

15-DAY ADVENTURE

EVEREST BASE CAMP – ALL INCLUSIVE

Nepal

Our all-inclusive EBC trek package includes pretty much everything all in one price. All your food whilst trekking, sleeping bag and down jacket rental, return domestic flights and much more. Perfect for those travelers who want everything taken care of and great value for money.

Embark on the legendary journey to Everest Base Camp, widely celebrated as one of the world's most spectacular treks. Following the historic path forged by Sir Edmund Hillary, this lodge-based adventure offers a carefully planned itinerary ensuring optimal acclimatisation amid sublime mountain vistas. Your expedition kicks off with an exhilarating flight into Lukla, launching a dramatic trek through the breathtaking Khumbu Valley directly to Base Camp. To top off the experience, an ascent of Kala Patthar rewards you with unmatched, panoramic views of Earth's highest peak.

At Kandoo, safety and sustainability are central to everything we do. We provide daily health checks, two strategic acclimatisation days, and safe, filtered water to keep you healthy throughout your journey. Our highly experienced guides hold Wilderness First Responder certifications, and our exhaustive safety systems let you relax and focus on the view. Furthermore, every booking includes a contribution to the Kandoo Himalaya Foundation, supporting education and development in the remote Bhote community of Hongong. Through our partnerships with Travelife and Forest Carbon, we also offset all carbon dioxide emissions from your trek as standard.

TRIP HIGHLIGHTS

- Follow in the footsteps of Everest summiteers
- Climb Kala Pattar for fantastic views of Everest
- Food, domestic flights and gear rental all included
- Extra night in Kathmandu as contingency


KANDOO
ADVENTURES
Trek
Flight
Mt Everest
8849m
Everest
Base Camp
Kala Pattar
5643m
Gorak Shep
Lobuche
Pheriche
Dingboche
Tengboche
Namche Bazar
Phakding
Lukla

ITINERARY

DAY 1

ARRIVE IN KATHMANDU

All trekkers need to organise their own flights to Kathmandu International Airport (KTM). From Kathmandu Airport we will arrange a private transfer to your hotel. That night or early the next morning you will meet your local Kandoo representative and have a full pre-trek briefing.

Accommodation: **Hotel**

DAY 2

FLIGHT TO LUKLA – TREK TO PHAKDING

The flight from Kathmandu to Lukla takes 45 minutes and is an adventure in itself with great views of the Everest region (from the left of the plane) and ending with a hair-raising landing on a steep mountain runway. After meeting our crew, we will start our trek by heading up the Dudh Koshi Valley on a well- marked trail to Phakding.

Transport: **Flight**
Hiking time: **3 - 4 hours**
Ascent: **1500 m**
Descent: **144 m**
Max. altitude: **2800 m**
Accommodation: **Teahouse**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

TREK TO NAMCHE BAZAR

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park, which was set-up to conserve this fragile mountain environment. We then ascend steeply to Namche and along the way, if the weather permits, catch the first glimpse of Mt Everest. Namche Bazaar is the main trading village in Khumbu and has a busy Saturday market. It is a meeting place for the Hindu traders from the lowlands and Tibetan yak caravans that have crossed the glaciated Nangpa La. You can enjoy an Illy coffee and amazing brownies here!

Hiking time: **6 - 7 hours**
Ascent: **794 m**
Max. altitude: **3450 m**
Accommodation: **Teahouse**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

ACCLIMATISATION IN NAMCHE

Namche is tucked away between two ridges and has lots of lodges, tea shops and souvenir shops. Today we will trek up to the Everest View Hotel at 3880m for our first view of Ama Dablam and Mount Everest. Following the 'walk high, sleep low' principle, this hike will really help with your acclimatisation.

