

# Everest Base Camp 12 Days



EVEREST BASE CAMP TREK HAS BEEN A PILGRIMAGE OF THE WORLD. THIS TREK BRINGS IN THE INDIGENOUS SHERPA PEOPLE, SET OUT THE HIGHEST VIEWPOINT OF THE REGIONS KALAPATHAR (5,555M, /18,225FT), TO VISIT MOST OF THE MAJOR SHERPA SETTLEMENT OF THE REGION.

## Brief Itinerary

**Day 01-** Fly to Tenzing Hillary Airport, Lukla (2840m/9,317ft) and trek to Phakding (2,610m/8,562ft) 3hrs.  
**Day 02-** Trek to Namche (3,441m/11,289ft) 6 hrs  
**Day 03-** Acclimatization day in Namche, & hike up to Syangboche Airport (3,780m/ 12,401ft).5hrs  
**Day 04-**Trek to Tengboche Monastery (3,860m/12,664ft ) 5 hrs.  
**Day 05-**Trek to Dingboche (4,350m/14,271ft) 6 hrs.  
**Day 06-**Day hike up to Nagarsang Hill (5,090m/16,699ft). 4 hrs  
**Day 07-**Trek to Lobuche (4,910m/16,16,108ft) 5 hrs.  
**Day 08-**Trek to Everest Base Camp (5,365 m/17,601ft) then back to Gorak Shep(5,180m/16,994ft). 7 hrs  
**Day 09-**Hike up to Kalapattar (5,555m/18,225ft) early in the morning then trek down to Periche (4,200m/13,779ft). 7 hrs.  
**Day 10-**Trek to Namche Bazaar (3,441m/11,289ft). 7 hours.  
**Day 11-**Trek to Lukla (2,840m/9317ft)) 6 hours  
**Day 12-**Flight from Lukla to Kathmandu (1335m/4379ft in the morning.

## Highlights

- *The Base Camp of the World's Highest Mountain*
- *Spectacular view of Mt. Everest from Kalapathar*
- *Picturesque Sherpa Settlement*
- *Namche Bazaar and National Park Museum*
- *One of highest Airport, Syangboche Airport*
- *Tengboche Monastery*

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## Check List of Equipment

### 1. Down jacket and sleeping bag

### 2. Upper Body - Head / Ears / Eyes

- a. Baseball cap can protect your ear and neck from the sunlights
- b. Warm wool or synthetic hat that cover your ears
- c. Balaclava - lightweight, thinner variety
- d. UV protection glacier glasses
- e. Headlamp

### 3. Hand

- a. A pair of liner synthetic/ woolen gloves for the mild days.
- b. A pair of heavy woolen gloves for morning and evening time.
- c. A pair shell gloves or mitts Gore-Tex is preferred for keeping hands dry.

### 4. Core Body

- a. Two cotton t-shirts.
- b. A synthetic t-shirt.
- c. Two long sleeve polyesters, light colored shirts for sunny days.
- d. A soft shell jacket, water resistant, with insulation, underarm ventilation zippers.
- e. A medium to heavy weight expedition down parka w/hood.
- f. For women two synthetic sports bras, no cotton!

### 5. Lower Body - Legs

- a. Three pairs nylon-hiking shorts, not cotton!
- b. Underwear, stay away from cotton
- c. Two pair lightweight long underwear
- d. A pair soft shell pants - synthetic, full zip from top and bottom preferable
- e. Two pair trekking pants, preferably that zip on/off at the knees.
- f. A pair hard shell pants. Waterproof / breathable, Gore-Tex or equivalent is best
- g. A pair cotton pants
- h. Especially for the women a full length skirt.

### 6. Feet

- a. At least four pair of liner socks, synthetic.
- b. Three pair heavy weight socks to be worn over liner socks
- c. A pair light weight socks, a good option for the lower / warmer parts of the trail

d. A pair light to medium weight water proof hiking/ trekking boots.

e. A pair light trekking shoes or sneakers to wear in and about camps or lodge

f. Sandals are optional for the trek.

### 7. Medicine and First Aid

- a. Extra Strength Excedrin for altitude related headaches
- b. Ibuprofen for general aches and pains
- c. Pepto bismol capsules for upset stomach or diarrhea
- d. Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness

*Your guides will have more extensive medical gear, but you should have the basics.*

### 8. Miscellaneous, but Important

- a. Passport and extra passport photos (4 copies)
- b. Airline ticket(s)
- c. Visa (if required and acquired in advance)
- d. Immunization record
- e. Durable wallet / pouch for travel documents, money and passport
- f. Two water bottles one liter wide-mouth Nalgene and one insulator
- g. Lip balm. At least SPF 20, 2 sticks.
- h. Sunscreen. SPF 40 is recommended
- i. Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc

### 9. Optional

- a. A pair of adjustable trekking poles, this is great for downhill trek
- b. Favorite snack foods, two pounds for maximum limits.
- c. Books and other devices for relax during the trek and rest time.
- d. For your records, camera, a DSLR, Go-Pro Cameras.
- e. Hydration bladder with drinking tube and tube insulator
- f. A small stainless steel thermos

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## HAVE TO BE ALERT !

