Everest Base Camp Trek Overview
Offered Via Green Paw Adventures Nepal

Growth International Volunteer Excursions

The Roots of Change
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What To Expect

The trek to Everest Base Camp is one of the finest trekking experiences in the Nepalese Himalaya. Our 14 day trekking package to Everest Base Camp (EBC), provides the chance to experience the magnificent splendor of the snowy peaks. The Everest Base Camp trek exposes you to an exceptional view of the outstanding mountain range, whilst taking in the remarkable alpine environment and settlements. There is nothing more spectacular than seeing the highest peak in the world in its entire splendor. Mt. Everest, (8,848m above sea level) may be the fundamental attraction, however it is also supported by three of the highest peaks of the world including Lhotse (8,516m), Makalu (8,481m) and Cho Oyu (8,201). This majestic mountain range is visible on our trek to Everest Base Camp (5,364m).

The Everest Base Camp Trek provides a unique opportunity to witness outstanding scenery, explore trails and experience the extraordinary character and natural wonders of the Himalayas. You will trek through majestic forests, groves of rhododendrons, waterfalls and ancient Sherpa villages. This is a tea house trek, meaning we will be staying in local tea houses each night and not camping along the way! You will feel an incredible sense of accomplishment as you follow the path of Sir Edmund Hillary and Tenzing Norgay who were the first to successfully climb Mt. Everest in 1953.

Everest Base Camp trek starts from the lovely mountain village of Lukla (2,840m) just a 20 minute scenic flight from Kathmandu. Heading north this trek then proceeds through characteristic Sherpa villages before reaching the prime destination of the Everest Base Camp and Kala Patthar.

Preparation

While you prepare to climb, it will be helpful to dedicate some time towards fitness. You do not need to be in excellent physical shape for your climb, however, you should focus on increasing your cardio and remember that your days will consist of long hikes at high altitudes.

You will be hiking at least 5-8 hours a day to EBC. The best fitness preparation is hiking on inclined and declined terrain with a backpack and the hiking boots you plan to wear on up EBC. This will help to prepare your muscles and body for long durations of hiking you will experience while on the trek. It will be beneficial for you to go on hikes in your area and/or simply walk for long periods of time on terrain that includes both uphill and downhill. We also suggest doing squats and climbing stairs, as some areas on EBC require you to ascend rocky terrain. During the climb, you will carry a backpack with daily necessities, such as layers and a rain jacket, and at least 2 liters of water, so while preparing, you should practice doing the same.

If your hiking boots are not broken in, then we highly suggest wearing your boots while you hike, walk, or climb stairs. You can also break your boots in while volunteering at the Everest Base Camp Trek 3
construction site during your project time. Many volunteers choose this route instead of bringing separate work and hiking boots.

Mental endurance is the key to trekking EBC and you will need stamina and determination for the journey. The best way to build mental strength is to spend long periods hiking, walking, or climbing stairs coupled with remaining mentally positive while you engage in these exercises. Bring along your ideas of games, riddles, songs, etc. to keep you entertained during the hike. And, take this incredible opportunity to get to know your guides and porters, as well as deepen your bonds with fellow volunteers!

**Gear for Rent/Hire + Overnight Gear**

Although a few things like Sleeping Bags and walking poles can be hired, we highly recommend that you bring your own gear from home for your trek. This especially includes your under layers, like flannels, socks, and long johns/thermals. If possible, please bring a high quality sleeping bag, down jacket, and outer layers (*waterproof winter jacket and pants). If you do not own these items, ask family or friends to borrow theirs or go to a second hand mountaineering shop to find discounted items.

<table>
<thead>
<tr>
<th>Equipment Items</th>
<th>Rental rate for EBC in USD from Green Paw Adventures Nepal</th>
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<tr>
<td>SLEEPING BAG</td>
<td>$20</td>
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<tr>
<td>TREKKING POLES</td>
<td>$7</td>
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<tr>
<td>GAITERS</td>
<td>$5</td>
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<tr>
<td>RAIN PONCHOS</td>
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Since this is a tea-house trek, your guide and assistant-guide will book your rooms before you arrive at the destination each day. When you arrive, you will choose your room and will be sharing with another fellow GIVE volunteer. Note that you may not have the same category or standard room every night because as you get higher, the lodges offer less quality rooms.

