



*TRIP DOSSIER*

*INDIA*



*'Himalayan Heights and Tiger Trails'*

*£1,650 per person  
Single Supplement £195*

*Departure Dates:  
Saturday, 15<sup>th</sup> March 2008  
Saturday, 25<sup>th</sup> October 2008  
Daily, min 2 people October to March*

*Tour Grade: B/C*

## Introduction

Northern India- the serenity of the magnificent Himalayan peaks, the wildlife, flora and fauna of the lush National Parks, the stunning scenery, bustling cities and deserted mountain walks, the colour, the tastes, the smells but above all the beauty and uniqueness of this still uncommercialised area- this is what you can look forward to on this varied and fascinating trip. We have combined the richness of Delhi and Agra with the peacefulness of the Garhwal Mountains, the bustle of the Indian trains with the simplicity of camping at 3500 metres, and the thrill of viewing the major peaks such as Nanda Devi (7916 metres) with the awe-inspiring sight of the Taj Mahal. Most people probably associate Himalayan trekking with Nepal. India however has within its borders over half the length of the main Himalayan chain. Although India cannot lay claim to the highest peaks, impressive summits lie hidden in some of the Himalayas most remote and unspoilt regions. This superb itinerary provides a special blend of wildlife, villages, people and a moderately graded trek in the Garhwal Himalayan region in Northern Uttar Pradesh - a stunning, remote and untouristy area full of spectacular mountain panoramas. The visit to Corbett National Park aims to offer a good chance of seeing tigers, together with other wildlife and will give participants a unique insight into wild tiger conservation work in India. The area has not been popularised by tourists, so giving the opportunity to see tigers in their natural habitat. This, combined with cultural city tours and trekking through remote villages on mountain trails unknown to many Westerners, and you have a perfect introduction to this diverse and intriguing country.

## About the Country

**History** India was formed as a unified separate state in 1947, after concerted internal pressure from the Indian National Congress following Mahatma Gandhi's policy of non-co-operation with the British imperial government. Since this time India has been a democratic republic with the first proper elections taking place in 1951, and Hindu law has been modernised to a great extent, eradicating many of the old inequalities. Nonetheless, the caste system, which assigns an individual to a particular stratum in society from birth, has proved resilient to reform. India has also developed a broadly secular polity and has for the most part been free of violent religious strife. Post-war politics has been dominated by the Congress Party, presided over by the Nehru family. Various manifestations of civil strife and a series of challenging foreign policy problems have dogged successive governments since the 1980s. The border dispute between India and Pakistan in the Kashmir region has occasionally erupted into armed conflict throughout the post-war years, and still flares up from time to time, but this will not affect the area visited.

**Geography** The northern part of Uttar Pradesh, a rough rectangle bordered by Himachal Pradesh to the north-west and China to the north-east, is an area of hills, mountains and lakes. There are several popular hill stations, such as Naini Tal and Almora, and many trekking routes - most of them little known and under-used. Important pilgrimage centres include Hardwar and Rishikesh, where the River Ganges leaves its Himalayan birthplace and joins the plains for its long journey to the sea. The Garhwal Himal area boasts a number of famous peaks, including Mount Trisul, and one of India's highest mountains, Nanda Devi. The trekking routes pass through rich, green forests and crosses luxuriant meadows carpeted with seasonal flowers. Glistening glaciers compliment the soaring Himalayan peaks.

**Language** There are 15 official languages in India, of which English is probably the most widely spoken. In the mountains there are a number of local dialects.

**Climate** Temperatures in Garhwal during the winters remain very pleasant during the day time - approximately 15-23 degrees. Early mornings are also very pleasant as, during sunrise, it warms up remarkably quickly. However, the evenings are cold and sometimes (perhaps 3-4 nights in total) temperatures could go down below freezing. Warm gear is essential – please see equipment listings at the end of this Trip Dossier.

**Previous clients have asked us to stress here that nights will be cold, especially in mid winter, and darkness falls early (a bit like home really – but the scenery is far better!)**

## The area we visit

The trek in the Garhwal Himalayas has all the essence of an outstanding trek and offers spectacular mountain panoramas. The trek is not a difficult one, when we consider how close we get to the mountains and the superb views we have along many of the trails. The route travels through typical Garhwal villages and along trails are almost unknown to western trekkers, which for many people, will add to the other attractions of magnificent scenery, passing through several remote villages and fine displays of flowers. In some of the villages you pass through, even today, the life is lived as it was lived centuries ago! Corbett Tiger Reserve was established in 1936 and is home to a multitude of

India's famous wildlife - from large elephant herds to the shy tigers, to crocodiles, monkeys, the bear, different species of deer, and endless amounts of bird-life.

