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Everest Base Camp Trek – 12 Days

URL: https://himalaya-discovery.com/trip/everest-base-camp-trek-12-days-itinerary/

Trip Code
WT099

Destination
Nepal

Activity
Featured

Start / End Point
Kathmandu / Kathmandu

Duration
12

Per Person From
USD 1,490

Region
Everest

Max. Altitude
5545 m

Best Season
Spring (March-May) and Autumn (September-November)

Activity Per Day
6 – 7 hours

Group Size
2 – 10

Moderate

Highlights of 12-Day Everest Base Camp Trek

- Views of mountain panorama including Mount Everest
- Opportunity to walk on Khumbu Glacier, world's highest glacier
- A chance to witness the most beautiful mountain, Ama Dablam
- Passing through Sagarmatha National Park
- Spend time with the Sherpas of Namche Bazaar
- See Tengboche Monastery and other Buddhist shrines
- Natural resources along the way including waterfalls, rivers, and greenery of the forests

Trip Overview

The Everest Base Camp is one of the best travel destinations in the world. The trip consists of the same trails Edmund Hillary and Tenzing Norgay chose to reach the summit of the world.

The **Everest Base Camp 12 days trek** is moderate grade trek. This means you do not need any experiences with trekking and everyone can do it. Make sure you do physical activities before a week or

so since you will be walking about 6 – 7 hours daily.

You can see beautiful mountains in every trail of Everest base Camp Trek 12 days. Thus, it is full-on one of the most beautiful places to enjoy the panorama of mountains. The scenic beauty starts with the flight to Lukla. You will witness view of Mount Everest and Tengboche Monasteries. You will also see the most beautiful mountain in the world, Ama Dablam.

Furthermore, you will pass through Sagarmatha National Park. This is also one of the UNESCO Natural World Heritage Sites. On the Everest base Camp Trek 12 days, you will find musk deer, Himalayan Thar, and pheasants.

In the beautiful village of Namche Bazaar, you will see the settlement of the Sherpas. You will find the place with mani walls and shrines for people following Buddhism. There will be many small villages and you will find authentic beauty of the settlements.

Besides that, you will walk on Khumbu Glacier, the world's highest glacier. You will also see Dudh Koshi River and pass through Hillary Suspension Bridge. Trekking there in the springs or the autumns will be the best timing. The views are very clear and crisp in those times. Whereas in the winters, it will be difficult to trek there.

Also, you will see the view of Lhotse, Makalu and Cho Oyu from Dingboche. Moreover, you will also see Cholatse, Taboche, Louche West and Lobuche East peaks as well. Khumbu Glacier, Khumbutse, Lingtren, Pumori and Mahalangur peaks are more.

Moreover, from Dingboche, you will see the expedition team preparing for Mt. Everest. If the paths collide, you will also get to talk to them about the experience and more. Talking with strangers will give you new lessons and a different joy. The Everest Base Camp Heli Trek 10 days can be an ideal option for you.

The simplicity of the Sherpas and the culture of Buddhism will surround you with peace and calm. Living a day or two with them will also give you a homely feeling even though you are away from your family.

For more details on the Everest base Camp Trek 12 days or queries, you can contact us and we will let you know.

Is Everest Base Camp Trek 12 Days Itinerary One of Best Nepal Everest Base Camp Trek packages?

Yes, the Everest base Camp Trek 12 days is one of the best trekking packages in Nepal. It is the perfect blend of adventure and luxury. Through this package, trekkers can enjoy visiting the stunning landscapes, pristine surroundings and indigenous Sherpa inhabitants without having to trek days on tough trails.

The trekking to Everest Base Camp begins with a mountain flight from Kathmandu to Lukla, the world's dangerous and scenic airport. Trekkers walk through forests filled with rhododendron flowers, cross several suspension bridges over thundering rivers and pass by Sherpa villages that give an insight into their Tibetan-influenced lifestyles. Trekkers also get to visit ancient monasteries and interact with the Sherpas.

