

PREMIUM CURATED ADVENTURES

# EVEREST BASECAMP TREK



**LIFE  
HAPPENS  
OUTDOORS**

#comebackdifferent



# WE'RE EMPOWERING HUMANITY TO ANSWER THE CALL TO ADVENTURE

## IT'S PERSONAL

As a member of the Life Happens Outdoors Community we're invested in your journey. Whether it's our honest advice & guidance, our trip photography, or walking alongside you every step of the way, we ensure that it's as personal to you as it is to us.



TRIP PHOTOGRAPHER  
TO CAPTURE IT ALL



SMALL GROUPS & GREAT  
COMMUNITY VIBES ONLY



DIRECTLY LED BY US AND  
OUR LOCAL EXPERTS




NO HIDDEN COSTS  
IT'S ALL INCLUDED



HASSLE-FREE AIRPORT  
TO AIRPORT SERVICE



CAREFULLY CURATED  
TO MAKE IT ALL EPIC



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**TRIP PHOTOGRAPHY**  
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**FIRST-TIMER FRIENDLY**  
**COMPLETE TRIP GUIDEBOOKS**  
**MOST JOINERS ARE SOLO TRAVELERS**  
**INCLUSIVE COMMUNITY. COME AS YOU ARE**  
**WE INVEST IN OUR LOCAL GUIDES AND PORTERS**

# LET'S TALK ADVENTURE!



HAVE YOUR  
QUESTIONS  
ANSWERED.

RECEIVE  
EXPERT  
ADVICE.

GET TO  
KNOW US  
BETTER.

[TAP TO BOOK A  
ZOOM CALL](#)

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Book a Zoom call with an LHO Team Leader or talk to the LHO Base Camp team on WhatsApp today. Calls are absolutely free with no obligations.

# WHAT WE'VE GOT FOR YOU

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# 1/ In brief

# IN BRIEF

## EVEREST BASE CAMP TREK

16  
DAYS

**DATES & PRICES:** [Tap Here](#)

**TRIP TYPE:** Trekking

**FITNESS LEVEL:** Challenging

**SKILLS PROFILE:** No Requirements

**ARRIVAL & DEPARTURE:** Kathmandu, Nepal

**INSURANCE TYPE:** Medical Evacuation & Travel Insurance



**FITNESS LEVEL** ⓘ

**Challenging**



**SKILLS PROFILE** ⓘ

**no requirements**



**DESTINATION**

**Nepal**



**ACCOMMODATIONS**

**Tea House,  
Hotel**



### AIRPORT TO-AIRPORT SERVICE

With the exception of discretionary tipping, our prices are all-inclusive from pick up at the airport until drop off on the last day. See the inclusions section of this guidebook to get a better idea of exactly what that means.

### RECOMMENDED PREREQUISITES

No prior trekking or adventure experience is necessary for this trip. Comfort with your ability to walk over challenging terrain for several hours per day is important but you don't have to be an athlete by any stretch of the imagination to experience this trail.

# KEY INFORMATION

## GETTING THERE

**STARTS:** Tribhuvan International Airport (KTM)

**ENDS:** Tribhuvan International Airport (KTM)

**TRANSFERS TO KATHMANDU:** The meeting point is Tribhuvan International Airport.

If you're making your own arrangements to extend your stay in the region, transfers are not included but can be arranged at an additional cost.

**TRAVEL OPTIONS:** Tribhuvan Airport is very well connected regionally and internationally. Most international and low-cost airlines offer regular flights to and from Kathmandu.

## FOOD & ACCOMMODATION

**Day 1:** Hotel (Twin Share)

**Day 2:** Hotel (Twin Share)

**Days 3 - 14** Tea Houses (Twin, Triple, or Quadruple Shared)

**Day 15:** Hotel (Twin Share)

**Day 16:** Departure Day (Breakfast Included)

**Upgrades:** Subject to availability, it is possible to upgrade your stay to a single room during the nights spent in Kathmandu only. A single supplement will apply.

**Full Board:** All meals are included starting with dinner on Day 1 and ending with breakfast on Day 16 (Morning of Departure Day).

## WHAT KIND OF TRIP IS THIS AND WHO IS IT FOR?

This is a challenging trekking experience designed for adventurers with good endurance and cardio fitness.

## INSURANCE

Evacuation insurance that covers high altitude trekking in Nepal.

## REFUND POLICY

The 20% trip deposit is non-refundable. The remaining balance is fully refundable up to 60 days before the trip start date. Refunds within 60 days are subject to our [refund policy](#).

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## 2 / The life of a mountain

# THE KHUMBU VALLEY

The Khumbu region of North Eastern Nepal is home to what the Sherpa people call Chomolungma, known to most Nepalese as Sagarmatha but better known to the world as Mount Everest.

Before being baptized “Everest”, the mountain was known by surveyors simply as peak 15 attracting little interest. But, when it was discovered to have an elevation of 8,848 meters, it became the mountain of mountains, the tallest of them all and consequently inspired a gold rush of expeditions all seeking to plant their flags and cement their names in mountaineering history.

