Dole, a lovely spot on the back sides of a holy Mt. Khumbila, the patron god of Khumbu Sherpa's. Upon arrival, we checked into a nice lodge at Dole and spent overnight with the sound of Dudh Koshi River flow.

Day 07: Trek to Machermo 4, 470 m - 04 hrs.

In the morning, after having a good breakfast at the lodge, we begin today's short walk but the gain in altitude makes the trek slower. We start the morning walk with a short steep climb to a ridge, reaching an open wider area. The walk follows on gradual ups past a nice small settlement of Luza, and slowly the trail leads us high above Machermo.

You can enjoy the first look of Mt. Cho-Oyu towards north with Machermo peaks in the west. After a grand view of the surrounding high peaks, a short descent takes us to a small river gorge. The gorge is lined with small Poplar and Willow trees, followed by a short steep climb to Machermo. A place with several fine good lodges for lunch and overnight. The rooms are well accommodated offering a beautiful view. After lunch, you can relax and then take a short hike to nearby viewpoints. Spend the rest of the day at leisure before enjoying afternoon tea and dinner.

Day 08: Trek to Gokyo Valley 4,800 m - 04 hrs.

Today, the morning takes you to our destination to Gokyo Valley of lakes. We start with a short steep up to a ridge, then walk on a gradual path to Pangka. A small isolated spot with some simple lodge, from here with ups on the rocky path towards an ablation valley. The walk continues to reach the first lake, and then the second lake of Gokyo Valley. After a short while, we then reach Gokyo third lake, the main lake of Gokyo Valley. It is also known as the Dudh Pokhari, like the Dudh Koshi River, which means a milky river due to its chalky white color fed from nearby Ngozumpa glacier. We will walk up to the lodge located above the Gokyo emerald-colored lake, offering breathtaking views of Mt. Cho Oyu and Gyachung Kang Peak.

On reaching the lodge check into a nice room and enjoy lunch along with surrounding views. Sherpa women of Gokyo Valley lead hardworking lives, managing households, farming, and supporting trekking tourism while playing a vital role in women's empowerment through leadership, education, and preserving cultural traditions. You can spend the afternoon at leisure, exploring the lifestyle of Sherpa women and marveling at the glorious scenery of towering snow peaks.

Day 09: Morning climb Gokyo-Ri, afternoon free at leisure.

A free day in Gokyo, you can go for a good hike and climb to the Gokyo-Ri viewpoint. Rise early and start the hike before breakfast walking past the short of Gokyo third lake. Then a steep haul for a few hours to reach on top of scenic Gokyo-Ri. From the top, you can view the spectacular panorama of the world's four tallest peaks, with Everest, Lhotse, Makalu and Cho-Oyu. The views also include the grand scenery of the wide Gokyo Valley and its emerald-colored lakes, after a refreshing morning climb. We then return downhill to the lodge for breakfast and lunch. Rest of the day you can enjoy on your own and relax in the harmony of beautiful scenery.

Day 10: Trek to Dole past Machermo-06 hrs.

After a pleasant and wonderful time at Gokyo Valley, today you will take a long walk downhill to Dole. We start the morning quite early to reach Dole on time before dusk. After having a good breakfast, we head downhill on the same scenic route to Machermo for lunch. In the afternoon, we climb for a short while and then continue to walk down to Luza and back to Dole on time for afternoon tea and dinner.

Day 11: Trek to Monjo 2,880 m via Namche Bazaar-05 hrs.

Enjoy the last breakfast, around the areas of Gokyo Valley, and then downhill to Phortse Tenga. We take a short climb to Mong Hill, and then with a steep descent to reach the main trail to Namche Bazaar. A pleasant walk to Namche Bazaar for lunch. In the afternoon, we start heading down to Dudh Koshi River valley. Our walk past Jorsalle and after the bridge a short steep climb to the national park post. Finally, we then reach Monjo for an overnight halt before Lukla.

Day 12: Trek to Lukla and transfer to a lodge-04 hrs.

Today is the last day walk of the adventure, enjoy the pleasant walk towards Phakding for a short rest. From here, we take a few hours of good walks with last hour climb to Lukla.

We arrive by the afternoon, just in time for lunch and an overnight stop, with ample time to hang around and enjoy the last dinner celebration with fellow members and trekking staff. Celebrate the success of the Gokyo Valley trek with your female friends, guide, and porter by sharing stories, laughter, and a warm meal. Toast to the incredible journey, teamwork, and empowering spirit of women adventurers.

Day 13: Fly to Kathmandu and transfer to hotel.