We recommend you bring a sleeping bag designed for 14 Fahrenheit/ -10 Celsius degree weather. Usually the lodges and tea houses have a fireplace in the dining area.

**Camera**

The Tea Houses up to Tengboche (3850m) will have charging stations for gadgets, some free and others costing a certain charge per hour. Although there is charging access in all tea houses along the trek, the tea houses that are above Tengboche, rely only on Solar power. Therefore, you might be charged between $5-10 USD per hour per device for charging. During your climb to Kalapatthar (5545m), keep in mind that you’ll want to have a charged camera battery on the summit to take photos.
Wi-Fi

Wifi is available along the whole trail at the tea houses. There is a wifi card called “Everest Link” that can be purchased at the start of the trek. This card costs approximately $20-$25 USD and has 20GB of data available that works all the way along the EBC trek.

Water

It is extremely important that you stay hydrated during your climb. Dehydration may contribute to altitude sickness symptoms. It is recommended that you drink 2-3 liters of water a day to stay properly hydrated. You can bring a thermal water bottle for the trek, although it is not necessary.

It is recommended to bring 2 large reusable water bottles to carry at least 2 liters of water with you in your daypack. You can buy mineral waters on the way, but it is worth using the re-fill available in some places. Green Paw has a Katydyn water filter available that will be used for all water needed on the hike.

Luggage and Daypack

You will carry a daypack everyday while trekking to EBC containing only what you need for the day. Your porters will carry your other bag with clothing you don’t need on daily treks. Your daypack should either be waterproof or you should have a waterproof cover for your daypack. We recommend a 20-30 liter backpack large enough to carry at least 3 liters of water, your camera, raincoat, snacks, warm layers, toilet paper, hat, and sunscreen. It is important not to over pack your daypack with items you will not need each day as you can pack these items in your other bag.

Remember that your porters will carry your duffle bag, so it is important to only bring what you really need for the trek. You can safely leave clothing and items you will not need in your hotel in Kathmandu. Since you will only bring a portion of your belongings up EBC, it’s smart to bring a small duffel bag or collapsible bag in your luggage to Nepal. Leave your larger luggage at the hotel and only bring your small duffle bag or collapsible bag with only trekking gear and clothing to trek EBC.

Clothing

It is recommended that you take several thin layers of clothing that allow ventilation as opposed to a few thick ones. It is easier to add or shed layers as needed throughout the day based on your body temperature. Clothes made from synthetic materials are recommended, as wool clothing takes longer to dry.
Porters and Tips

On average, it takes about 1 porter to carry two person`s duffel bag. So, if you have a group of 10 trekking to EBC, then you will have 5 porters. Your porters are incredibly supportive during the trek. There is a lot of time to talk with your porters, learn more about their experience and culture, and get to know them!

Tips are a significant portion of your guide and porter’s salaries. The tips for your guides and porters are not included in the cost to trek EBC. You must bring a minimum of $150 USD to give to your lead guide, who will disperse tips to the other guides and porters. This $150 tip is a minimum, and we suggest bringing more if possible, as you will truly want to reward the porters who work so hard for you! You will be able to stop at an ATM in Namche Bazzar on the way up to EBC.

**Do not forget the money for your tip! You MUST bring at least $150 for your guides and porters. This can be in Nepali Rupees or USD.

Footwear

Your boots should be well “broken in” to avoid irritation, blisters, and pain. We suggest that you bring bandages to prevent blisters if you feel one coming on, or in case you actually get blisters or hotspots. It’s important to have multiple pairs of comfortable socks (Merino Wool) to keep your feet dry and avoid blisters.

We highly suggest wearing your hiking boots as much as possible prior to departure. Also, you can break your boots in while volunteering at the construction. Many volunteers choose this route instead of bringing separate work and hiking boots.