It was ultimately Sir Edmund Hillary and Tenzing Norgay Sherpa who became the first team to reach the summit on the 29th of May 1953. It is said that when Hillary came within a few steps of the top, he turned to Norgay and invited him to take the first step onto the summit. Interestingly, the only summit photo is that of Tenzing Norgay. No picture exists for Sir Ed Hillary on the top. The story goes that after Norgay’s picture was taken, he offered to take Hillary’s to which the New Zealander replied that the time needed to teach Norgay to use the camera could mean that they both freeze to death!



## SUGGESTED READINGS

Man of Everest  
By Tenzing Norgay Sherpa

My Life At the Limit  
By Reinhold Messner

No Shortcuts to the top  
By Ed Visteurs

Into Thin Air  
By Jon Krakauer

View From the Summit  
By Sir Ed Hillary

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# 3 / About this expedition

# IMPORTANT HIGHLIGHTS

## TREKKING

Trekking implies multiple days of hiking across varied terrain. Depending on conditions, this could mean walking in shorts or heavy winter jackets and sometimes even both on the same day! On the Everest trail, we'll be walking on a combination of well-defined village paths, windy forest tracks, and even along glacier moraines although we won't be stepping onto the glacier itself.

## REQUIREMENTS

Although no previous trekking experience is required for this trip, team members must be able to walk unassisted at a moderate pace for multiple hours per day with a light backpack. We always recommend physical comfort, which means that you should feel comfortable with yourself. That can mean different things for different people, and you'll see all sorts of profiles on this trail. But the key is to feel comfortable with yourself.

## ACCOMMODATION

In Kathmandu, we'll be staying at the renowned Kathmandu Guest House, a historic converted mansion in the heart of Kathmandu's trekking and mountaineering district. There are over 200 restaurants and coffee shops in the area not to mention hundreds of tourist shops and places to buy and rent gear. The hotel itself has a beautiful courtyard with a restaurant, daily tea tasting ceremonies, and 24-hour front desk services. On the trail, we'll be staying in tea houses, a great way to get out onto a big Himalayan trail without having to use tents. Tea houses are very basic, but they include beds, common dining areas, and common bathrooms and showers.

## CHALLENGE

The Everest Base Camp expedition is a challenge, but it is not only for the fringe few. Life Happens Outdoors recommends this expedition for anyone looking to take the first step into high altitude trekking. No prior experience is required but be prepared to live a very immersive physical, mental, and indeed spiritual experience.

## EXPECTATIONS

A typical day starts at 7 am with breakfast and ends at 3 pm when we arrive at our next destination. Our walking pace is slow to moderate and at no instance will we be exposed to anything that requires technical gear or expertise. Although we do our best to position our experiences during the driest season, rain and snow remain a possibility so please consider the gear list thoroughly when purchasing anything for this trip. Expect to be well taken care of throughout the entirety of your stay by our LHO team leader and our team of local guides and porters.

# THE INCLUSIONS

## PHOTOGRAPHY

- All Life Happens Outdoors trips are covered in 4K photography. All pictures taken by your team leader will be available to you in high resolution at the end of the trip.

## FOOD & BEVERAGE

- Welcome dinner on the first night at a trendy Kathmandu restaurant.
- 3 Meals per day throughout the trek including tea or coffee during meals.
- 3 liters of water per day throughout the trek (additional water can be purchased).
- Team lunch in Kathmandu after the trek on our final day together.
- Team dinner in Kathmandu on the final night together.

## TRANSPORTATION

- Airport pick-ups and drop-offs.
- Return flights Kathmandu – Lukla – Kathmandu.
- Permits and certificates.
- Kathmandu city tours.

## ACCOMMODATION

- Trendy, Comfortable Hotel in Kathmandu
- Selected Tea House Accommodation on the Trail

## STAFF, GUIDES, PORTERS & EQUIPMENT

- Nepalese lead guide certified by the Nepalese Ministry of Tourism.
- Porter staff to carry duffle bags and heavy equipment.
- Life Happens Outdoors expedition leader.
- Medical first aid equipment.

## PRE-TREK GUIDE

- Fitness and nutrition guides put together by dietician Ghida Arnaout.
- One-to-one training and shopping assistance from the LHO Team.

# THE EXCLUSIONS

## FOOD & BEVERAGE

- Additional beverages not included as part of the three meals per day.
- Lunch for early arrivals to Kathmandu on arrival day.
- Tea or coffee purchased at coffee shops along the trail

## TRANSPORTATION & DOCUMENTATION

- International air travel.
- Entry visas to Nepal.

## ACCOMMODATION

- Additional/alternative nights stay not included in the itinerary.

## STAFF, GUIDES, PORTERS & EQUIPMENT

- Tips to the local lead guide.

## PRE-TREK GUIDE

- Personal equipment including technical gear.
- Personal medical insurance.
- Personal travel insurance.

# THE ITINERARY



## DAY 1: WELCOME TO WILD KATHMANDU

Kathmandu is an incredible, vibrant, and wild city that we've fallen in love with. That's why we're always so excited to receive you on the first day and share the gateway to the Himalayas with you.