### **A Typical Day on Trek**

**Routine** At about 6.00 a.m. (soon after dawn) you will be woken with a mug of tea brought to you by your cook. After this you will pack your personal gear. Hot water for washing will be provided in the morning above 2424 metres of altitude. After breakfast you take down the tents while the kitchen helpers eat and pack to leave. You will usually begin walking at about 8.00 am. and continue until about 11.00 when you stop for lunch (this may seem early, but remember you'll have been up since dawn!). Lunch is a leisurely meal (often one-and-a-half hours plus) and afterwards you will walk for another three hours or so, stopping to make camp around 4.00 p.m. You will of course stop frequently during each day's walk to photograph the views and to observe local activities. Everyone is entirely free to walk and enjoy the mountains at his or her own pace.

Once the group has stopped for the night, you help by putting up the tents while the cooks prepare tea and later the evening meal which is served at around 7 p.m. Depending on the temperature, you may then choose to play cards, write notes, chat, or even sing and dance with our local staff; or you may prefer to dive into the warmth of your sleeping bag. By 9.00 p.m. you will probably be asleep, though the gentle revelries of the local staff may go on longer, and it is not unusual for the night to be punctuated by dogs howling at each other across the valley in inhabited areas (hence earplugs on the equipment list!).

**Trekking conditions** Our departures are scheduled to coincide with the good walking season, when you can expect clear sunny days, but cold nights. You do, however, need to be prepared for rain as in mountains this can occur at any time of the year.

**Trek staff** There will be a fully qualified English speaking local guide for your tour. He will have one or two assistants who will also help around the camp. There will be a cook with assistants. Porters or mules will carry all your main baggage as well as the tents, dining tents, and the food. If there are sufficient numbers in the group a European tour leader will accompany you as well.

**What you need to provide** Your personal equipment as detailed in the clothing and equipment list later in this booklet. A sleeping bag and mattress **WILL** be required for this trip.

**Ecological considerations** *We believe that we are one of the most ecologically aware tour operators in India. We ask for your full consideration and co-operation concerning all ecological matters, especially in the disposal of rubbish. Our local staff will outline for you the procedures we use in India. If you have any suggestions for improvements, please let our local staff know and inform us at Walks Worldwide on your return. It is with the tourists', the local's and the tour operators' co-operation that we can ensure that our tours are as eco-friendly as possible.*

**Cultural considerations** *As India is a predominantly Hindu country we do ask all participants to take this into consideration, especially in the way they dress in the cities and villages. It is expected that women will cover legs and shoulders, although, as India becomes more westernised, even the local people are becoming more relaxed about this. On trek shorts are accepted for walking, but both men and women should wear trousers or a long skirt when staying in the villages. Please do not simply look at other tourists and feel that what they wear is correct – you will never know what the local people think of them. To gain respect from the Indian people you should show that you are trying to respect their culture. If in doubt at any time, please consult your local leader.*

**Please be aware that although we will do our best to adhere to this itinerary occasionally events out of our control may prevent us from following the exact schedule. Please be assured that the clients' best interests will be foremost in any changes that may occur. A degree of flexibility is essential in travelling on such holidays!**

### **Itinerary**

Your accommodation is indicated in ***bold italic*** at the end of each day.

**Day 1.** Depart UK and arrive into Delhi. Transfer to your hotel. ***Hotel, Delhi***

**Day 2.** Transfer to Agra. Visit the Agra Fort. ***Hotel, Agra, B***

**Day 3.** Visit the fabled Taj Mahal. Later in the afternoon you drive to Fatehpur Sikri, the deserted capital, where the Palace is definitely worth visiting. Later in the evening you will board the overnight

train north. The train journey is an experience in itself, from when you board at the station with its chaotic crowds, to the unexpected pleasure of sleeping between crisp cotton sheets, and then travelling slowly through many stations as dawn breaks, and you see the people who's home is a mattress pulled up next to the railway line. Don't miss the "chai" seller as he walks down the train, swinging his bucket of milky tea! **Overnight on the train, B**