In the morning, you will be transferred to Lukla's Tenzing-Hillary Airport for a smooth, short flight back to Kathmandu. After a great adventure and wonderful experience on Gokyo Valley Trekking, we then return to the hustle and bustle of city life of Kathmandu. Spend the rest of the day at leisure with fond memories of Gokyo Valley Trekking. Also, you can join in for a short tour around places of great interest. A total distance covered 160 km/80 miles, round trip from Lukla to Lukla and it does not cover the rest day optional hikes.

Day 14: In Kathmandu free day, for individual activities with options for tours.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop for souvenirs from Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 15: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around high hills of Khumbu with trek to Gokyo Valley. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

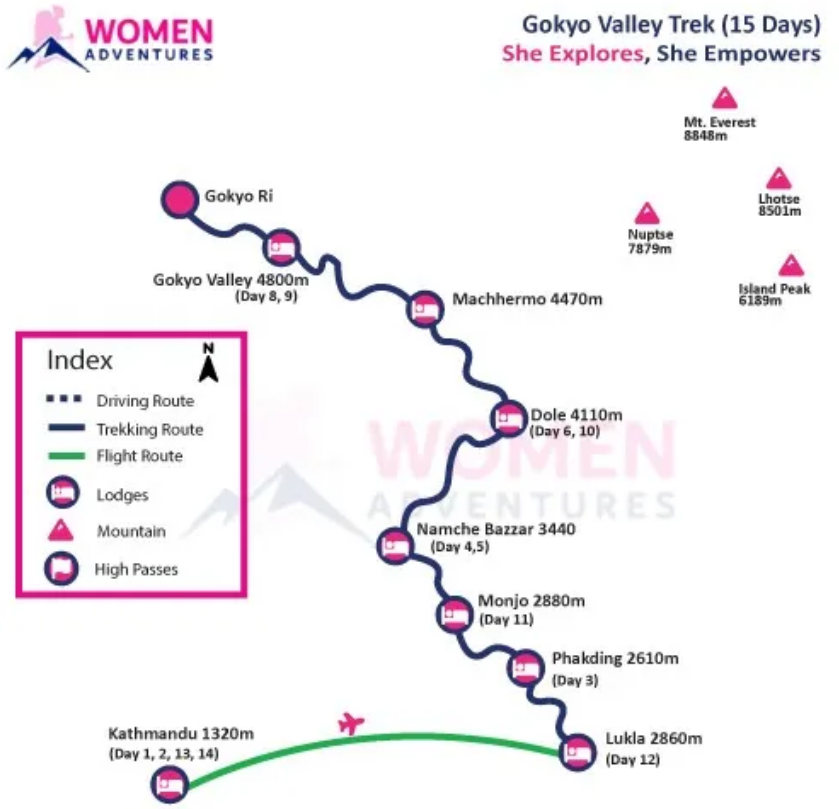
- Airport pick-up and drop-off with representative.
- 3-star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation during the trek
- All meals (three times a day: Breakfast, Lunch & Dinner)
- Tea and coffee (3 times a day).
- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers
- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- Air ticket (Kathmandu-Lulkla-Kathmandu)
- Kathmandu Cultural and Historical sightseeing includes a certified female Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS).
- Sagarmatha National Park Entry Permit.
- A down jacket, a sleeping bag, Fleece liner, and a duffel bag.
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.

- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

Trip Map



FAQs

How long is the Gokyo Trek?

The Gokyo Valley Trek duration depends on the starting point, acclimatization, your pace, and the added side treks (Everest Base Camp or Renjo La Pass). The typical Gokyo Valley Trek takes 11 to 14 days.

How hard is the Gokyo Valley Trek?

The difficulty level of Gokyo Trek is considered moderate to challenging. The high altitude goes up to 5,357 meters at Gokyo Ri. Proper acclimatization is needed in this trek. Beginner-level trekkers with proper preparation can complete the trek by pacing themselves.

What is the altitude of Gokyo Ri?

The altitude of Gokyo Ri stands at 5,357 meters from sea level. The breathtaking panoramic views of Mt. Everest, Mt. Lhotse, Mt. Makalu, Cho Oyu, and the Gokyo lakes below are rewarding after a steep climb.

What are the Gokyo Lakes?

The Gokyo Lakes are a series of six glacial turquoise lakes and are the world's highest freshwater lakes:

1. Longpongo Lake (4,690 m)
2. Taboche Tsho Lake (4,710 m)
3. Dudh Pokhari Lake (4,750 m)
4. Thonak Tsho Lake (4,870 m)
5. Ngozumpa Tsho Lake (5,000 m)
6. Gyazumba Tsho Lake (5,147 m)

These lakes carry sacred beliefs for both Hindus and Buddhists.