On arrival day, you'll be met by an LHO representative at the airport and driven to our centrally located hotel by private transfer. Navigating Kathmandu airport can be an adventure in and of itself, so you'll receive a text with detailed instructions on how to efficiently make your way to us. Your LHO Team Leader will be waiting to receive you at our hotel, check you in, and make sure that you have everything you need for our adventure. If you arrive early, there are loads of incredible places to visit around us. Your LHO Team Leader will send you a detailed list of restaurants, coffee shops, heritage sites, and markets to visit closer to your trip start date so that you can make the most of your time. Our first official event of the trip is a team dinner at 7:30 pm hosted by your LHO Team Leader and local lead guide. This will be your first opportunity to meet everyone, ask any questions you have, hear all about the amazing week ahead of us, and enjoy a great meal. Although it's difficult not to be tempted by the nearby nightlife, we recommend an early rest to recover from your travels.

## DAY 2: EXPLORING THE GATEWAY TO THE HIMALAYAS

Our first full day together gives us an opportunity to discover the magical city of Kathmandu, check our gear, and get to know each other before we head out to the trail. We'll visit the nearby sites of Durbar Square and the Monkey Temple as well as get our first taste of Nepali cuisine during our team lunch.

Due to air traffic in Kathmandu airport, the government sometimes makes the decision to assign all flights to the Everest region from an alternative airport three hours away from the city. We've determined that waking up exceptionally early on the day of the flight to make the land journey limits the much-needed rest before heading out on our adventure. That's why, if flights won't be departing from Kathmandu Airport, we will make our way to a hotel closer to our departure airport today. This gives us a chance to have a full night's rest. Your Team Leader will inform you about the plans of the day upon your arrival in Kathmandu as this information can change regularly. Regardless, our team dinner will be at the accommodation we sleep at on the night.

## DAY 3: TASHI DELEK

**Distance: 8.7 KM | Ascent: 364 M | Descent: 521 M | Max Altitude: 2,860 M**

Our day starts after breakfast as we make our way to the airport to board one of the most incredible flights you'll ever take. As with all internal flights, delays are expected. Flights to Lukla are particularly notorious for never departing on time. Not to worry, though, every moment spent waiting is worth it when we get there. The flight itself takes about fifty minutes.

Once in Lukla, we'll be met by our porter team who will collect our duffle bags and take them to a local tea house where we'll have lunch and prepare ourselves for the trek to Phakding. Lukla is one of the most vibrant villages in the Khumbu region. It's an important hub of local and regional commerce as well as the border to the sacred high-altitude regions. Above Lukla, animal slaughter is religiously banned. That's why we don't recommend choosing any meat or chicken options above Lukla. The trail begins at the entrance of the village and is actually mostly descending in the alpine forests and through the many towns that dot this section of the trail. The Tibetan influence and Buddhist character of the area are immediately apparent in the calligraphy, architecture, and religious stupas and shrines. Our accommodation sits just above Phakding near the Khumbu river that is formed from the melting glaciers of the towering summits of the region, including Everest. Depending on our arrival time, it may be possible to explore the coffee shops and market streets of the village before dinner.

# THE ITINERARY



## **DAY 4: NAMCHE BAZAAR**

**Distance: 9.1 KM | Ascent: 1,095 M | Descent: 380 M | Max Altitude: 3,440 M**

Our second day on the trail will be a full-on ascent to an impressive altitude of 3,445 meters, arriving at one of the most vibrant and remote high-altitude towns on the planet: Namche Bazaar. The trail begins by following the river and passes through the alpine forests. The trail is once again dotted by a series of villages and farming communities that add an incredible element of rural life to the walk.

Our first main objective is reaching the town of Monjo. This is the official entrance to the Sagarmatha National Park. There is a brief checkpoint where we present your permits to the authorities. Once through, we'll descend a series of staircases flanked by Tibetan calligraphy carved into the rocks. We'll stop for lunch at the last village in the valley before the direct ascent to Namche Bazaar. The trail to Namche is predominantly ascending and sustained. Your LHO Team Leader will help set the pace so that we can efficiently overcome the challenge without wasting energy unnecessarily. Slow and steady is the name of the game here as we make our way up a series of stairs, cross the epic Tenzing-Hillary suspension bridge, and join the winding trail through the pine forest that leads to the village entrance. There's a viewpoint of Everest halfway up to the top. On a clear day, this offers the first opportunity to see the world's highest summit, albeit from afar. We'll also use this as an opportunity to take a break and use the serviced bathrooms available there. The reward at the end of our ascent is our arrival in the incredible Sherpa town of Namche, nestled between the towering summits of the high Himalayas. After checking into our tea house, we'll have plenty of opportunities to explore the markets, coffee shops, and bars that give this place so much life. This will be our home for the next two nights. Dinner will be at our tea house.

## **DAY 5: FIRST SIGHT OF EVEREST**

**Distance: 5.5 KM | Ascent: 503 M | Descent: 503 M | Max Altitude: 3,700 M**

We'll be staying in Namche Bazaar for a second night. That means we don't have to repack our bags or check out from the Tea House. Our day will slowly start after breakfast. We'll climb to the top of the town and visit the Sherpa museum where we can learn about the Sherpa culture, mountaineering history of the region, and about new sustainability practices that your visit to the region helps finance. From there, we'll trek to the hilltop high above the village to acclimatize by exposing ourselves to higher altitudes. The hilltop offers a jaw-dropping view of Everest, Lhotse, and Ama Dablam, three of the most iconic summits on the planet. We'll be able to see all the way up the Khumbu Valley and get a visual representation of what lies ahead of us. There's an opportunity for a short tea break at the Everest View Hotel nearby before we descend back to Namche for lunch at our Tea House and a free afternoon to enjoy the town. Dinner will also be at our Tea House.