**Day 4.** Arrive at Lal Kuon train station and transfer (1.5 hours, 60 kilometres) to the world-renown Corbett National Park (500 m) where you check into the comfortable rooms of a jungle resort for breakfast. The whole surroundings are very scenic and attract lots of bird life. Enjoy an afternoon safari. You shall be travelling in open jeeps and although the forest is very dense, wildlife is very plentiful at this National Park so there is an extremely good chance of seeing wild elephants and tigers, as well as other animals. **Overnight at a Jungle Resort, Corbett, B**

**Day 5.** An early start today, as you go into the jungle for a wildlife excursion. After your excursion you return to your hotel for breakfast. Drive out of the park area on a seven hour scenic bus journey through Gwaldom to Kausani in the Himalayas. Kausani situated at 1890 metres is nestled amongst thick, dense pine forest, atop a narrow ridge and separated from the towering mountain of the Nandadevi range which provides a glorious 320 km wide panoramic view of the High Himalayas including the highest peak in Garhwal, Mt. Nandadevi (7916 mt). The entire range of Mt. Kedarnath, Mt. Chaukhamba, Mt. Trishul and Panchachuli range of peaks is available at the stone's throw distance. The sunrise and the sunset are spectacular from here. **Overnight hotel in Kausani, BLD**

**Day 6.** A five hour drive takes you to Lohjung (2100 m) following the Alaknanda and Pinder rivers. The route passes through several small towns and villages and offers excellent views of Mt. Nandaghunti (6850 m). Panoramic views of the mountains, forests, valleys and villages are visible from the camp. The accommodation here is very simple, as there is no electricity or running hot water, but then there isn't for the local people either! The food will be freshly cooked over a wood fire, the views will be spectacular, and the simplicity will enhance your enjoyment, not detract from it! **Overnight in a simple village building/camping, Lohjung, B,L,D**

**Day 7.** A five hour trek to Tolpani which is situated in the middle of the forest at an altitude of 2900 metres. The entire walk is a combination of uphill and downhill. Pass through the villages of Raunagad and Didina occasionally passing through the open meadows and forest of Rhododendron and Silver Oak. The views all over the valley are spectacular. **Overnight in tents, Tolpani, B,L,D**

**Day 8.** Set off walking along terraced hillside alternating with conifer forest, passing the occasional small village. The climb gets steeper in places, but you are rewarded with spectacular views of the Nandadevi group, Trishul (7080m) and Nandaghunti (6360m) being especially prominent. Most of the walk in order to reach Bednibugyal is along the ridge with silky grass and provides excellent view all around. Eventually you emerge into the lush green meadows at Alibugyal and Bednibugyal at a little over 3500 metres. **Overnight in tents, Bednibugyal, B,L,D**

**Day 9.** Spend a day at Bednibugyal to acclimatise and enjoy the surroundings. You will have panoramic views of the great Himalayas with the Nilkanth and Badrinath group of peaks on the left and Mt. Nandaghunti, Mt. Trishul and Mt. Mrigthuni groups of peaks on the right. These all peaks are over 7000 metres. Explore the Bednibugyal meadows today and climb even higher for even better views of Trishul, Nandaghunti and Mrigthuni peaks rising sheer above the valley. **Overnight in tents, Bednibugyal, B,L,D**

**Day 10.** Take an hours return walk to a ridge for some lovely views and then later a four hour trek to the village of Wan at 2250 metres. The walk is mainly downhill and passes through dense forest of Rhododendron, Silver Oak and bamboo – the Deodar trees here are believed to be over 200yrs old. In the afternoon visit the Wan village shops and explore this fascinating village where the intricately carved door frames of the houses depict the skills of the local craftsmen. These are typical of the area of the Garhwal Himalayas. People in this regional village mainly wear hand woven blankets, another craft speciality of the area. In the evening you will visit the local Deity 'Latu Temple'. The villagers here are very happy to talk to the visitors therefore it is a very good opportunity to mingle amongst them. **Overnight Camping/Simple village hut, Wan, B,L,D**

**Day 11.** A further walk brings you to the beautiful village of Kuling which has a population slightly over 250 people. There are total 37 families which reside in this small village but is a blend of perfect combination of Trekking and the village where the villagers including the children participate in local dances, flock songs and some may play the flute which is very common here as during summers most

of the people go in the altitudes with their own blankets and possibly the participants on the trek could witness themselves their work on their absolutely primitive machine which have been use probably since last few centuries! **Overnight in tents, Kuling, B,L,D**