- In high altitude atmospheric pressure and oxygen content is decreasing so trekkers feel uneasy and hard to breathe.
- Generally altitude sickness starts from 2500meters.
- While you are in trekking if you feel uneasy that can be altitude sickness...
- Do no ascend further if you have symptom of altitude sickness
- If you are getting worse then descend immediately

### TYPE OF MOUNTAIN SICKNESS

#### 1) Acute Mountain Sickness

##### 1.1) Most common form of Altitude Sickness

1.1.1) Symptoms are: Headache/ Nausea / Fatigue/ Dizziness/ Lack of Vomiting

#### 2) High Altitude Cerebral Edema

2.1) HACE is the condition when severe AMS turn for the worst

2.1.1) Severe Headache/ Acting out of character/ Confusion/ Clumsiness/ Stumbling/ Drowsiness and unconscious moment before death

#### 3) High Altitude Pulmonary Edema

3.1) HAPE is another form of Altitude Sickness it affects the lungs.

3.1.1) Coughing/ Tiredness/ Fever/ Can't lie flat/ Breathlessness even while resting

### CHANCES OF INCREASING ALTITUDE SICKNESS

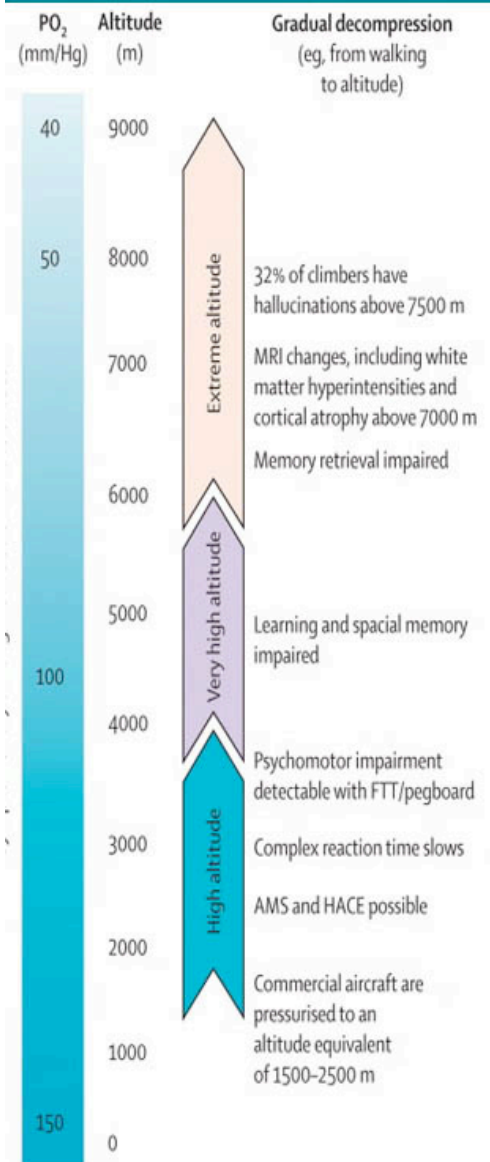
- > Individual Vulnerability
- > Climbing Faster
- > Excessive physical exertion
- > Drinking less water and fluid
- > Drinking alcohol, smoking or taking sleeping pills.

### PREVENTION OF ALTITUDE SICKNESS

- > Walk slower pace
- > Rest a day for acclimatization
- > Drink more water and fluid
- > Avoid alcohol and sleeping pills as well as smoking
- > Stay ALERT Symptom of AMS

### THINGS THAT ARE NORMAL CONDITION IN HIGH ALTITUDE

- > A little fast breathing
- > A little faster heart beating
- > A little puffy hand and feet
- > Frequent need to pee
- > Poor quality sleep



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## When to Go ?

### Best Weather

September-November &  
March- May

### Less Crowded

January, February & June

Shorts are no considered appropriate village attire specially for women

Be Responsible with culture and custom

Come as a guest go as a friend

Tipping  
Expected



## Basic Nepali

HELLO  
"Namaste"

PLEASE  
"Kripaya"

BYE  
"Bye"

THANK YOU  
"Dhanyabad"

SEE YOU  
"Feri Vetaula"

SORRY  
"Maff Garnuhos"

I AM HUNGRY  
"ma bhok lageko chha"

HOW ARE YOU?  
"Tapailai Kasto Chha"

I LIKE NEPAL  
"malai Nepal Man parchha"

WHICH WAY?  
"Kun Baato"

DELICIOUS FOOD  
"Khana Mitho Chha"

EXPENSIVE  
"Mahango"

BEAUTIFUL  
"ramro"

CHEAP  
"sasto"