## **DAY 6: THE GREAT MONASTERY OF TYANGBOCHE**

**Distance: 9.4 KM | Ascent: 901 M | Descent: 454 M | Max Altitude: 3,860 M**

If you've ever watched a movie or documentary about climbing Everest, then you've surely seen scenes from the Tyangboche monastery. This is where climbers come to receive a blessing of protection before ascending the giants of the region. The monastery is exactly where we're heading. After breakfast, we'll depart in the direction of the Sherpa museum, but this time we'll continue past it and follow the wide trail that heads straight down the valley. The trek is characterized by incredible photo opportunities, stupas, and the unlimited views of towering summits all around and the fewer villages that inhabit these parts. Although the trail does begin above the tree line, we will eventually start descending toward the valley floor, re-entering the thick forest and reaching the riverside once again. We usually stop for tea along the descending portion of the trail and have a lunch break at the riverside. After lunch and a bit of rest, we'll begin the long ascent to Tyangboche. Your LHO Team Leader will once again set a manageable pace that ensures you will arrive feeling strong. At 3:30 pm, the monastery opens for visitors, and we'll have a chance to visit and participate in the rituals of one of Buddhism's holy sites before dinner and rest at our Tea House.

# THE ITINERARY



## DAY 7: ABOVE 4000 METERS

**Distance: 10.6 KM | Ascent: 773 M | Descent: 279 M | Max Altitude: 4,410 M**

The 4000-meter mark is universally considered the start of the high-altitude environment. Today is the day we'll breach that ceiling and reach 4,400 meters. After breakfast, we'll descend into a Rhododendron forest. The Rhododendron is the national flower of Nepal, and this forest has an incredible energy that really feels like a border between worlds. We'll emerge from the forest onto an iconic suspension bridge, which is where it's possible to take a photo of trekkers walking above the mountain of Ama Dablam. Once we cross the bridge, we'll start climbing a series of staircases with the summit of Ama Dablam immediately to our right. The trail eventually enters the remote town of Pengboche, our lunch stop for the day. After a good meal and some rest, we'll continue along the trail as it turns behind Ama Dablam and closer to the south face of Lhotse, the world's fourth-highest summit. The forests are now replaced with limited short grass vegetation as the drier climate becomes more apparent. Our final destination for the day is Dingboche, our home for the next two nights. Dingboche was once primarily herding grounds for yaks. The town has developed substantially over the past decades due to its position at the crossroads of the main climbing and trekking routes in the region. Dinner will be at our Tea House.

## DAY 8: RESTING BENEATH THE ROOF OF THE WORLD

**Distance: 3.1 KM | Ascent: 476 M | Descent 476 M | Max altitude: 4,600 M**

We'll be staying in Dingboche for two nights to rest and acclimatize. The Tea Houses in this area are relatively comfortable, giving us the opportunity to relax before pushing into the higher altitude environment. Depending on the conditions and the spirits of the group, we may choose to take a short walk up to the pass to enjoy the views and acclimatize. This is completely optional, and it's perfectly fine to choose not to exert yourself at all on this day. There are a few coffee shops worth visiting in the town, and we'll also have plenty of free time to do that. Both lunch and dinner will be at our Tea House.

## DAY 9: THE THUKLA PASS

**Distance: 8.2 KM | Ascent: 951 M | Descent: 91 M | Max Altitude: 4,940 M**

We'll get an early start from Dingboche, departing after breakfast in the westerly direction. The close proximity of the mountains and glaciers is immediately apparent when we exit the town. On our left are the towering summits of the Cholatse and Taboche mountain ranges. Ahead of us is Lobuche. Behind us is Ama Dablam, and to our right is the south side of Lhotse and Nuptse. This area is full of wild yaks grazing in the open spaces. The first portion of the trail is Nepali flat, which means it's inclined but interrupted regularly by brief flat sections and even small descents. We'll follow the trail until we reach a river crossing that can sometimes be a little tricky to navigate because of the regularly changing trails. Your LHO Team Leader and guide will brief you on staying together, particularly for this part. Once we cross the river, we'll find a small cluster of Tea Houses known as Thukla. This will be the location of our lunch break for the day. After lunch, we'll begin the ascent to the Thukla pass. Many people will describe this as the most challenging section of the trail. The truth is that with a slow, sustained, and adaptive pace set by your LHO Team Leader, you will hardly notice a difference between this and any other ascent on the trail.

The top of the trail is the infamous Thukla Pass, home to the dedications to the many climbers who have died in the surrounding mountains, including Everest. This is a holy place for many, and although we can certainly take pictures, we should also be respectful to those of us who come here to mourn loved ones. After a break, we'll follow the glacier moraine in the direction of Lobuche. It's possible to see Pumori for the first time, an impressive 7000-meter mountain that stands freely in the shadow of nearby Everest. The Lobuche Tea Houses will gradually emerge from behind the northeast slopes of Lobuche summit, and we'll make our way directly to our accommodation. Unlike previous villages, there are no more coffee shops or market streets. We are now in the wild outback of the Nepali Himalayas. Dingboche is the last village on this trail.