Do I need a guide for the Gokyo Valley Trek?

A licensed guide from a registered trekking agency are recommended for safety purpose and for better experience.

Do I need a permit for the Gokyo Trek?

Sagarmatha National Park entry permit- USD 25 per person

Khumbu Pasang Lhamu Rural Municipality permit- USD 20 per person are required for the Gokyo Trek.

We take care of everything, including guides, permits, transport, and accommodation, tailored for your comfort and safety.

What kind of accommodation and food is available?

The accommodations are basic teahouses and lodges with basic amenities, with twin-sharing bedrooms and shared bathrooms. Dal Bhat, pasta, momos, fried rice, soups, pancakes, etc. are available food items. The prices are quite high due to transport challenges in the upper region.

What is the best time for Gokyo Trek?

The Gokyo Trek is recommended during the Spring (March to May) and Autumn (September to November) seasons. As the sky gets clear and the weather is stable.

Can I combine the Gokyo Trek with the Everest Base Camp?

Yes, you can combine the Gokyo Trek with Everest Base Camp. This trekking route comes with a challenge and is full of adventure, which makes this trek the most famous among experienced trekkers.

Are there risks of altitude sickness on this trek?

As the altitude goes higher, the oxygen level drops lower. This trek goes above 5,000 meters, so there's a high risk of AMS (Acute Mountain Sickness). To be prepared for this condition, take proper acclimatization, stay hydrated, ascend slowly, and know the symptoms of AMS.

Food and Culture

The food and lodge accommodations around Khumbu region of Everest region is available at designated overnight stops. Overnight accommodation and meals will be served as per the itinerary set by the **Women Adventures**. We provide the best lodge accommodation wherever possible. The foods are available according to those listed on the menu, from breakfast, lunch, dinner, or main courses. We also provide side snacks with warm and cold refreshment drinks, serving you in a nice and cozy dining room, with a fireplace.

In Nepal, the most favorite and popular meal is Nepali Dal Bhat, boiled or steamed rice served with a mild curry of seasonal vegetables, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists from breakfast, lunch, and dinner to snack items. Breakfast from oats porridge, and cereals to cornflakes with toast/chapattis, and pancakes includes a choice of egg variation. Lunch and dinner options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups.

The lodge accommodation and food are best in the Khumbu areas en route to Gokyo Valley. The lodge accommodations from Namche Bazaar onwards, are simple and nice rooms. From Namche Bazaar till Tengboche and few places like Dingboche, most lodges provides common bathrooms and toilets. But they serve with a good food menu of limited varieties, also some villages offer fresh homemade bakery items. In most places, the rooms are on a shared basis with common bathrooms and toilets due to harsh terrain conditions. The plumbing systems for running water freeze in the morning, evening, and nighttime. Due to freezing temperatures from Namche Bazaar onward, using hot showers is at an extra cost. All lodges have electricity to light the large dining room powered by local hydro or solar power. For charging electronic items, you have to pay an extra cost per hour and for each gadget. **Internet and Wi-Fi** are available, but it is slow and disturbing in some places due to weather conditions.

In a large group with more than 4 people, it is best to order a set meal for all. It saves time and fuels energy, which is important around remote areas of the Himalayas. Following the norms and rules as **Responsible Trekkers** is a good practice for **Eco-Tourism** and involves properly managing garbage and litter throughout the trek.

Trekkers must be aware that the Khumbu region from Lukla to Namche Bazaar offers various standard of Lodge accommodations. From budget to tourist standard and luxury lodges, interested people can upgrade the standard of accommodation on booking with Woman Adventure (P) Ltd. It is important to know that alcohol drinks is not healthy and good while going up to higher altitude. But can enjoy after completing the main highlights, on return journey to Lukla, and losing altitude to safe heights.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the high Khumbu of North Mid-East Nepal, populated by the Sherpa. The highlanders of eastern Himalayas, the Sherpa menfolk are famous and renowned, as the world's best mountaineers and guides. The Sherpa's follows strong Buddhist religion, similar to their early Tibetan predecessors. The walk leads across many Buddhist monuments and shrines, as well the famous monastery of Tengboche and Pangboche. The religious monuments include a series of prayer walls and spinning wheels with impressive monasteries of great religious and cultural interest.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Glacier glasses
- Head torch.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.

- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.
- Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

For more about this trip, see https://www.womanadventures.com/packages/gokyo-valley-trekking

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