**Day 12.** After breakfast you start climbing gradually and pass through open meadows and eventually dense forest of Rhododendron and Silver Oak bringing you to Vikaltal which is a shepherds camp where some shepherds huts are perched in the ridge but there is still space for your tents. (2730m). From here you will get a panoramic view of Mt Nandaghunti, Mt Trishul and Mt Mrigthuni. Vikaltal Lake is merely 10 minutes away. **Overnight in tents, Vikaltal, B,L,D**

**Day 13.** A further trek takes you to Brahmatal, another beautiful lake situated at an altitude of about 3120m. The first half hour of the walk is uphill through the dense forest of rhododendron and silver oak up to the ridge carpeted with flowers and silky grass. The awe-inspiring mountains of Trishul, Nandaghunti, Mrigthuni and Badrinath will be seen as you walk along the ridge. The whole walk up to Brahmatal wends its way through the rich meadows and provides excellent views of big mountains and the valleys at either side of the ridge. **Overnight in tents, Brahmatal, B,L,D**

**Day 14.** A useful spare day – for washing, exploring the incredible surroundings or just a well earned rest! **Overnight in tents, Brahmatal, B,L,D**

**Day 15.** A return trek to Lohjung village where you spend the rest of the day with villagers for interactions, visiting their homes and to understand their way of life. **Overnight camping/simple village hut, Lohjung, B,L,D**

**Day 16.** Transfer by road to the scenic town of Kaudiyala. Here you will camp just by the banks of the river Ganges. **Camp, Kaudiyala, B,L,D**

**Day 17.** A day mainly taking it easy!! Kaudiyala is a very nice place in terms of scenery. This is a free day so that if you are interested you can try their hands at kayaking or simply doing little bit of rafting. You can also play games like Volley Ball, Badminton or Frisbee at the beach or just catching up with your diaries or reading. **Camp, Kaudiyala, B,L,D**

**Day 18.** Take a raft down to Rishikesh (460 m) - or take a road transfer. Rishikesh is the traditional starting point for the great Hindu Pilgrimage to the mountain temples of Badrinath, Kedarnath, Gangotri and Yamunotri. Visit Swargashram, Geeta Bhawan, Laxmanjhula and various Yoga Ashrams and homeopathy centres where they use natural medicines, Himalayan herbs, Aurveda etc. In the evening witness the evening prayers at the banks of the River Ganges which itself is an extraordinary experience. Rishikesh came into the limelight way back in the early sixties when the Beatles came here to study yoga. **Overnight hotel in Rishikesh, B**

**Day 19.** Drive to Hardwar and onto Dehra Dun for a farewell dinner. Dehra Dun was an important colonial town in the British Raj and is also home to many of our local guides for the Garhwal area. You will enjoy a special evening in the company of our head guide. **Overnight hotel in Rishikesh, B,D**

**Day 20.** Take the train to Delhi. There is a sightseeing tour of the Old and New Delhi, showing the remarkable contrasts between the Old City and the spacious layout of the New City. After dinner you transfer to the International Airport to connect with your homeward flight. **Flight.**

**Day 21.** Arrive UK. **Home.**

### **Practical Information**

**Passports and Visas** All nationalities need a valid passport. Nearly all nationalities including British, Australian, New Zealand, Canadian and American passport holders require a visa for India. The Indian High Commission in London is at India House, Aldwych, London WC2 4NA. Tel: 0207 836 8484 or 0906 844 4544. Their web site is [www.hcilondon.org](http://www.hcilondon.org) where you will also find the visa application form. We regret that we are unable to process your visa for you, but we can supply you with application forms, and suggest that you make a postal application which should be done about 4/5 weeks before departure. Postal applications must be accompanied by your passport, one completed application form, two recent passport photos, the visa fee of £30 in postal orders (to the High Commission of India) and an s.a.e. correctly stamped for recorded or registered delivery. For personal applications you will need the same documentation, and the processing normally takes 24

hours. It is always best to ring the embassy to check recent requirements before you send start to process your application.

**Accommodation** Whilst in towns you shall be using simple hotels or guest houses where the rooms will be on a twin share basis. On trek you will be using two person tents. With larger groups a toilet tent will be provided – however, with smaller groups we find it less intrusive to use the natural ‘al fresco’ method of popping behind a bush/rock.