# THE ITINERARY



## DAY 10: EVEREST BASE CAMP

**Distance: 13.3 KM | Ascent: 997 M | Descent: 312 M | Max Altitude: 5,364 M**

Unlike traditional trekking groups, we choose to depart very early for our hike to Everest Base Camp. The reason for this is that we would like to give ourselves the opportunity to optionally climb Kala Patthar on the same day to catch the sunset on Everest. It is the sunset rather than the sunrise that is exceptionally beautiful from the top because we will be observing the mountain from its west face, which means the colors are most spectacular at sunset. The trail from Lobuche starts flat and is quite similar to the final stretches of our previous day. All that changes when we begin ascending the glacier moraine. The trail shifts dramatically from flat to incredibly hilly as we go up and down the terrain dug up by the glaciers. The trail even goes onto the glacier itself, albeit a section of the glacier almost fully covered by small stones. Once the trail starts to level out, it means we're arriving at Gorak Shep, the final collection of tea houses before Everest Base Camp. We'll stop there for tea, and it's also possible to leave anything we don't need for the final walk to base camp since we will be staying in the same place tonight. Once we've regained some energy, we'll make our way out along the glacier's side. The trail is less dramatic than the previous section with more easily navigable areas. The excitement is now super high as the base camp starts to become more and more visible ahead of us. As we approach, the towering summits of Nuptse and Pumori start to give way to the black summit pyramid previously concealed behind them. Mount Everest is finally revealed. From there, it's a short descent onto the historic Khumbu glacier as we make our way to the famous rock that has welcomed trekkers and climbers to Everest Base Camp for a century. If conditions are favorable, we can take our time at the base camp to take pictures, enjoy the views, and appreciate the incredible achievement of just being there. Our way back is a short retracing of our steps along the side of the glacier and back to Gorak Shep. After lunch, for those of us feeling motivated and capable, it is possible to trek to the summit of Kala Patthar just above Gorak Shep. It takes about three hours and offers the most stunning views of Everest and the region. Your LHO Team Leader will discuss the options with you at lunchtime. Otherwise, it's possible to simply rest at Gorak Shep for the afternoon and enjoy the achievement.

## DAY 11: INTO THE GREAT VALLEY

**Distance: 12 KM | Ascent: 162 M | Descent: 1,020 M | Max Altitude: 5,164 M**

Our first day descending from the Everest region will start after breakfast as we make our way over the glacier and down to Lobuche Tea Houses. For those of us who have purchased the helicopter return option, this will be the location of your pickup. One of our guides will accompany you by helicopter to Lukla and put you on a flight from Lukla to Kathmandu, where you'll be met by an LHO representative and taken to the hotel. For the rest of us, we'll pause for a tea break here before continuing down to the Thukla pass and then to the Thukla Tea Houses below. The lunch break will be at the Thukla Tea Houses. After some rest, we'll begin a descending portion of the trail that differs from what we used on the way up. The descent is quite steep as we drop altitude rapidly and find ourselves on a flat, easy walk near the north faces of Cholatse and Tabouche. Ama Dablam will once again come into view straight ahead of us. At the end of the valley is the town of Pheriche, our home for the evening. Pheriche is a hub for helicopter traffic because it has a high-altitude clinic that provides medical support to nearby climbing expeditions. There are a few coffee shops to visit as life slowly starts to return to the villages of the lower altitude environment. Dinner will be at our Tea House.

## DAY 12: THE TREES GROW AGAIN

**Distance: 10.4 KM | Ascent: 800 M | Descent: 1,029 M | Max Altitude: 4,371 M**

After breakfast, we'll reconnect with the trail that follows the Khumbu River in the direction of Ama Dablam. As the valley starts to get steeper, the trail will veer to the right and follow an embankment that reconnects with the ascending trail that goes up to Dingboche. We'll continue along the descending route until we reach the familiar town of Pangboche, where we'll stop for lunch and take our time to enjoy the views of the border regions between the lush lower valley and the dazzling white peaks of the upper regions. We'll resume the descent along the stairs that lead to the suspension bridge on the edge of the Rhododendron forest. The challenging portion of the trail is actually the final ascent in the forest to the pass, where the Tengboche monastery sits. Depending on the pace of the team, it may be possible to descend beyond the monastery to Tea Houses closer to Namche Bazaar. Your LHO Team Leader and guide will make an assessment closer to the time and brief you on the final destination.

# THE ITINERARY

## DAY 13: THE HUSTLE AND BUSTLE OF VILLAGE LIFE RETURNS

**Distance: 14.5 KM | Ascent: 688 M | Descent: 1,685 M | Max Altitude: 3,985 M**

Tengboche is the last truly remote village along the trail, and nothing represents this more acutely than departing from the monastery and passing through Namche Bazaar. Both are charming and beautiful in their own rights, but they couldn't be more different. The trail starts with a long descent to the valley floor before crossing a series of suspension bridges and ascending the pine forest to the junction between the Khumbu and Gokyo valleys. In the forest, we'll stop at a tea house for a break before continuing to the high point of the day. This is the final big ascent of the entire experience. As we approach Namche, we'll start to see small market stalls along the trail and the familiar sight of donkey caravans that are replaced by yaks in the higher altitudes. From there, it's a short walk to Namche, where we'll stop for lunch. Depending on our pace, it may be possible to roam around before we continue our descent through the forest, across the Tenzing-Hillary suspension bridge, and finally to the valley floor where the town of Monjo awaits. Our night will be spent at a Tea House in the town.

