



EXPLOR-A

RISK | MEDICAL | EXPEDITIONS

Altitude Medicine Course

Everest Base Camp

Information Pack

Nepal

Taking you to the most iconic base camp of all, at the foot of the highest mountain on earth, Sagarmatha (Mount Everest) (8848m), this is one of the world's best known classic treks. Mount Everest is so much more than just a mountain, to many people the mountains, particularly Mount Everest, hold spiritual significance as places to come closer to enlightenment and it's fair to say that the journey to its base camp is more than just a trek. It's a journey of discovery. Along a route dubbed by some as "the steps to heaven," every bend in the trail provides another photo opportunity – beautiful forests, Sherpa villages, glacial moraines, and foothills. For adventurers who are not afraid to go beyond, our expedition staff will bring you close to local cultures before opening a window to the top of the world.

Himalayan Trek

The Khumbu region, also known as the Everest Region, is a region of Nepal that encompasses the Nepalese side of Mount Everest. It is part of the Solukhumbu District, which in turn is part of the Sagarmatha Region. Khumbu is one of three Sherpa sub regions and includes the town of Namche Bazaar as well as the villages of Thame, Khumjung, Pangboche, Pheriche and Kunde. The famous Buddhist monastery at Tengboche is also located in the Khumbu. Elevation in the Khumbu ranges from 3,300 metres to the 8,848 meters at the summit of Mount Everest and the area includes both Sagarmatha National Park (above Monju) and the Sagarmatha National Park Buffer Zone, between Lukla and Monju. A journey to Sagarmatha (Everest) is more a pilgrimage than a trek for some however it is an arduous and testing personal challenge with a very clear goal (hopefully clear view) at the end, it passes deep into Buddhist Sherpa country, among some of the world's most sublime peaks.



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Everest Base Camp | Altitude Medicine symposium

The Everest Base Camp Altitude Medicine Symposium is an expedition based CPD opportunity for clinicians to learn about altitude medicine, while simultaneously exploring the very environment and effects of human moment at altitude. Facilitated over 17 days this expedition is run by a team of clinical and expeditionary experts.

The expedition has been risk assessed and planned to reduce symptoms of altitude sickness and mandatory rest days on the trek form part of this strategy.

Session will be run during the trek each evening within the safe confines of the local tea houses where you can get a warm brew and rest your feet.



The Trek

Day 01: Course registration in Kathmandu at 2pm.

Day 02: Kathmandu (cultural tour and planning sessions).

Day 03: Fly to Lukla & Trek to Phakding 2652m.

Day 04: Phakding to Namche 3450m.

Day 05: Rest day in Namche 3450m.

Day 06: Namche to Tengboche 3860 m.

Day 07: Tengboche to Dingboche 4350 m.

Day 08: Chhukung 4710 m. and back to Digboche.4410m.

Day 09: Digboche to Lobuche 4910 m.

Day 10: Lobuche Everest Base Camp (5,320m)-Gorak Shep (5,160m)

Day 11: Hike up to Kalapattar 5550 m. and back to Pheriche 4270m.

Day 12: Pheriche to Tengboche 3860m.

Day 13: Tengboche to Monjo 2835m.

Day 14: Monjo to Lukla 2800m.

Day 15: Fly to Kathmandu1350.

Day 16: Contingent day (for weather delays).

Day 17: End course - Check out





Topics Covered

- Altitude physiology
- Effects of altitude on pre-existing medical conditions
- Altitude illness (HACE)
- Altitude illness (HAPE)
- High altitude pharmacology
- Risk management – Altitude and tools (Lake Louise score)
- Rapid patient assessment
- Field hygiene
- Water purification
- Hypothermia & non-freezing injury
- Musculoskeletal injuries.
- Search and rescue techniques
- Expedition risk assessment
- Expedition medical planning
- Low resource trauma
- Equipment improvisation



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EVEREST BASE CAMP
5364m.



Inclusions

- Cultural tour of Kathmandu City
- All transport
- All meals
- All accommodation
- Australian based mountain leader
- Nepali based team leader
- Porters , Sherpas and local guides
- All trek permits and government permissions
- Entrance fees to cultural sites.
- Expedition handbook
- Team expedition jacket, team shirt, down vest, buff and duffel bag
- All course material
- Farewell dinner
- Domestic flights

Exclusions

- International flights
- Travel insurance
- Travel Visa /passport cost
- Personal trekking gear
- Extra food / drinks
- Calls home/ internet



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DATES

3rd - 19th March 2025

COST

Early bird: \$ 6990

Regular: \$7390

A deposit of \$950.00 AUD is required to confirm your place on this expedition. Earlybird is available until the 1st of September 2024.



T&Cs

Explora Medicine reserve the right to update, change or modify these terms and conditions at its discretion without prior notice and you agree to abide by the most recent version implemented. In the event that any changes are made, the revised terms and conditions shall be posted on this website immediately. Please check the latest information posted herein to inform yourself of any changes. Once you have reviewed the itinerary and information provided by Explora on the upcoming expedition, to secure your place you will need to do the following:

- Pay a \$950 non-refundable deposit that goes towards your complete package price;

Full payment due

Full payment of the balance is to be paid in full 12 weeks prior to the departure date. If your booking is made within 60 days of the departure date, then the full amount is payable at the time of booking.