**Food** The food will be a mixture of traditional Indian and ‘Indianised’ Western in style. We advise that you drink only hot or bottled drinks to avoid stomach upsets. Boiled water will also be available in camps for filling water bottles, but you should take some (say 30) sterilising tablets for purifying unboiled water when you need to fill up your water bottle during the day. Iodine tablets or ‘Lugol’s iodine solution’ (available from British chemists, and needed at the rate of 5 drops per litre of water) are preferable to chlorine as a water steriliser, as they are more effective against amoebic cysts which are endemic. A supply of powdered fruit juice is a useful luxury to take away the taste of the sterilising medium. Since this is the dry season in India it is worth remembering that water supplies may be limited at times.

In particular we cannot cater specifically for non-omnivores and those who are not willing to sample the local food (Indian curry, made not too spicy). We do find that the vast majority of clients prefer the local food to dehydrated English meals! Vegetarians will usually find that there is generally little difficulty as long as they are prepared to be reasonably flexible.

**Local transport** You will travel using private coaches or cars, which are comfortable but are not up to the standard of European coaches and in this case probably not air conditioned. Overnight trains are also used which are highly efficient and often arrive exactly on time even after a three day journey!

**Baggage** Please make sure that your baggage is clearly marked with your name, inside as well as outside, in case the labels get detached. We limit you to 12 kilos whilst on trek, and recommend that you pack your clothes in plastic bags to ensure they remain dry. We would prefer you use soft kitbags rather than large rucksacks on trek, and we will be sending you a complimentary *Walks Worldwide* kitbag about two weeks prior to the tour, which is ideal for the purpose. Your entire trek luggage (including your sleeping bag) should be packed into one kitbag.

**Vaccinations and medical precautions** No vaccinations are required for entry, but we recommend that you discuss inoculations with your doctor. Most of India is a malarial area, so you should take adequate supplies of a suitable malarial prophylactic.

**Currency** The unit of currency in India is the rupee (INR), divided into 100 paisa. The exchange rate usually hovers around £1 = INR 77. Please check [www.xe.com](http://www.xe.com) for the latest rates. Indian money may not be imported or exported, but foreigners may bring in and take out as much foreign currency as they wish. Do not accept torn or very dirty bank notes from banks or in change as they will almost certainly not be accepted as legal tender. It is best to change enough money for the tour at the State Bank of India counter in the arrivals hall at Delhi airport. The hotels in Delhi and Rishikesh do not have exchange facilities and it can be quite time consuming finding and queuing in a local bank to change money. Your tour guide will advise you where to go to change your money if you encounter any problems.

**Electricity** 220 volts A.C. 50 Hz is usual, but voltage reductions and power cuts are common. Some areas have a DC supply. Plugs used are of the round 2- and 3-pin type.

**Time** Indian time is GMT + 5 hours 30 minutes.

**Contact details** It is not our policy to provide addresses and telephone numbers of every location that you will be staying at on this tour as, due to frequent changes in contact details, it is very difficult to provide an accurate list for all our tours. Your Final Joining Instructions, which you will receive approx. two weeks prior to departure, will show any local contact details that are required for your tour. However, we would be glad to provide you with more details if you have a specific reason.

Mobile phones do work in India. If you have not used your mobile outside the UK before you will have to contact your operator to enable international calls. Please note that it is expensive to phone both to and out of a mobile when abroad. We do not, however, encourage mobile phone use whilst walking on any of our trips – out of courtesy to other clients please use your mobile phone discretely. If you do need to get in touch, or if anyone needs to get in touch with you, please contact the Walks Worldwide office (01524 242000) during office hours.

**Tiping** There is no compulsory tipping on any of our treks HOWEVER, in India it is a way of life and even the smallest assistance necessitates the giving of a tip. Sometime this can even be for something you would expect to be part of a 'job description' such as unlocking the mini-bar! It is thus essential to have a pocket full of small notes and change for porters, guides, toilet attendants etc.... You will undoubtedly be handing out daily tips but the actual amounts do not add up to much (a couple of rupees is only 5p). Often a tip is not a repayment of good service but a way of actually getting something done - you will hear the Indian word for it 'baksheesh' on a daily basis. However, often it is not a percentage of the bill as it is in Western countries but more an acknowledgement – a couple of rupees for porters and other staff etc...is totally acceptable.

It is also usual practice to tip your drivers and guides. You should allow £1.50 or so per person per day for this. Your porters may also welcome any clothing that you do not wish to return home with you.

**Things to buy** Carpets, rugs, woodcarvings, jewellery (especially turquoise and semi-precious stones), shawls and leather.

