

Suggested Reading list for Expedition

Book Title	Publication	Writer
TREKKING PEAKS OF NEPAL	(Mountaineers Books)	by Bill O'Connor
THE POCKET DOCTOR		by Stephen Bezruchka
MOUNTAIN SICKNESS		by Peter Hackett
TREKKING IN THE NEPAL HIMALAYA	(Lonely planet)	by Stan Armington
POCKET FIRST AID AND WILDERNESS MEDICINE	by Dr Jim Duff & Dr Peter Gormly	
THE ROUGH GUIDE TO NEPAL	(Rough Guide)	by David Reed
FROMMER'S NEPAL	(Macmillan)	by Karl Samson