## DAY 14: THE GATEWAY TO REALITY

**Distance: 12.6 KM | Ascent: 722 M | Descent: 715 M | Max Altitude: 2,835 M**

The end of the trail is the Sherpa village of Lukla, home to the Tenzing-Hillary airport. Monjo is within a few hours of Lukla. This gives us the option of catching a flight out on this day instead of the next, should we find that weather may obstruct flights on the following day. Assuming that the conditions are favorable, we'll start slowly after breakfast and take our time to visit and enjoy the many villages that are along this section of the trail. Yes, we did pass through them on the way up, but the mindset was different. It's so much more enjoyable to have this experience once the objective of the adventure is behind us. Lunch will be in Phakding along the trail, and we'll have plenty of opportunities to stop for tea and coffee. The final push to Lukla is a mild challenge as we ascend a series of stairs and village trails to the entrance of the town. The afternoon is free to explore the coffee shops, pubs, markets, and stores. We'll spend our last night on the trail at a local Tea House, where we'll also share our last trail dinner.

## DAY 15: KATHMANDU DOESN'T CHANGE

Hot showers await us on our return to Kathmandu! We'll be catching our flight out early in the morning; however, this depends entirely on the weather situation. Patience is key when it comes to aviation in Nepal, although we'll do our best to make it as smooth as possible. Depending on when we move, lunch will either be in Lukla, Kathmandu, or the alternative airport sometimes used to direct Lukla air traffic that is inbound to Kathmandu. Wherever we finally land, we'll do our best to get you to the hotel as soon as possible so that you can shower, rest, and enjoy Kathmandu before our farewell dinner.

## DAY 16: NAMASTE!

The last day together is dedicated to airport transfer and farewells. Breakfast is included on the day. Please make sure to provide us with the correct departure details when filling out your Team Details Form before the first day of the trip so that arrangements can be made. We'll be arranging your shuttle 3 hours before departure, so please make sure to be near the hotel at the time so as not to be late. For those of us departing late, we're happy to recommend places to visit or arrange for a city tour if you weren't able to attend it on the first day. Please communicate any changes to your flight with your LHO Team Leader as soon as possible so that arrangements can be made.

**CAN'T TAKE THIS MANY DAYS OFF?** It is possible to shorten this trip to 12 days by taking a helicopter back down from Everest Base Camp. Ask us about the shorter itinerary by reaching out to us at [info@lifelifehappensoutdoors.com](mailto:info@lifelifehappensoutdoors.com).



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# 4 / Getting started The next step

# JOINING THE TEAM

## **JOIN ONLINE NOW**

Go to [www.lifehappensoutdoors.com](http://www.lifehappensoutdoors.com) and select our Everest Base Camp Trek. Tap “BOOK ONLINE” and follow the online instructions. Once the deposit is paid your place will automatically be confirmed.

## **OVER THE PHONE**

Reach out to us on [+44 7949 0803 52](tel:+447949080352) over the phone or on WhatsApp. Once the deposit is paid your place will automatically be confirmed.

## **BY BANK TRANSFER**

Reach out to us on [info@lifehappensoutdoors.com](mailto:info@lifehappensoutdoors.com) if you'd like to receive our alternative payment methods including cash and bank transfer options. Once the deposit is paid your place will automatically be confirmed.

## **ONCE CONFIRMED**

Receive and get started with your training and nutrition program. You can also reach out to us for advice on gear purchases or any questions you may have on the road to your next great adventure. We can also help you with your international travel plans if needed.

## **FULL PAYMENT**

Arrange the full payment for the expedition no later than 60 days prior to the start date of the expedition. If you've booked online, your payment will be automatically withdrawn 60 days prior to the trip. If you face any issues or would like to arrange a different payment schedule, please reach out to us. We want to make this as easy as possible for you.

## **AND LASTLY...**

Don't miss your flight!

# ADVICE ON GEAR

## **A GENERAL RECOMMENDATION BEFORE YOU BUY**

As you'll be trekking on extremely varied terrain and at different altitudes, you should pack to prepare for a number of extremes – hot and sunny, cool, cloudy and misty, fog, rain, wind, and lastly, snow and cold. You may experience one or all of these conditions on the same day on your expedition.

The use of lightweight, breathable, easily removable layers of clothes works best to allow you to adapt to the local conditions. We recommend breathable, moisture-wicking fabrics made of wool or synthetic fibers. Cotton is not recommended for trekking as it does not allow for heat or moisture to enter or escape, and it will not dry once wet. In addition to several warm layers and good high ankle waterproof trekking boots to grip as we walk over frost, ice and snow, you will need warm protection for your extremities – warm socks, gloves, and a warm winter hat. Use a hat, sunglasses, and sunscreen, and wear proper clothing to protect yourself from the sun and reduce the risk of sunburn or heat stroke during warm days.