Meals

Since this is a tea house trek, 3 meals a day will be served in the lodges. Usually our lunch on the way will be arranged by the guide for a smaller group of trekkers or arranged by the assisting guide for a bigger group. A bigger group requires much more time for the food to be prepared and therefore we will usually do a buffet for lunch and dinner. However, breakfast can be ordered according to your choice.

If you have specific dietary needs, tell your lead guide at the meeting at our accommodations prior to your EBC trek. They can and will accommodate any dietary restrictions during the trek.
Altitude Sickness

It is hard to determine how your body will respond to increasing altitude. Altitude sickness occurs when you go too high too fast or remain at high altitudes for too long. If you experience altitude sickness, descending to a lower altitude will make you feel better and decrease your symptoms.

There are many precautions that you can take during the trek to mitigate altitude sickness, such as walking slow to acclimatize, drinking enough water, and getting adequate sleep. EBC is not a race – take your time trekking and listen to your body and your guides. It is important to maintain good communication with your guides and let them know if you feel strange or experience symptoms of altitude sickness. Some symptoms of altitude sickness include a headache, difficulty sleeping, feeling dizzy or light-headed, having nausea or vomiting, shortness of breath, rapid pulse or a loss of appetite.

There are medicines available for altitude sickness, which you can discuss with your doctor. There are also medications available at the pharmacy in Namche Bazaar if you prefer to purchase in country.

Everest Base Camp Trek Itinerary

Day 01: Fly to Lukla, trek to Phakding (2,652m). 30 minute fly/ 5/6 Hours walk
Your adventure will start with an early morning departure from Bhaktapur in a bus, to reach the town of Ramechhap, where you will catch a flight to Lukla. This is 20-30 minute scenic flight over the striking Himalayan mountain ranges, landscapes and quintessential villages. At Lukla you will meet all porters and assisting guides and begin the trek northward to Monjo village. Meals included (B/L/D)

Day 02: Trek from Monjo to Namche (3,440m). 4/5 hours trek
Today's trek will take about 4-5 hours starting with a walk through pine forests along the Dudh Koshi River and crossing over a series of suspension bridges. After a steep climb over Chhutara, we will get to see the first view of Mt. Everest (8,848m) over the Lhotse-Nuptse ridge. We will finally reach Namche Bazaar for an overnight rest. Meals included (B/L/D)

Day 03: Namche Acclimatization Day (3,440m).
Begin the day with a small hike to higher elevation and again a view of Mt. Everest! This day will allow your body to adapt to higher elevation which will increase the overall success rate of this journey. You will have a chance to explore the winding streets and shops of the Namche Bazar, an ancient trading post on the road to Tibet. Here you can make your final gear assessments and provisions. “Success is where opportunity meets preparedness.”
Day 04: Trek from Namche to Tengboche/Deboche (3,870m). 5 Hours trek
We will start trekking towards the village of Tengboche/Deboche. Today you will experience the amazing sights of several peaks including Mt. Everest (8,848m), Thamserku (6,623m), Ama Dablam (6,812m), Lhotse (8,516m), Nuptse (7,861m) to name just a few. Whilst passing through forests, you are likely to encounter extraordinary wildlife. Meals included (B/L/D)

Day 05: Trek from Tengboche/Deboche to Dingboche (4,360m). 6 hours trek
A morning hike will give you the opportunity to take some fantastic pictures of the Tengboche monastery. The trek then offers great views on the way to Pangboche village whilst passing chhortens and Mani walls. Lunch will then take place overlooking Mt. Ama Dablam. The afternoon trek is less demanding as we enter the Imja Valley. Finally, we’ll ascend the steep path before reaching Dingboche village (4,360m) where we’ll stay the night. Meals included (B/L/D)

Day 06: Dingboche (4,360m). Acclimatization Day
Today will be a day of rest and acclimatization for your body. On this day we will hike up to the high point of Nanzkartsang (4800m) for spectacular views of Makalu, Lobuche and Island Peak. Overnight at teahouse. Meals included (B/L/D)

