

Responsible Trekker

Porters and Guides who have trekking jobs don't always live at high altitude all the time. They can suffer from altitude illnesses in the same way that visitors do. In the past, ill porters were seen as 'useless' and were paid off and sent home. Many died as they went down alone. This is not right. Treat the mountains with respect. Do not attempt to 'conquer' them or show off physical fitness and forget. Come with Responsibility and do something for upliftment of the people of region. Be kind and friendly. Respect the traditions and demands of the locals. Don't ever try to be the surfer dude hero, be humble before the mountain, its people, and the world you're disrupting with your Trip.

- Always help your associates. They can fall ill; they can get injury.
- Ensure they must have medical insurance and Get proper treatment.
- Adequate clothing and footwear.
- Adequate shelter, food and drink.
- Medical care and life insurance.
- Care on descent if ill.
- Appropriate sized load to carry. They are not Animal. Porters can carry luggage up to 20kg. But believe that you can do the trip and help them by reducing the luggage by discarding unnecessary things. Also you can store some of the stuffs in Hotels and collect back on return. It will be very humble of you to limit the luggage in range of 10-14 kgs.

Tips for giving Tip:

Guides should receive a slightly bigger tip than porters. Basic and common rule is to tip for guide and porter is either 10 to 11% of the total trip cost or one day's pay per week spent trekking. So if your trip is for 13 days then you can tip them equivalent of their 2 days salary. first option not less than 10% is highly recommended if you are too generous.

You must realize their hard work and this has to be done regularly by them for the livelihood. So don't fight for the petty things and show some respect and be a Gentleman.

