



Food and Medical Requirements

Please submit in writing: drug or food allergies, blood type, medicines currently taken, medical history, along with your registration and release forms.

We will also need to know your food and drink preferences (specify types of meat if applicable and the degree of spiciness you are comfortable with).

It is not possible to carry meat while on trek, but if you are a meat eater we can make arrangements for you while staying at most guesthouses.

If you are vegan we can also make adjustments with the meals, though ghee (clarified butter) is commonly used in cooking we can substitute with vegetable oil. Onions, tomatoes and garlic are a staple base for many of the dishes, and it is difficult to request them to be left out.

We do our best to prepare sumptuous meals for you, and are happy to accommodate you in any way possible. Please feel free to add anything we may have left out.