At Everest Base Camp trekking height of 5,364 meters and a viewpoint Kala Patthar at 5,545 meters, you

will have the closest and the best view of Mount Everest and surrounding peaks. The Everest Base Camp trek in 12 days is a classic hike aimed to be achievable for average people with a basic fitness level.

Support of Sherpas on Mount Everest Trekking With Himalaya Discovery

We have experienced Sherpa guides employed at Himalaya Discovery to take you all the way to the base camp of Mount Everest so that your journey is a memorable, enjoyable and safe one. Sherpas are highland natives from Nepal born in the lap of the highest mountain in the world, and no one can know better about high-altitude trekking than these mountaineers.

They possess an inborn wisdom on weather, terrain and altitude sickness issues and are like a treasure for climbers intending to reach Everest base camp or climb peaks beyond it. Sherpas not only guide up along the mountain trail but also help you acclimatize to high altitude, handle risks like Acute Mountain Sickness (AMS) and acquaint you with informative aspects of attractions route that come on your way as you get closer to your destination while trekking Mount Everest Base Camp.

Since they have been living amid Mount Everest and other mountains of the region for most of their lifetime, they make your trekking extremely convenient.

Everest Base Camp Trek Nepal With Hike To Kala Patthar

On arrival at Base Camp, with Everest base Camp Trek 12 days there is a summit of Kala Patthar that offers a still more unforgettable experience with bird’s eye perspective of Everest and nearby mountains. Kala Patthar is 5,545 meters (18,192 feet) high and is a good vantage point for having a great view of Mount Everest.

It is a wonderful spot for enjoying the beautiful view of the Khumbu Valley. It is here where the trekkers are able to witness the grandeur of Everest and other mountains in their full glory. Such sunrise and sunset at the summit adventure has been said to be possible from Kala Patthar that the trekker would never like to miss out on it.

While climbing up to the top is tiring, the panorama of view is worth every single step taken by one.

12 Days Hiking To Everest Base Camp: What It Is Like?

Mount Everest Close-Up Encounters

One of the main highlights of Everest base Camp Trek 12 days is getting to see world famous Mount Everest from up close. Standing at a whopping elevation 8,848 meters (29,029 feet), it’s the tallest peak in the entire world.

You’ll realize what we’re talking about when you see it for yourself – no words can (or ever will) do justice in describing that feeling of looking at this giant and being around it. The sight itself leaves an imprint in your mind that lasts far beyond your flight back home or finishing the trek.

Trekking Via Sagarmatha National Park – A UNESCO World Heritage Site

You'll be going up higher from Lukla, and where you will go up is Sagarmatha National Park, a World Heritage Site since 1979. You can observe that not only do we have Mt. Everest here, but diverse types of rare and endangered flora and fauna adapted to the habit of some of the world's highest altitude.".

Sagarmatha is the title given to what the Nepalis refer to as Everest and Sherpas refer to as Chomolungma. As you trek this pristine country, you will trek through a stunning wood of giant oak, pine, fir, and rhododendron trees. You will be trekking towards the Namche Bazaar, the thriving entry point to Everest Base Camp.

Namche Bazaar – The Gateway to Everest

Namche Bazaar, the vibrant town in the Khumbu Valley, shouldn't be missed on your trek. You'll have to spend a day here to acclimatize to the altitude. The main thing you do on this day is a hike up to Hotel Everest View at 3,880 meters, where you get sweeping views of Everest, Lhotse and Amadablam. Namche Bazaar itself is stunning. It's a labyrinth of narrow shopping streets with restaurants, banks, shops and lodges.

Tengboche Monastery – A Spiritual Stop

Tengboche Monastery, the largest and oldest of the Khumbu, perches on the top of a steep ridge where white mountain peaks meet. Both are a vantage point from which to view Everest and Amadablam in all their resplendent beauty and a hub of spiritual and cultural activity.