Hiking time: **3 - 4 hours**
Ascent: **430 m**
Descent: **430 m**
Max. altitude: **3880 m**
Accommodation: **Teahouse**
Meals included:
Breakfast / Lunch / Dinner

DAY 5

TREK TO TENGBOCHE

From Namche, the trail contours on to the side of the valley, high above the Dudh Koshi. We will get great views of Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal stopover for lunch. Here we can rest before making the steep trek to Tengboche, famous for its legendary monastery, the largest in the Khumbu.

Hiking time: **5 - 6 hours**
Ascent: **417 m**
Max. altitude: **3867 m**
Accommodation: **Teahouse**
Meals included:
Breakfast / Lunch / Dinner

DAY 6

TREK TO PHERICHE

A day for rest and acclimatisation. We also have an opportunity to wander up the valley to look at the Tshola Tsho lake and the perpendicular walls of Cholatse and Tawache. Our guide will take us up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Lhotse.

Hiking time: **5 - 6 hours**
Ascent: **385 m**
Max. altitude: **4252 m**
Accommodation: **Teahouse**
Meals included:
Breakfast / Lunch / Dinner

DAY 7

ACCLIMATISATION IN PHERICHE

A day for rest and acclimatisation. We also have an opportunity to wander up the valley to look at the Tshola Tsho lake and the perpendicular walls of Cholatse and Tawache. Our guide will take us up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Lhotse.

Max. altitude: **4252 m**
Accommodation: **Teahouse**
Meals included:
Breakfast / Lunch / Dinner

DAY 8

TREK TO LOBUCHE

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep trek towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this trek there are many stone cairns, built as memorials to the many Sherpas who have died while trekking Mt Everest. The path then treks gently along the glacier, to eventually reach Lobuche.

Hiking time: **4 - 5 hours**
Ascent: **678 m**
Max. altitude: **4930 m**
Accommodation: **Teahouse**
Meals included:
Breakfast / Lunch / Dinner

DAY 9

TREK TO GORAK SHEP – EVEREST BASE CAMP – GORAK SHEP

To reach our next stop, Everest Base Camp, we follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop for lunch at Gorak Shep before finally making our way to Base Camp itself (5364m). This takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier.

Hiking time: **8 - 9 hours**
Ascent: **434 m**
Descent: **200 m**
Max. altitude: **5364 m**
Accommodation: **Teahouse**
Meals included:
Breakfast / Lunch / Dinner

DAY 10

ASCEND KALA PATTAR – TREK TO DINGBOCHE

A very early start is required to reach the top of Kala Pattar (5641m) for one of the best viewpoints in the Himalaya. From here we can see the face of Everest and deep into the Khumbu icefield. After lunch we then descend to Dingboche (4410m) for the night.

Hiking time: **8 - 9 hours**
Ascent: **477 m**
Descent: **1271 m**
Max. altitude: **5641 m**
Accommodation: **Teahouse**
Meals included:
Breakfast / Lunch / Dinner

DAY 11

TREK TO NAMCHE

From Dingboche we drop down again to follow the river. After crossing it we trek back up through birch and rhododendron forest back to Tengboche. From here we descend over the Dudh Koshi before making our way back to Namche.

Hiking time: **8 - 9 hours**
Descent: **910 m**
Max. altitude: **4410 m**
Accommodation: **Teahouse**
Meals included:
Breakfast / Lunch / Dinner

DAY 12

TREK TO LUKLA

Our final day's trekking follows the Dudh Koshi back down to Lukla. To celebrate our final night, we have dinner altogether this evening as a full team, it is customary for guests to buy dinner for the porters and guides on this night as a thank you for the support they have given you throughout the trek. There will also be an opportunity for you to hand out your tips for the support team during this meal.

Hiking time: **7 - 8 hours**
Descent: **650 m**
Max. altitude: **4360 m**
Accommodation: **Teahouse**
Meals included:
Breakfast / Lunch / Dinner

DAY 13

RETURN TO KATHMANDU

After an early breakfast, we will begin our return journey to Kathmandu.