With regards to the type of backpack to use, you should not need to pack more than 30 liters into your day pack. The rest can all go into the duffle bag which will be available to you at every accommodation we stay in along the trail. Not all backpacks suit all body types so be sure to try them on before you buy. You can travel with normal luggage and keep it at the hotel in Kathmandu.


LHO recommends Marmot, Ice Peak, La Sportiva, Decathlon, and Polar as preferred brands for this experience.

- Team members passing through Dubai can benefit from 35% discounts available on this season's Marmot products at ZSI stores. The discount does not apply to products that are already on sale. You can contact them at +971 4 399 0922 for more information.

# GEAR LIST

## EVEREST BASECAMP TREK

Our gear lists are designed by our experienced LHO Team Leaders for this specific adventure. It is highly recommended that you purchase, rent, or borrow everything on the list before the trip start date. We understand that some of the names on the gear list may sound like gibberish, so please don't hesitate to reach out to us with any questions.

Clicking selected items on the gear list will direct you to online recommendations. Please be sure to further familiarise yourself with gear items before purchasing by clicking  as the stores may have shifted items on the links or included irrelevant sponsored ads.



### SLEEPING

- 1x Sleeping Bag Comfort -15
- 1x Sleeping Bag Liner (Optional)

### FACE, NECK & HEAD

- 1x Balaclava (Warm Face Mask)
- 1x Buff or Scarf (Neck Warmer)
- 1x Sun Hat or Cap
- 1x Warm Beanie
- 1x Sunglasses (Factor 3 or 4)



### UPPER BODY

- 2x Warm Base Layer
- 4x Quick Dry T-shirts
- 1x Long-sleeved Sweater
- 1x Fleece and Warm Layers
- 1x Down Jacket (650 and up) 
- 1x Softshell Jacket (optional)
- 1x Rain Jacket (Gore-Tex) 
- 1x Rain Poncho



### LOWER BODY

- 2x Warm Base Layer
- 1x Fleece Pants
- 2x Trekking Pants
- 1x Trekking Shorts
- 1x Waterproof Rain Pants 


### FEET & HANDS

- 1x Liner Gloves
- 1x Gore-Tex Gloves
- 2x Warm Trekking Socks (Wool or Synthetic)
- 4x Light Trekking Socks (Wool or Synthetic)
- 1x Waterproof High Ankle Trekking Boots 
- 1x Comfortable Trainers/Basecamp Shoes
- 1x Gaiters 

### TECHNICAL GEAR

- 1x 30 Liter Backpack 
- 1x Waterproof Backpack Cover
- 1x Adjustable Pair of Trekking Poles 
- 1x Headlamp
- 2x Reusable Water Bottles (1.5 Liter Each)
- 1x Outdoor Multisport Watch (Optional)

### PERSONAL ITEMS/COMFORT

- 2x Sleepwear
- 1x Toiletries (Preferably Biodegradable) 
- 1x Small Sunscreen (SPF 50+)
- 1x Reusable Earplugs
- Personal Medication
- 1x First Aid Kit (Optional)
- 1x Toiletries (Preferably Biodegradable)
- Snacks (Protein Bars, Dried Fruit, Etc.)

### DOCUMENTS

- Flight Info
- Insurance Info
- Passport/Required Visa

# TRAIN FOR YOUR ADVENTURE WITH NELLY

High performance virtual training with acclaimed Everest and K2 summiteer Nelly Attar.

Book your spot when you purchase your next LHO adventure.



EXCLUSIVE LHO RATES  
TAILORED PROGRAMS

Subject to availability. For more info reach out to us on [info@lifehappensoutdoors.com](mailto:info@lifehappensoutdoors.com)

# ARRIVING TO KATHMANDU

## THE MEETING POINT

If you're flying in from abroad, then the meeting point is the arrivals area of Kathmandu International Airport. Your team leader will be waiting with a Life Happens Outdoors banner at the waiting area situated across the street from the terminal building. You can't miss it. From there you'll be taken to the Kathmandu Guest House, our base camp for the first night.

## VISAS, ARRIVALS & TRANSFERS

All countries require travelers to have a valid passport (with a minimum 6 months validity). As fees and policies can change, we highly recommend that you contact your local embassy or consulate for the most up-to-date visa requirements or see your travel agent. It is your responsibility to have the correct travel documentation. Your team leader or a representative from LHO will be present at Kathmandu Airport to greet you.

## SOLO TRAVELERS

Solo travelers are paired in twin, triple or multi-share accommodation with an LHO team member of the same gender for the duration of the trip.

## SINGLE SUPPLEMENT

Single rooms are available during the nights spent in Kathmandu only. An additional charge will apply. The prices may vary during the high season.

## ACCOMMODATION

In Kathmandu, we'll be staying at the Kathmandu Guest House, a very well-located accommodation in the heart of Kathmandu's trekking and mountaineering district. There are over 200 restaurants and coffee shops in the area not to mention hundreds of tourist shops and places to buy and rent gear. The hotel itself is a converted mansion, with daily tea tasting ceremonies, a restaurant, and 24 hour front desk services.

## MEALS

Meals in the tea houses and in Kathmandu are a la carte at the restaurants along the trails and in the tea houses. However, we do not recommend any kind of animal meat after Lukla because slaughtering is forbidden above Lukla in the Khumbu region. This means that meat on the menu may not be fresh and can cause serious stomach issues. Please inform us of any dietary restrictions before the start of the trip.