Many trekkers make a detour to visit this sacred place, absorbing the peace that emanates from it and the scent of prayer flags carried on the wind.

Stop at The World's Highest Base Camp

The highlight of trekking is to reach Everest Base Camp. Overwhelmed by giant Everest, Lhotse, Amadablam, Pumori, and Nuptse, you are treated to some of the most unimaginable scenery of your lifetime. A bonus to the panoramic view is this massive Ice-Fall.

Itinerary

A team of local travel experts developed this 12-day Everest Base Camp Trekking itinerary with years of experience on the trail. Our knowledgeable Sherpa guides designed this itinerary to include the best possible acclimatization opportunities as well as exposure to the rich traditions of the Khumbu region.

Day 01: Arrive in Kathmandu.

You will arrive at Kathmandu where we will pick you up from TIA and drop you to your hotel. Meanwhile, you can take your time to stroll around to visit the temples and monuments.

There are plenty of places that you will find fascinating if you wander around. In the evening you will have dinner and stay overnight at the hotel.

Trek Distance:	Trek Duration	Highest Altitude:
Free day	Free day	1400m

Meals:	Accomodations:
Breakfast	Hotel

Day 02: Fly to Lukla from Manthali, and then trek to Phakding.

Everest Base Camp trekking begins on the second day with a scenic flight from Manthali Airport, Ramechhap Airport or Kathmandu Airport to Lukla Tenzing Hillary Airport (2,804 m).

Upon arrival at Lukla, you will meet our porters who will be carrying your bags. The Everest Base Camp hike starts after a short glimpse of the village of Lukla, where you will pass the village of Chaurikharka and then descend towards Dudh Koshi and Ghat. From there, you follow the trails to Phakding via the bank of the Dudh Koshi river and stay overnight at Phakding.

Please note: Kathmandu to Lukla flight has been moved to Manthali airport, Ramechhap in peak trekking season Spring (March, April, May) and Autumn (September, October, November) due to increased traffic and since March 2019 renovations at Kathmandu airport. Manthali airport can be reached by road from Kathmandu within 4 to 6 hours drive. This means you need to wake up early in the morning around 2:30 am to take a drive and catch your Lukla flight from Manthali early in the morning.

Trek Distance:	Trek Duration	Highest Altitude:
(Kathmandu to Manthali): 1323 km, 7.5 km Trekking,	1323 hrs	2651m

Flight Hours:	Meals:	Accomodations:
20–25 min (Manthali to Lukla),(Kathmandu to Manthali) 4–5 hrs	Breakfast- Lunch- Dinner	Teahouse

Day 03: Trek to Namche Bazaar.

Early in the morning, you will have your breakfast and then begin your trek to Namche Bazaar. You will walk 7.4 km from Phakding to Namche Bazaar.

You begin walking through the beautiful forest of rhododendron and cross Hillary Suspension bridge before you enter the Namche Bazaar.

After you reach the village of the Sherpas, you will rest and have your meals. You can take your time to stroll around and meet the locals. You will see the local yaks as a means of transportation there. You will also witness the head of the dominant mountain, Nupla.

You will stay overnight at Namche Bazaar.

Trek Distance:	Trek Duration	Highest Altitude:
9.4 km	6 hrs	3438m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Teahouse

Day 04: Acclimatization day / Discover Namche.

The fourth day is the acclimatization day. This means that your body needs to adapt to a new environment. So you need to take a day break so that you can adjust to a completely new altitude of Namche Bazaar.

The acclimatization only takes a short time for your body to get adjusted. Meanwhile, you can take your time to wander around the beautiful village.

You can know some more about the lifestyles and people there. You might get the chance to see Mount Sagarmatha from here if the weather is clear.

The simplicity of the Sherpas is something that you will remember for a very long time. You can take your time to visit the Sagarmatha National Park and Sherpa Museum.