Transport: **Flight**
Accommodation: **Hotel**
Meals included: **Breakfast**

DAY 14

FREE DAY IN KATHMANDU

A free day in Kathmandu to explore the city at your leisure. The Monkey Temple at Swayambhunath and the Hindu temple of Pashupatinath are just some of the religious highlights of this fascinating city.

Accommodation: **Hotel**
Meals included: **Breakfast**

DAY 15

DEPARTURE

We will collect you from your hotel and transfer you to Kathmandu Airport for your departing flight.

Meals included: **Breakfast**

TRIP INFORMATION

DIFFICULTY

There are really just two things that make the trek tough. First, even with acclimatisation days you are pretty much trekking 5-6 hours a day for at least 12 days. You need to have hardened your body off to walking to cope with this.
Second, is the effect of altitude. By the time you reach base camp you will have lost almost 50% of the oxygen in the air and this makes any exertion tough. It is important, if you are going to cope with this loss of oxygen, that you train hard before you arrive for your trek, then do everything slowly. This is a 'tortoise challenge'!

Looking for training advice or a training plan in preparation for this trip? We'd recommend checking out Kate Sielmann and her coaching programs that are specific to mountaineering and trekking training. Find more details here.

FOOD & DRINK

On our All-Inclusive EBC trek, breakfast, lunch and dinner are all included. You simply order whatever you would like from the menu.

All meals are cooked freshly to order so it can take some time to prepare. Your guide will take your order when you arrive at each teahouse, then by the time you have settled into your room and had a look around, your food should be about ready. The teahouse menus these days are impressive, from basic dishes like veg noodles or the local Dal Bhat, through to western style pasta, pizza and chicken burgers. There is plenty to choose from and most dietary requirements can be catered for. If you would like to see the teahouse menus ahead of departure, please ask your travel consultant who will be happy to send them over.

Filtered drinking water is included on everyday of your trek. Your guides will refill your water bottles each morning and afternoon so there is no need to buy plastic bottles.

Please be aware that soft drinks, alcoholic drinks and snacks are not included in your trip. You may also want to carry some cash for charging devices, WiFi access or a hot shower. If you would like to purchase Coca Cola and Pringles etc, or take advantage of some of these home comforts, $20-$25 per day will be plenty to cover everything. Anything you purchase at teahouses must be paid for with local currency, so remember to get some Rupees when you are in Kathmandu.

ACCOMMODATION

Your full day by day itinerary shows what is included in terms of hotel accommodation and meal basis. Your trip includes three nights at the 4 star Hotel Mulberry in Kathmandu, one night before your trek and two nights after your trek as contingency in case of delays. The Mulberry is located in the Thamel District of Kathmandu and very close to restaurants, shops and anything you might need while in the city.

During the trek, you will be staying at local teahouses, situated in villages along the trail. We have selected only the best teahouses at each stop to ensure your stay is as comfortable as possible. Rooms are normally twin share and consist of two wooden beds per room with mattresses, sheets and blankets. On our All Inclusive EBC treks, your sleeping bag is also included and will be carried for you by your porters. Whenever possible, we try to book en-suite rooms, but availability is very limited. Generally, bathroom facilities will be shared and it will be a short walk to reach them from your room so comfy footwear to use at the teahouses is essential if you don't want to spend the entire trek in your boots. The teahouses will have a fire place in the communal area but bedrooms will not be heated.

Wifi is available in almost all villages and you will be able to access the luxury of hot showers at some teahouses. You should budget $20-25 per day for luxuries such as hot showers, device charging, WiFi access and snacks.

During your trek, you will find a mix of western style toilets and squat toilets. These are normally porcelain "posh squats" set in a tiled floor with a tap to wash your hands. You need to carry your own toilet roll as this is not provided at any of the teahouses and a bottle of hand sanitizer is also highly recommended.