Day 07: Trek from Dingboche to Lobuche (4,940m). 5/6 hours trek
Trek along the arid terrace with outstanding views of the surrounding valleys and Mt. Pumori (7,138m). The trail descends and crosses a fast-flowing stream on a wooden bridge. We will then stop at Duglha for lunch. After a short rest we will then climb over the steep termin moraine of Khumbu Glacier. Passing prayer flags and stones raised in memory of those who have died climbing, we will be reminded of the sheer scale and extremity of Mt Everest. We’ll stay the night in Lobuche. Meals included (B/L/D)

Day 08: Trek from Lobuche to Gorak Shep (5,170m), hike to Everest Base Camp (5,364m). 6/7 hours trek
Today is the longest trekking day of the adventure to reach our goal; Everest Base Camp. Walking through such a moraine and slippery trail is difficult, but the incredible 360°mountain view will inspire further strength and motivation. Since there is no place to stay at Everest Base Camp we will return to Gorak Shep for an overnight stay. Meals included (B/L/D)

Day 09: Hike to Kala Patthar (5,545m) and trek to Pheriche (4,280m). 5 hours trek
Today reaches another climax and the highest point of our journey - Kala Patthar (5,545m), a dramatic sunrise viewing point. At Kala Patthar, trekkers are surrounded with countless high peaks offering great photo opportunities. Having spent some time to relax and take in unrivalled natural beauty, we will then walk back to Gorak Shep. The trek will then continue back downhill to Pheriche for a well earned night’s rest. Meals included (B/L/D)

Day 10: Trek from Pheriche to Namche Bazaar (3,440m). 6/7 hours trek
Continuing our descent, the trail will take us across the Dudh Koshi River and along the Dudh Kosti gorge rapidly descending through the pine forests. There will be the opportunity to see the Himalayan Thar and Pheasant. We’ll finally reach to the Namche Bazaar for an overnight stay. Meals included (B/L/D)
Day 1: Trek from Namche Bazaar to Lukla (2,800m)/ 6/7 hours trek
Breakfast is followed by a trek towards the Lukla valley. Taking in the superb view of landscapes and mountains in the distance, you will also have the chance to meet and converse with local people in the area. Overnight stay at Lukla. Meals included (B/L/D)

Day 12: Fly from Lukla to Kathmandu
Finally, a day with no trekking as we will take a scenic morning flight back to Kathmandu. Upon arrival and transfer to your hotel, you then have the rest of the day to do whatever you like. This may be simply relaxing or exploring Kathmandu. You may even wish to do some last minute shopping for yourself, friends and family. Overnight in Kathmandu. Meal included (D)

Day 13: Extra day in case the flight is canceled from Lukla-Kathmandu due to the bad weather OR City Sightseeing/Leisure/Shopping Day in Kathmandu. Meal included (B/L/D)

Day 14: Final departure transfer to the International Airport
3 hours prior to your flight time, we will transfer you to the airport to fly to your onward destination. Only Breakfast is provided for this day.

Everest Base Camp Trek Checklist

The below information and checklist is to assist you as you prepare to trek to the base of world’s Highest peak after your GIVE excursion!

Green Paw Adventures Nepal does not allow suitcases; they suggest waterproof rucksack or duffel bags for the trek. GIVE strongly recommends that you bring a traveling backpack for your entire Nepal excursion that can also be used for the climb. You only need to pack what you need for the trek, leave your other clothes and other belongings behind. This will be much easier to travel with and you will be able to leave any unneeded possessions in the hotel both at the beginning of your GIVE excursion and before your Everest Base camp Trek. Your possessions will be locked up and safe.

Note that you will not carry your own luggage while trekking and that the porters on your hiking team will carry your main duffle bag. The maximum weight for your luggage during the EBC trek is 33lbs/15kgs per person. Because the porters will be taking the bulk of your possessions, you will only be hiking with a small daypack to carry your snacks, a water bottle, sunscreen, and other smaller items like extra layers of clothes and a camera.