**Maps** The Indian Himalaya Maps series, published by *Leomann Maps* covers the trekking area. Maps may be available from either The Map Shop, 15 High Street, Upton-on-Severn, Worcs WR8 0HJ (Tel: 01684 593146) [www.themapshop.co.uk](http://www.themapshop.co.uk) or Stanfords at 12-14 Long Acre, London WC2E 9LP (Tel: 0207 836 1321) [www.stanfords.co.uk](http://www.stanfords.co.uk)

#### **Included in the price**

- All transfers by private transport(except trains).
- Guided tours.
- Accommodation on a twin share basis.
- Camping equipment on trek (not including sleeping-bags and mattresses)
- All food on trek.
- Services of local guides, cooks and porters.
- Jungle safari
- Flights and UK airport tax.
- Porter/mule support whilst trekking

#### **Not Included in the Price**

- All drinks.
- Meals in towns, allow £50.00.
- Tips.
- Camera fees (where levied)
- Indian Visa.
- Personal spending and souvenirs.
- Insurance.
- Airport tax on departure

**Flights** For all our flights to India we use scheduled services. All departure details will be sent to you along with your final joining instructions, usually two weeks before your departure. As airlines often change their routings and timings with little warning, we do not state flight times here but the exact details for your flight will given to you with your booking confirmation. Please note, however, that these details are subject to change up until the last minute, and there may be occasions when we even need to place passengers on a different airline.

**Local joining instructions for those not flying from London** We can provide you with a 'Land Only' price which does not include airfare or airport transfers. You must arrive in Delhi no later than the morning of Day 2. A taxi can be taken to your hotel (payable locally).

#### **What our clients have said:**

*"...overall, a fascinating experience which we thoroughly enjoyed." BS, October 2005.*

*"Despite the cold, we felt we have had a wonderful experience which we would not have missed for anything and which we will remember for the rest of our lives." MH, October 2005.*

### Clothing and Equipment Lists.

At least one set of smart casual clothes will be useful in hotels on this holiday. On trek you must not worry about how you look: comfort and protection against bad weather are of prime importance. Because mountain weather is so very variable, we recommend a number of thin layers rather than a few thick ones. Take old, well-worn clothes rather than rushing out to buy new ones, since they will probably get rough treatment on trek. The following list of clothing and equipment is intended to be fairly comprehensive, and experienced trekkers will take a good deal less luggage than we recommend.

CLOTHING	NUMBER	Check	EQUIPMENT	Check
Walking boots	1 pair		Sleeping bag (4 seasons)	
Training shoes	1 pair - all purpose wear.		Sheet sleeping bag	
Casual shoes/sandals	Optional. For hotel wear.		Sleeping mat/Thermarest	
Socks	Personal choice.		Water purifying tablets (iodine based are best)	
Underwear	Personal choice.		Torch	
"T" shirts	3+		Binoculars	
Long trousers	3+		Camera, film & accessories	
Short trousers	2+		A variety of plastic bags (the kitbags are not waterproof)	
Light fleece	1/2		Sunglasses	
Heavy fleece	1/2		Daypack/small rucksack	
Waterproof jacket	1		Binoculars (optional)	
Waterproof trousers	1		Washing & shaving kits-including a nailbrush	
Warm/ down jacket	1		Relevant field guides	
Track suit	Optional		Large water bottle	
Thermal underwear	Very useful when cold.		Map(s)	
Sunhat	Essential – we hope!		Reading material	
Gloves	1 pair.		First aid kit	
Balaclava/hat	1		Notebook/diary	
Towel				
Money belt/pouch	Wear under clothes.			

*The following items should also be considered **and those in bold type essential***

ITEM	Check	ITEM	Check
Moisturising cream		Small sewing kit	
Safety pins		<b>Insect repellent</b>	
Penknife (not in hand luggage)		Universal travelling adapter	
Light washing line and pegs		Small mirror	
Spare bulbs and batteries		Scissors (not in hand luggage)	
Nail clippers		Earplugs (against dogs and snorers!)	
Cold water detergent		Padlock(s) for your kitbags	
<b>Loo paper for the trip</b>		Boot wax	
Spare glasses or contact lenses		<b>Malarial prophylactics</b>	
Spare boot laces		Sweets for energy	
Crayons/biros for the local kids		<b>Suncream - lots of it!</b>	
Baby wipes/'dry' handwash/sanitiser		<b>MONEY / TC'S</b>	
<b>Spare passport photos for trek permit</b>		<b>AIR TICKET</b>	
<b>PASSPORT with VISA</b>			