You will spend the night there at Namche Bazaar.

Trek Distance:	Trek Duration	Highest Altitude:
Free day	3–5 hrs for side hikes	3438m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Teahouse

Day 05: Trek to Tengboche.

Early in the morning, you will leave for Tengboche. You will pass through the banks of the Dudh Koshi river to reach Tengboche. You will also get to visit the local monasteries.

You will enjoy the views while trekking and the water resources will freshen up your mood. After only a short trek, you will see a clear view of the mountains. If you are early, you can also take your time to visit a military museum on the way.

After reaching Tengboche, you will have your meals and stay there for the night.

Trek Distance:	Trek Duration	Highest Altitude:
9.2 km	5 hrs	3870m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Teahouse

Day 06: Trek to Dingboche.

Early morning, you will walk down to Indrakhola and climb up to Dingboche. At the height of 4360 m, you will see the gorgeous view of Mt. Lhotse and also the striking Mt. Ama Dablam.

You will also see a clearer view of Everest on the trek from Tengboche to Dingboche. It is a sight to cherish.

This place will also be a spot for you to take a rest and for the second acclimatization. You can take your time to get adjusted for a while and also enjoy the view. This spot is also considered to be among the best viewpoint in the region.

You will stay there the night.

Trek Distance:	Trek Duration	Highest Altitude:
10.5 km	5 – 6 hrs	4360m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Teahouse

Day 07: Trek to Lobuche.

You will walk through the base of Mt. Lobuche. This is yet the most difficult part of the trekking journey. The roads are a bit harder to walk on in the higher altitudes.

The trails are completely safe. But, do take your time and maintain your pace with it and not hurry. You will stay overnight in Lobuche.

Trek Distance:	Trek Duration	Highest Altitude:
7.5 km	5 – 6 hrs	4940m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Teahouse

Day 08: Trek to Everest Base Camp and Back to Gorakshep.

On the eighth day, you will walk towards the Everest Base Camp from Lobuche.

You will walk through the highest glacier of the world, Khumbu Glacier. The views of the pristine mountain are absolutely captivating when you are surrounded by the icy glacier.

After walking for about 7 hours, you will reach Everest Base Camp.

After your time at the Base Camp, you will again head back for Gorakshep where we will rest and spend the rest of the day.

Trek Distance:	Trek Duration	Highest Altitude:
15 km	6 – 7 hrs	5364m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Teahouse

Day 09: Visit Kalapatthar and Trek Back to Pheriche.

Although Everest Base Camp might seem like the last destination for you but the views from Kalapatthar are spectacular.

Yes, you will trek up to Kalapatthar from where you can have the best view of Mount Sagarmatha.

So, enjoy the view while you can. And you will climb down to Lobuche for lunch and head to Pheriche where you will spend the night.

Trek Distance:	Meals:	Accomodations:
9.3 km	Breakfast- Lunch- Dinner	Teahouse

Day 10: Trek to Namche Bazaar.

After breakfast, you will leave Pheriche, just like every other day. Once again, he climbs from Pheriche to Debuche and then an hour to Tengboche. You will descend again to Phunkithanga (3200 m) and finally hike towards Namche.

We will be relaxing at Namche after days of hard work and after a feeling of accomplishment Enjoy a variety of food at Namche after days of adjustment. Because this is a transit point, it’s a settlement that has been prepared to adjust to the growing number of visitors. That is why it is facilitated. Enjoy the day, and have a good rest. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
10.5 km	6 – 7 hrs	3440m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Teahouse

Day 11: Trek to Lukla.

From Namche Bazaar, you will walk from the banks of Dudh Koshi river.

With a closer view of the river, the trek will be beautiful and refreshing as you walk away from the mountains larger than life.

This is the last destination and tomorrow you will head to Kathmandu.

