



## Everest Base Camp Trek – 13 Days

Destination	: Nepal
Duration	: 13 Days
Best Weather	: March, April, May, September, October and November
Max Altitude	: 5555m (Kala Patthar)
Accommodation	: Hotel and Guesthouse
Meals	: B, L, D

### Itinerary:

Day 1: Fly to Lukla (2860 meters/ 9383 feet) trek to Phakding (2610 meters/8562 feet)

Day 2: Trek to Namche (3440 meters/11286 feet)

Day 3: Acclimatize at Namche (3440 meters/11286 feet)

Day 4: Trek Pangboche (3985 meters/13074 feet)

Day 5: Trek Dingboche (4410 meters/ 14468 feet)

Day 6: Acclimatize Dingboche (4410 meters/ 14468 feet)

Day 7: Trek Lobuche (4940 meters/16207 feet)

Day 8: Trek Gorak Shep (5164 meters/16942 feet) and Everest Base Camp (5364 meters/17598 feet) and back to Gorak Shep

Day 9: Trek Kala Patthar (5555 meters/18225 feet ) and return trek to Pheriche (4371 meters/14340 feet)

Day 10: Trek back to Tengboche (3860 meters/12664 feet)

Day 11: Trek back to Namche Bazaar (3440 meters/11286 feet)

Day 12: Trek back Lukla (2860 meters/ 9383 feet)

Day 13: Fly back to Kathmandu (1,400 meters/ 4593 feet)

## **Cost Include**

1. All airport/hotel pick up and drop in private car/van
2. 1 Nights Hotel in Kathmandu including breakfast, Twin sharing 3\*
3. 12 Nights stay in Tea House during the trek. It means, sharing the Bathroom.
4. An experienced English-speaking Trekking Guide and a Porter during the trek.
5. Salary, food, insurance, and lodging cost for guide and porter ( 2 Trekkers-1 Porter )
6. During the Trek, we will have Breakfast, Lunch, Dinner, and Tea/Coffee each time only.
7. Welcome and Farewell Meals and Breakfasts while in Kathmandu.
8. National Park Permit and TIMS for Everest.
9. Airfare from Kathmandu to Lukla and return flight to Kathmandu and domestic flight departure taxes.
10. Down Jacket and Sleeping Bag that needs to be returned to the office after trek completion.
11. ACH Kitbag and T-shirt for you
12. Ncell Sim Card (Nepalese Sim Card including 20 GB data pack) - Only 1 for a group.

## **Cost Exclude**

1. Nepal entry visa fees.
2. International airfare and departure tax.
3. Bar bills, laundry, and other expenses of personal nature.
4. Travel insurance including evacuation.
5. Lunch and dinner in Kathmandu except welcome and farewell.
6. Tips for local staff, guides, and porters.
7. Desserts, Hot Shower, Hot Water, Wi-Fi, Mineral Water.

# Trekking Map



## Everest Base Camp Trek 13 Days



Altitude chart



## **Types of equipment and Packing List**

This list is a guideline to help you pack for your adventure. Also, understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Alpine Club of Himalaya inclusive in the service. The weight limit for your luggage is 33 pounds or 15 kg. Remember that your luggage will be carried by your porter but you are required to carry a day-pack (with your valuables or anything important) on your own. We also suggest that you pack only what is necessary.

### **Important documents and items:**

- Valid passport, 2 extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- Dollars, pounds, or Euros in cash for purchasing Nepalese visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and to purchase your own drinks and gifts
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc

### **Head**

- Bandana or headscarf, also useful for dusty conditions
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### **Upper Body**

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops
- Fleece wind-stopper jacket or pullover
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/or jacket \*
- Gore-Tex jacket with hood, waterproof and breathable

### **Hands**

- 1 pair of lightweight poly liner gloves.

### **Lower Body**

- Non-cotton underwear briefs
- 1 pair of Hiking shorts
- 1 pair of Hiking trousers
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **Feet**

- 2 pairs of thin, lightweight inner socks
- 2 pairs of heavy poly or wool socks
- 1 pair of Hiking boots with spare laces (sturdy soles, water-resistant, ankle support, "broken-in")

## **Sleeping**

- 1 sleeping bag (good to -10 degrees C or 14 degrees F)\*
- Rucksack and Travel Bags
- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag \*
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetazolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or the water filter
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighter, 1 small box of matches
- 1 compass or GPS(optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- large Ziplocs
- 2 water bottles (1 liter each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks

## **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multipurpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

### **Extras/Luxuries**

- Reading book
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and/or camps)
- 1 modest swimsuit
- Binoculars (optional)
- Voltage converter (from 220 to 110)
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case your teahouses provide you with pillows) or use your own stuff as a pillow