TRANSPORT

We insist on using a high standard of vehicle and driver for all of our transfers. In Nepal it is not a legal requirement to have seatbelts fitted in the back of vehicles, and while we try to use vehicles that do have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office.

LUGGAGE

Duffel bags

You will be provided with a large duffel bag at the pre-trek briefing that will be yours to use for the duration of your trek. Your equipment will then need to be transferred into this bag. If you are travelling with a duffel bag then it is up to you which bag you choose to use for the trek, if you are travelling with a suitcase then this will need to be left at the pre-trek hotel and collected upon your return as our porters need the bags they carry to be flexible.

The internal flights operate an absolutely strict maximum limit of 10kg for your main equipment bag and a maximum of 5kg for your day sack. Your bag will be weighed before you leave the hotel to start the trek and if it is overweight you will have to take items out and leave them at the hotel. Your baggage will also be weighed by the airport staff so it is important that you do not exceed these limits. Please note you will be given 2 litres of water on arrival in Lukla to fill your platypus or water bottles for your first day’s trekking, so you do not need to carry water from Kathmandu. The porters can carry up to 15kg in the main equipment bag, so you can add items from your day sack once you reach Lukla.

All items must be packed in your main equipment bag. They should not be attached to the outside, as we are not responsible if items fall off when the bags are being carried on the trek.

HOW DO I GET THERE?

There are several ways to get to Nepal from Europe and the USA all of which involve an international flight to Tribhuvan International Airport which is the main airport in Kathmandu. There are a lot of airlines that fly to Kathmandu through the Middle East. Qatar, Gulf Air and Emirates offer daily flights from Europe and the US with a stopover at their central hubs. You must be careful though, as some of these layovers are very long indeed. Check the schedules carefully, and consider using Qatar. They seem to have the shortest layovers (at Doha) by a substantial margin. The other alternative is to fly via Delhi, with BA, Air India or Jet and then catch a shorter flight up to Kathmandu. Again be careful of long layovers and be warned - some of the reviews for Air India are less than glowing!

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

Flight changes during Peak Season

Please note that during peak season **domestic flights will depart from Ramechhap rather than Kathmandu**. Ramechhap is a 5-6 hour drive from Kathmandu and as this is a national alteration concerning all domestic flights to the Everest region, flight companies will provide transfer buses to Ramechhap from Kathmandu. The change has been implemented to put less stress on Kathmandu airport as the number of domestic flights to Lukla increases with the popularity of the region. This will **only affect trips to the Everest region** not Annapurna. If your trip overlaps the dates these are implemented, you may find that you fly into Lukla via Kathmandu but return via Ramechhap.

Unfortunately, in classic Nepalese style, the exact dates this will affect will not be released until a few months prior to the trekking season starting.

PRE-TREK BRIEFING

It is a requirement of joining any of our treks that you attend a pre-trek briefing the evening before the trek begins. This gives our guide team the opportunity to review the plans for the trek with you, make sure you have all the right gear and answer any questions you may have. If you are borrowing a sleeping bag and down jacket, these will be handed out at the pre-trek briefing. Please let us know before your trip so that we can ensure everything is ready for you.

We will also carry out a pre-trek health check which must be completed before you trek to high altitude. In order to set a base line for your daily health check, your resting pulse rate will be tested and if it is above 100 you will be required to see a doctor before starting your trek. The briefing in Nepal is held at 4pm the evening before the trek begins, and we strongly recommend that you book a flight that arrives in Kathmandu in time for you to attend the briefing.

If you should arrive on a later flight, you will still need to be given the full briefing before you go to bed. We need to complete our safety checks in the evening as we will have an early start in the morning.

BUDGET & CHANGE

The Nepali Rupee is a closed currency so you will not be able to buy this before you arrive. If travelling from the UK or the US, it is advisable to travel with your home currency, as both these are widely accepted. It is very important that bills be new (less than 10 years old), crisp and untorn. We recommend changing currency in Kathmandu rather than at the airport as you will get a much better exchange rate. There are exchange kiosks less than a 5 minute walk from the hotel and your guide will be happy to assist you in finding these should you need them to. Alternatively all the hotels in Kathmandu will change small amounts of money for you.