Trek Distance:	Trek Duration	Highest Altitude:
13.5 km	6 – 7 hrs	2860m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Teahouse

Day 12: Fly to Kathmandu

Today you will say goodbye to the wonderful journey and head back to Kathmandu after lunch. We will take you back to your hotel and then to TIA.

Trek Distance:	Highest Altitude:	Flight Hours:
138 km	1400m	40 mins

Meals:	Accomodations:
Breakfast	Hotel

Price Includes

- Airport transfers pick-up and drop-off.
- Airfare from Kathmandu – Lukla – Kathmandu including airport departure tax.
- Trekkers' Information Management System (TIMS) Permit.
- All meals (Breakfast, Lunch, Dinner) during the trek.
- Transportations, accommodation, wage, food, insurance, equipment for the guide & porter.
- Best available lodge accommodations during the trek.
- English speaking Sherpa trek guide.
- All necessary paper works, Everest National park entry permit.
- Porter to carry your luggage during the trek (1 porter for 2 people)
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu.

Price Excludes

- International airfares and Nepal visa.

- Any personal medical or evacuation expenses incur.
- International Travel insurance which included rescue.
- Tips for the guide & porter.
- Any others expenses which are not mentioned on the ‘Price Includes’ section.

Group Discounts Available

No. of Persons	Price per Person
1 – 1	USD 1,685
2 – 3	USD 1,490
3 – 4	USD 1,375

Add Ons For Everest Base Camp Trekking Package

Add more adventure and activities to your Everest Base Camp Trek and have a richer experience of Nepal’s beautiful landscapes. Some of these are exciting add-ons before or after your trek:

- Heli Sightseeing: Have a VIP helicopter ride for a bird’s eye perspective of the Himalayas and Everest.
- Kathmandu Day Tour: Visit world heritage sites, Kathmandu temples and monasteries.
- Mountain Flight to Everest: See the top of the world’s highest mountain in a heart-stopping view of Everest and other mountain ranges.
- Paragliding in Pokhara: Flap your arms like a bird over the lovely countryside of Pokhara. It is an adrenaline charged experience which can be enjoyed in very few locations on the planet.
- Ultra-Light Flight: Fly in a light aircraft and feel the essence of the Himalayas and the scenery of Pokhara.
- Kathmandu Food Tour: Get the authentic flavour of Nepalese food at Kathmandu’s busy markets and restaurants.
- Chitwan Jungle Safari: Add to your wildlife experience like never before with Chitwan National Park safari tour with one-horned rhinoceros, tiger and elephant.
- Bardia Jungle Safari: Visit Bardia National Park in Western Nepal for a unique wildlife experience.
- Bungee Jumping: Take a leap of faith bungee jumping from the second-highest bungee bridge in the world in Nepal if you are an adrenaline junky.

Sleeping Bag Rental

For additional trekking convenience, renting 4-season sleeping bags can be rented for USD 30. In case of loss or damage, a penalty of USD 165 should be paid by you. Bring it back safe and the fee is zero.

Personal Porter Services

Make your ascent more accessible with the help of personal porters. We organize porters on your Everest Base Camp Trekking to porter your gear (1 porter per 2 trekkers). For a reasonable $20 a day, they

porter up to 25kg of your gear as well as pay for their meals, accommodations, and insurance.

Trip Information

We are with you every step of the way. We help you with your gear prep and permits. Our team of experts is here to answer any questions you may have regarding acclimatization, trail conditions etc. You will be well taken care for your Everest Base Camp trek.

Everest Base Camp Trek in Nepal Distance

The Everest base Camp Trek 12 days is approximately 130 km (80 miles.) Long starting at Lukla, passing through Sherpa villages: Namche Bazaar, Tengboche and Dingboche. Witness the rich culture and tradition of Sherpa. You can spend as long as you want on your trek, but generally, people take about 12 days to get to Everest Base Camp from Lukla and back to Lukla.

You could also do it comfortably in 14 days if you have more time or an extra rest day while going through your actual treks. The walk itself is gradual, with plenty of ups and downs, allowing enough time for our body to acclimatize to the altitude.

