

EVEREST BASE CAMP TREK



TRIP FACTS/ EQUIPMENT LIST/ USEFUL INFORMATION

TRIP FACTS

Trip duration:	14 Days
Maximum altitude:	5545m
Grade:	Moderate to fairly challenging
Activity:	Trekking and cultural excursion
Starts in:	Kathmandu
Ends in:	Kathmandu
Accommodation:	Hotel and Tea House (lodge)
Transportation:	Flights to and from Lukla

EQUIPMENT LIST

- ✓ Long Pants / Shorts
- ✓ Thermal tops/leggings
- ✓ Jerseys
- ✓ Jacket – water, wind proof – warm (down or fibre fill)
- ✓ Tramping Boots
- ✓ T-shirts, underwear.
- ✓ Trackpants – warm comfortable clothing for night
- ✓ Gloves – warm, wool
- ✓ Light shoes for night – sneakers or slippers/ug boots, etc
- ✓ Towel and personal toiletries
- ✓ Sleeping bag, warm to -20 degrees (down or fibrefill – or rent one in Kathmandu)
- ✓ Duffel bag (canvas or nylon, without a frame - for porters to carry)
- ✓ Daypack (small, waterproof, for you to carry)
- ✓ Water bottle 1 litre (can purchase in Kathmandu)
- ✓ Headlamp or flashlight

USEFUL INFO

Travel insurance is mandatory for each member of your group and must include cover of trekking/hiking and/or high alpine insurance, up to 6000m, including helicopter rescue. Obtaining insurance is the responsibility of each member to purchase and provided to us prior to departure from your country. Refer to our T&C's Section 6.

Heath and Vaccinations are the responsibility of each member to discuss and cover with a Health Professional prior to departure from your country. Refer to our T&C's Section 8.



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