Checklist of required items

☐ $150 Minimum Required for Porter Tips (can be USD or NRS)
☐ Hiking day pack (waterproof or with separate water proof cover. It is also possible to rent a large rain poncho from Green Paw that covers yourself and your bag)
-everest base camp trek

- Small duffle bag or travel backpack 45-60 L (Preferably waterproof) This is for porters to carry your EBC gear and supplies up the mountain
- Water resistant hiking boots that are worn-in
- Shoes for leisure around teahouse (optional)
- Balaclava/buff to protect your face from the wind
- Wool hat/beanie
- Snow goggles or sunglasses with dark lenses for eye protection from the sun
- Snow gloves and mittens/liners
- Fleece zip-up
- Down/puffy jacket
- *Waterproof and windproof pants (expect rain and wind)
- *Waterproof and windproof jacket (this is your outer layer, expect rain and wind)
- Shorts & t-shirt (for first day of hiking, moisture-wicking fabric to stay dry)
- 1-3 long sleeve thermal shirts
- 1-2 thermal long underwear
- 6 pairs of socks
- Small wash kit or wet wipes
- Water bottles/Camelback

**Note:** At least 2 liters of water will be needed, minimum, per day in your daypack.

- Energy snacks (i.e. Cliff bars or energy chews)
- First aid kit, including Band-Aids for blisters, eye drops, headache tablets, painkillers, flu and cold tablets, Diamox
- Sun screen (SPF 40+)
- Lip balm (SPF 30+)
- *Headlamp (preferred over flashlight)
- Spare batteries for flashlight/headlamp
- Plastic or Ziploc bags to protect camera and other gear from rain and dust
- Toiletry basics
- Toilet paper
- *Walking Poles (you can rent these from Green Paw)
- Camera (with extra batteries)
- Sleeping bag liner
- *Sleeping Bag (This can be rented from Green Paw)

Choose clothing layers that wick moisture, dry quickly, insulate and are waterproof and breathable. By adjusting these layers, you can regulate the amount of warmth you need. The 3 basic layers:

**Base Layer:** This is basically your underwear or the layer next to your skin. Synthetic and merino wool fabrics work best (avoid cotton). They wick perspiration away from your skin to outer layers so it can evaporate. They dry quickly so you spend minimal time in wet clothing. When snow camping, it’s common to wear 2 base layers: a lightweight or mid-weight layer, then a thicker heavyweight layer.
**Middle Layer:** This is your insulating layer. It is primarily designed to help you retain body heat. Fleece or microfleece shirts, pants and jacket and/or a goose down jacket are great middle layers.

**Outer layer or shell:** This is your waterproof/windproof/breathable layer. Gore-Tex will provide premium protection or choose less expensive options, such as polyurethane-coated fabrics that are equally waterproof but somewhat less breathable. Look for core vents and underarm vents that expel excess heat and moisture.

**Safety**

It is imperative that you respect and adhere to the advice and instructions given by your guides. Above all, this is what will contribute to your success while trekking to EBC. If you have any medical conditions, tell your lead guide your condition, symptoms, and treatment during your preparation meeting in Kathmandu.

Also please be aware that May is the peak season for climbers and trekkers of EBC and therefore the trail may be crowded by not only trekkers, but also porters, mules and yaks! Please give way to the porters as they carry over 70 kgs! Be careful while walking past Yaks or Zopkys (a hybrid animal of a cow and yak). These animals can be harmful if patted or disturbed. Always stay on the safe side, (the wall side) if you see a yak or Zopkyo approaching you.

**Please understand that this trek is operated under the care and guidance of local professionals.** While GIVE fully endorses the aptitude and professionalism of the services provided by Green Paw Adventures Nepal, *Everest Base Camp trek is not operated under the care of Growth International Volunteer Excursions*. Please note that you will be with other volunteers from your trip on the trek, but your GIVE guides will not be on the EBC Add-On. There will be a guide and porters for a trekking group of up to 4 members, and an additional assistant guide for groups exceeding 4 members.

**GIVE Contact Information**

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<thead>
<tr>
<th>Phone USA</th>
<th>+1 (206) 973-7991</th>
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<tbody>
<tr>
<td>Phone AUS</td>
<td>+61 (02) 8011-3174</td>
</tr>
<tr>
<td>Phone UK</td>
<td>+44 (207) 193-3163</td>
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</tbody>
</table>

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Please contact us if you have any questions or concerns. Thank you and we are excited to see you in Nepal!

Everest Base Camp Trek 11