Normally, we would recommend spending a couple of extra days either in Namche Bazaar around Namche Bazaar or acclimatizing day, when you definitely will need additional days.

When to trek to Everest Base Camp in Nepal?

The best time to trek to the Everest base Camp Trek 12 days is in spring (March to May) and autumn/fall September to early December. At these times of the year, you can expect clear skies, stable weather conditions and bearable climate temperatures.

Springtime will present itself with colorful wildflowers in bloom, inclusive of Nepal’s national flower rhododendrons. Most days, you can expect sunshine throughout the day and longer daylight hours, but mornings and late afternoons are generally cool, with occasional downpours or snow.

Autumn is also another good season as you can expect an clear blue sky for miles, along with a suitable vista for a mountain view. The daytime temperature remains mild during this period, while mornings and nights obviously get chilly, particularly at higher altitude locations that come accompanied by clear starry night skies and possible snowfall at freezing higher elevations.

Don’t trek in the summer monsoon season, as heavy rain will make trails muddy, clouds will block views, and it will just be potentially difficult and dangerous. But Everest Base Camp can technically be trekked all year round. But spring and autumn are by far the best and most popular times of year to plan your adventure if you want everything to be perfect.

Understanding Lukla Flight Status for Everest Base Camp Trek 12 Days

In the pre-part of the preparation for the Everest Base Camp trek, you need to be aware of the flight operations to Lukla as per the season.

Peak Season (March, April, May, October, November): Flights to Lukla are shifted to

Ramechhap/Manthali (4-5 hours from Kathmandu) due to high air traffic. Trekkers will have road travel to Manthali Airport and catch a flight for Lukla.

Non-Peak Season: From Kathmandu to Lukla, flights are operated regularly during non-peak time.

Operational Variances: Lukla flights are frequently canceled or delayed due to Weather, natural calamities and airport congestion. The operation decision is taken by the aviation authority of Nepal and airlines based on safety and as well as operational conduct.

Having knowledge about these occurrences in advance will help trekkers plan it in their timetable & be prepared for the travel too.

Accommodation Facilities on the 12 Days Everest Base Camp Trek

Accommodation on the 12 day Everest Base Camp trek will be provided as per the package you choose. You will be accommodated in teahouses and lodges of basic to mid-range standard throughout the trekking route. The room comes with a wooden bed, table, mattress, blanket, bed sheet and pillows.

But it’s always a good idea to carry a sleeping bag, especially for the lodges above Tengboche. Some lodges at lower elevations provide an en-suite bathroom (attached bathroom), but in most cases, you can expect a common toilet that is usually located outside your room. The common shower and hot shower is available at some places and for this you will have to pay ceratin amount.

Food During the 12 Days Everest Base Camp Trek

The food in the Everest Base Camp trek is prepared with the concept of international hygiene, using locally made organic food items. The common food items are Dal Bhat Tarkari, momo, chowmein, porridge, noodles and thukpa; these are foods high in carbohydrates, protein and minerals, which provide enough energy on the trek.

Foods that give energy to the body for doing strenuous hikes are prepared. We suggest you carry some extra snacks like dried fruits/protein bars/water bottles to add to your meal plan as well as give proper hydration and energy on a trek.

Altitude Sickness On Everest Base Camp Trek

Altitude sickness or Acute Mountain Sickness (AMS) is a result of the decreased atmospheric pressure and oxygen level at high altitudes. Symptoms normally develop at an elevation of above 2,500 meters. Altitude sickness comes in three forms.

Acute Mountain Sickness (AMS): The mildest, it results in headaches, dizziness, nausea, loss of appetite, and insomnia. It is prevalent but can be treated with rest and water.

High Altitude Pulmonary Edema (HAPE): A risky condition where water accumulates in the lungs, due to which a person feels breathless and experiences cough and chest tightness. Oxygen and descent are needed.