We recommend that you take local currency on the actual trek with you, as the teahouses prefer local currency. You will also get a more favourable exchange rate in Kathmandu than in the mountains. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

On our All-Inclusive EBC trek you will not require much cash as most things are included. We recommend you budget $20-25 per day for WiFi access, snacks, cold drinks, hot showers or charging devices. Filtered drinking water is included as well as hot drinks. You should make sure that you have all the cash you need before you leave Kathmandu to start your trek (this includes money for tips).

You may also want to be prepared to pay for the cost of a helicopter which can fly in bad weather (around US$300-500 per person), in the case of your flight to or from Lukla being postponed due to bad weather conditions.

TIPS

We realise that tipping may not be a common practice in all countries but for Nepal it is a standard practice that all operators support. The decision on how much to tip should be determined by how well the team served you while you were on the trek. Tips are always discretionary and if you are not happy with the service you have received you do not have to pay tips. Tips can be made in US dollars or Nepali Rupees. It is very important that US bills be new (less than 10 years old), crisp and untorn.

We are members of the Trekking Agencies Association of Nepal and the Nepal Mountaineering Association and follow their guidelines when recommending tip levels for guides and porters. We would suggest you budget $200 per trekker for your tip contribution on this route. The group tip can be given to your porters and guides during your celebratory meal in Lukla on the final night of your trek. Trekking groups usually club together to buy their guides and porters a meal on the last night together. If you would like to do this, make sure you keep a little cash to one side. You will then say goodbye to your porters the following morning.

FORMALITIES & HEALTH

PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Nepal. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling. You must carry your passport on the trek with you, as it is required for internal flights.

VISA

Most visitors to Nepal (including nationals from the UK, Europe, USA and Australia) require a tourist visa to enter Nepal. To secure a visa you will need to present proof that you have a return ticket, and proof that you have sufficient money to support yourself during your stay in Nepal. Visa can be obtained online at: https://uk.nepalembassy.gov.np/visa/. Visas are valid for 6 months from the date of issue, so do not send off your application too early.
The other option is to queue and pay for a visa on arrival at Kathmandu Tribhubhan International Airport. This will need to be paid for in cash. We highly recommend securing a visa before departure as this will ensure you have no problems passing immigration, as well as speed up the process of clearing immigration. You will need at least one blank visa page in your passport. Certain nationalities not mentioned above must apply for a visa in advance, so check with your local Nepalese Embassy or online at: https://www.immigration.gov.np/page/visa-on-arrival. If you are flying into Kathmandu, your entry point will be Tribhuvan International Airport.

For most of our trips, you may be ok with a 15 day tourist visa which costs USD30 (around GBP25). However, if you are adding any extra days in Kathmandu you would then require a 30 day tourist visa which USD50 (around GBP40). Visas can be extended once you are in Nepal, but overstaying your visa is taken very seriously, and can result in your being detained or not allowed to leave without paying a fine. In Kathmandu airport they will assume you are paying in your home country currency so make sure you have the amount you need for your visa, or to extend your visa, in cash in your home currency. For smaller currencies, USD will be the best replacement.

VACCINATIONS

The standard vaccinations required are diphtheria, tetanus, typhoid and hepatitis A, but you should always consult your doctor or travel clinic for the most up to date advice.

INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. For the Annapurna and Everest Regions, we recommend cover up to 6000m of altitude. If you are climbing Mera Peak or Island Peak you will need cover for trekking up to 7000m of altitude.