Passport and visas

You must carry a valid passport and have obtained all of the appropriate visas, permits and certificates for the countries in which you will visit during your trip. Your passport must be valid for 6 months beyond the duration of the trip. It is your responsibility to ensure that you are in possession of the correct visas, permits and certificates for your trip; please refer to the Trip Notes for details. We are not responsible if you are refused entry to a country because you do not hold the correct passport, visa or other travel documentation.

Authority on expedition

An expedition leader is designated, for the safety of all team members and the decision of the expedition leader is final on all matters likely to affect the safety or well-being of any person participating in the trip.





Cancellation by Explora

We may cancel an expedition if minimum numbers are not met. We may cancel an expedition at any time up to 21 days before departure for administrative reasons. We may cancel a trip at any time prior to departure if, due to terrorism, natural disasters, political instability or other external events it is not viable for us to operate the planned itinerary. If we cancel your trip, you can transfer amounts paid to Explora to an alternate departure date or alternatively receive a full refund. We are not responsible for any incidental expenses that you may have incurred as a result of your booking including but not limited to visas, vaccinations, and travel insurance excess or non-refundable flights.

Cancellation by the traveller

A cancellation will only be effective when we receive written confirmation of the cancellation. If you cancel your expedition or placement:

- 90 days or more prior to departure, we will retain the initial deposit
- 60 days or less prior to departure, we will retain the deposit and 50% paid by you in connection with the booking.
- 21 days or less prior to departure, we will retain the deposit and 100% paid by you in connection with the booking.
- If you leave an expedition or placement for any reason after it has commenced we are not obliged to make any refunds for unused services. All monies paid are non-refundable after commencement.
- If you fail to join a journey, join it after departure, or leave it prior to its completion, you are not entitled to a refund of any payments made by you.

Acceptance of risk

You acknowledge that the nature of the trip is adventurous and participation involves a high degree of personal risk. You will be visiting places where the political, cultural and geographical attributes present dangers and physical challenges greater than those present in our daily lives. We use information from government foreign departments and reports from our own contacts in assessing whether the itinerary should operate. However, it is also your own responsibility to acquaint yourself with all possible relevant travel information and the nature of your itinerary. Passengers must ensure that they are suitably fit to allow full participation in the trip. It is your responsibility to ensure that you obtain proper and detailed medical advice at least two months prior to travel for the latest health requirements and recommendations for your destination. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel.

You acknowledge that Explora has provided you with a risk warning and these risks include, but are not limited to:

- Personal injury and loss (including financial loss) and damage;
- Personal injury and loss (including financial loss) resulting from your actions, and/or actions of others; and
- Loss or damage to personal property whether it be lost, stolen, damaged or destroyed.

You acknowledge that you fully understand these risks and participate freely and accept the risks involved.

You agree to release and indemnify Explora, you will not hold responsible Explora, its officers, employees, volunteers or agents from all claims and liabilities whatsoever, associated with your participation in any Explora project or activity.

You state that you are physically and mentally capable of participating and that you have fully read this form, in particular the 'acceptance or risk'.

Release and waiver of liability

In consideration of Explora accepting your booking application and in consideration of you being permitted by Explora to join the expedition to the extent permitted by law:

You release, waive, discharge, hold harmless and agree to indemnify Explora and its volunteers, guides and other representatives and the land management authorities in the countries in which the expedition is conducted from all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services, lost profits, consequential, exemplary, indirect or punitive damages or otherwise which may arise out of or occur during your travel in connection with the expedition or any activities conducted in conjunction there within unless caused by the wilful negligence or wrongful act of Explora and its volunteers; and regardless of the situation or circumstances giving rise to the claim you waive any claims you have, or may at any time have, against Explora and its volunteers and you agree, by accepting the additional inherent dangers and risks associated with the expedition, not to make any claim against or seek any compensation from Explora and its volunteers in respect of any personal injury, illness or death suffered by you or damage to or loss of property sustained by you as a result of your participation in the expedition.

Medical Disclosure

- You declare and warrant that
- You are in good health and mental and physical fitness at the time of booking this expedition;
- You have disclosed to Explora every matter concerning your health and mental and physical fitness of which you are aware, or ought reasonably be expected to know, that is relevant to Explora decision to permit you to go on the expedition;
- Immediately upon any adverse change in your health or fitness that may be likely to affect Explora decision to permit you to go on the expedition, you will notify Explora in writing of any such adverse change.
- Explora may exclude you from a tour staff deems it necessary. You acknowledge that the obligation to disclose under this condition continues from the time of booking the expedition through to departure and extends for the duration of the tour.
- You have taken the necessary precautions to immunise/vaccinate for the destination you are travelling to.

If you fail to comply with the duty of disclosure in this condition and if Explora would not have permitted you to undertake the tour, or continue participation of the tour, had you made full disclosure under this condition, Explora will not be liable, except to the minimum extent required by law, for personal injury, death or property damage or loss incurred by you



www.exploramedicine.com.au



For more information and discuss your involvement please contact our team.

hello@exploramedicine.com.au

EXPLORA

A stylized black mountain peak logo with a white triangle at its base. The peak is composed of two dark triangles meeting at a point, with a white triangle cut out from the bottom center.

ALTITUDE

MEDICINE



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