High Altitude Cerebral Edema (HACE): The most hazardous one, in which brain water leads to

confusion, loss of coordination, and loss of consciousness. It can be fatal and emergency evacuation should be done.

Everest Base Camp Trek Difciulty Over 12 Days

The 12-day Everest Base Camp (EBC) trek is a moderate-difficulty activity that demands physical and mental stamina. The whole round-trip will be nearly 130 kilometers or 80 miles of walking. Therefore, it will be a 6 to 8-hour day walk on quite mixed terrain with ascending slopes and stone trails.

It is extremely high in altitude, which is the most demanding segment. The altitude starts at 2,860 meters from Lukla and is 5,545 meters at Kala Patthar. The sharp ascent doubles the risk of AMS, and acclimatization needs to be carried out. Weather conditions are also an added constraint.

Preparing for the 12 Days Everest Base Camp Trek

Preparation for the 12-day Everest Base Camp trek needs to be 360-degree in nature — you need to prepare yourself physically, mentally and equipment-wise. Start your training at least 12–16 weeks before your date of departure to get in shape, focusing particularly on cardio endurance activities such as hill walking, jogging or cycling.

Also, include some leg-strengthening exercises like squats and lunges since you will be exerting your legs a lot while climbing up or down stone steps/trails or crossing boulder sections. Regularly go on hikes with a loaded backpack (10-15kg) so both your body and mind are accustomed to it.

Apart from physical preparation, mental preparation is equally important; educate yourself about the high-altitude hiking challenges and how you can keep yourself motivated when the going gets tough.

Lastly, good gear makes a world of difference; foremost among these are a solid pair of well-fitting hiking boots (your life on this hike depends on them) and moisture-wicking t-shirts (they need to be worn in layers as temperatures can vary dramatically through the day). Buy also a supportive backpack (preferably one that has an integrated hydration system).

Packing List for Everest Base Camp Trek

You'll need the following items on your packing list for Everest Base Camp:

- **Clothing:** Waterproof jacket, thermal base layer, trekking pants, fleece jacket, down jacket, trekking boots, socks, gloves, hat.
- **Accessories:** Trekking pole, sunglasses, sun hat scarf, neck gaiter.
- **Personal Belongings:** Toiletries, passport & travel insurance, camera, water bottles, snacks, power bank.
- First aid kit, First aid altitude tablets, hand washing sanitizer, wet wipes.

Everest Base Camp Trek FAQs: Everything You Need to Know

Do you have Everest Base Camp trekking questions? Below is a summary of the most common questions we receive regarding trail conditions, safety, altitude sickness and more to prepare for your trip. If you have other questions you'd like us to answer not covered here, feel free to ask – we're always happy to assist.

Top Questions Answered About the 12-Day Everest Base Camp Trek

Can I charge my devices during the trek?

Yes, you could able to charge your devices during trekking. Most of the tea houses will allow you to charge your devices for some cost, and if you are carrying a portable power bank charger, then that would be even good.

Is Wi-Fi available on the trek?

Yes, Wi-Fi is available in most of the tea houses, and you can also buy an internet pack. Still, the speed and reliability will be compromised, so we may recommend buying a local SIM card to stay connected if needed.

How can I handle drinking water in the trek?

You can either get bottled water or fill boiled water as most of the teahouses have boiled water which they provide for $1 to $5 per liter. Similarly, you can use a purifying tablet, drops or filter it yourself or with the help of your guide or Sherpa.

What happens if I get sick during the trek?

Your guide is trained to look after your health. If it becomes necessary, you will be evacuated by helicopter. You will be provided first-aid treatment and taken to the nearest small health post.

Are there ATMS on the trek?

ATMs are available in Lukla and Namche Bazaar, but it is best to carry enough cash for the entire trek, as places/shops throughout the walk do not accept cards.

Address

Nagarjun 5, Swayambhu
Kathmandu, Nepal