Please take a copy of your insurance policy to the pre-trek briefing, as the guide will need to collect your insurance details. We also ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

HEALTH

Malaria

There is no risk of malaria in Kathmandu and or on the majority of Himalayan treks that we operate, due to the altitude. However, there is a risk of malaria in areas of Nepal below 1,500m, particularly in the Terai district, the lowland region of Nepal adjacent to the Indian border. This region includes Chitwan National Park, so if you are planning a safari extension to your trek, you need to plan anti-malarial medication for this part of your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts at dusk and dawn when the mosquitos are active, and by using a DEET based mosquito repellent.

Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many trekkers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. All our routes in Nepal have been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

Diamox

There has been a lot of research on Diamox that shows it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start trekking to prevent altitude sickness, not once you are on the trek and symptoms have developed.

Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would so you should drink at least 3 litres of fluids every day while trekking. Even when you do not feel thirsty you have to drink this amount as a minimum, preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow trekkers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

Duffel bags

You will be provided with a large duffel bag at the pre-trek briefing that will be yours to use for the duration of your trek. Your equipment will then need to be transferred into this bag. If you are travelling with a duffel bag then it is up to you which bag you choose to use for the trek, if you are travelling with a suitcase then this will need to be left at the pre-trek hotel and collected upon your return as our porters need the bags they carry to be flexible.

Our Everest Base Camp All Inclusive trip includes rental of a quality **four season sleeping bag and warm down jacket**. If you plan on borrowing this gear, please let us know before you travel so we can make sure everything is arranged for when you get to Nepal. We recommend bringing a sleeping bag liner. If you plan on renting other items, such as trekking poles, our team in Kathmandu can help with this. As a guide, you should expect to pay around US$1 per day for trekking pole rental.

Most of the rental shops close around 8pm, so if you are arriving on a late flight the day before the trek starts there will not be an opportunity for you to visit a rental store. If you are planning on renting any equipment, you need to make sure you have allowed sufficient time at the beginning of your trip.

All rental equipment is included in your overall trekking bag weight, so make sure you have allowed for this when packing your bag at home. A sleeping bag will weigh around 2kg.

CLOTHING TO BRING

HEADGEAR

- Warm beanie style hat - knitted or fleece
- Buff - Essential to prevent the cold air reaching your lungs and causing "Khumbu cough"
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

UPPER BODY

- Thermal or fleece base layer (x2)
- Long sleeve shirt/t-shirt – light or medium weight, moisture wicking (x3)
- Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)
- Fleece or soft shell jacket (x2)
- Insulated jacket – down or primaloft
- Lightweight water/windproof hard shell outer jacket
- Gloves – lightweight, fleece or quick drying fabric
- Gloves or mittens – heavyweight, insulated, preferably water resistant

LEGS

- Leggings – thermal or fleece base layer (x1)
- Trekking trousers – light or medium weight (x2) – convertible trousers work well
- Waterproof hard shell trousers – ski pants work fine (x1)
- Gaiters

FEET

- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around the teahouses
- Micro-spikes – may be required in snowy conditions
- Mid-weight trekking socks (x5 pairs)
- Breathable, high-wicking liner socks (x3 pairs)
- Thermal trekking socks for upper reaches of your trek (x1 pair)

EQUIPMENT TO BRING

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Sleeping bag liner (to go inside the sleeping bag we provide)
- Trekking poles
- Water bottle or hydration bag – must be able to carry 1.5-2L of water

OTHER ACCESSORIES

- Sunscreen - high SPF
- Lipbalm – high SPF - ESSENTIAL in Nepal!!
- Toiletries, including wet wipes and hand sanitiser – please carry all rubbish back off the trail
- Toilet paper - you won't find any in the toilets, but it is available to buy at most teahouses
- Camera and spare batteries
- Plug adapter, for charging devices in teahouses and hotels
- Personal medication and first aid kit
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes
- Microfibre towel for wiping hands and face each day
- Ear plugs, if you are a light sleeper
- Pee bottle, useful for late night toilet needs
- Dry bag (only required if your main duffle bag is not waterproof)

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.