# A FEW IMPORTANT DETAILS

## **MONEY & PAYMENT METHODS IN NEPAL**

The local currency in Nepal is the Nepalese Rupee. Currency exchange vendors are available in Kathmandu and team members should arrange for any exchanges prior to our departure to the trail. There will not be any opportunity to exchange money once we start walking. Most major credit and debit card providers are widely accepted in the capital but not on the trails. Please consider your own spending habits when it comes to allowing for drinks, shopping, and tipping. Please also remember the following specific recommendations when planning your trip.

## **TIPPING**

Tipping is an expected and highly appreciated component of your trip. Although it may not be customary for you, it is of considerable significance to the people who will take care of you during the trip. It's best to present your guide with the group's tip upon completion of your climb. Tips should be placed in a group envelope and a member of the climbing team can hand the envelope directly to the Local Lead Guide. A realistic amount for such a trip would be around 200 GBP per climber.

## **YOUR HEALTH**

Travelers are encouraged to carry a basic travel first-aid kit. Liquid/gel hand sanitizer can be greatly used for your personal hygiene throughout the trip. If you have any pre-existing medical condition, you must inform a member of the LHO team prior to the purchase of the tour. Please refer to the Hygiene & Health section of this guidebook for more information.

## **DEPARTING FROM THE ITINERARY**

Departing from the itinerary, whether it is of your own volition, due to unforeseen circumstances, health, and safety, or under the recommendation of your mountain guide or LHO team leader, is at your expense. Any additional costs for accommodation, transportation, food, and beverage, or any other cost arising as a result of the departure are at your expense.

## **SAFETY & SECURITY**

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure.

## **RULES & REGULATIONS**

Illegal drugs will not be tolerated on any trips. All participants must adhere to the laws of Nepal and the terms and conditions of Life Happens Outdoors.

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# 5 / Hygiene & health



# INSURANCE

The correct insurance for this trip must cover travel & medical expenses as well as field rescue & medical evacuation up to 5,364 m. The correct insurance safeguards you against unforeseen circumstances that can occur when on an adventure trip. You can purchase your own insurance or you can use Global Rescue, our insurance partner.

[GET INSURED HERE](#)

GLOBAL **+rescue**

## TRAVEL PROTECTION

Global Rescue offers access to industry leading medical and security advisory and evacuation services to travelers around the world. Memberships start at \$139 – with single trip, annual and family options available. Global COVID services and transport included.

### GLOBAL RESCUE MEMBERSHIP INCLUDES



#### Travel assistance

Whether it's a language barrier during an emergency or a lost passport, Global Rescue travel assistance can help with unexpected issues.



#### Hospital transport

If you do have to be hospitalized and you're far from home, we have the proven capability to transport our members back to their home hospital of choice.



#### Medical and security advisory services

Our operations centers are staffed by experienced nurses, paramedics and military special operations veterans.



#### In-house expertise

Speak to an in-house Global Rescue expert on the first call. Personalized communications, recommendations and responses continue until your emergency is resolved.



#### Field Rescue

We will send help if you are unable to get to a hospital and in urgent need of care. With no distance requirement, field rescue services are available whether you're close to home or on the other side of the world. This includes global COVID transport.



#### Destination reports and alerts

Destination reports for 215 countries and principalities worldwide include entry requirements and required immunizations. Keep up to date on health and security events worldwide with real-time alerts and recommendations.

# HYGIENE & HEALTH – WHAT WE DO

Maintaining health and personal hygiene during an adventure isn't as challenging as you might think. We've put together a guide to, what both we as team leaders do, and you as a community member should do, to maintain personal hygiene and ensure a safe and carefree adventure for all of us.

## **ACCOMMODATION & TRANSPORTATION**

We ensure that an appropriate level of sanitation and cleanliness is met when selecting our lodging and transport partners. Where the adventure includes tents, we ensure that all camping equipment is properly sanitized before use.

## **WATER & FOOD**

We provide bottled water whenever possible. Where it isn't available and tap or stream water is unsafe to drink, our team sources clean stream water and treats it by boiling it and applying iodine tablets. Our chefs and restaurant partners apply the highest possible standards of food safety and sanitation.

## **ACCESS TO WASHING**

With very few exceptions on certain technical mountaineering itineraries and for very brief instances during those trips, our teams will always have access to clean water for washing. It may not always be in the form of a shower, but it is sufficient.

## **SINGLE ACCOMMODATION**

With the exception of certain mountaineering adventures in the alps and trekking experiences in the Himalayas, it is always possible to request a single room or tent. A single supplement applies. Refer to the guidebook of your adventure for more information or reach out to us.

## **FALLING ILL**

In the unlikely event that a member may fall ill or be required to depart from the itinerary early, an LHO team leader will escort that member to safety. Where the illness may put other members at risk, the member will be asked to self-isolate at the nearest accommodation until the departure is made possible.

# HYGIENE & HEALTH - WHAT YOU SHOULD DO

## **BRING SANITIZER, SOAP & ANTISEPTIC WIPES**

The commodities are more valuable than gold in the modern age! Hand sanitizer and wipes are extremely important, especially when traveling or during the portions of our experience where access to clean water and soap may be intermittent. We provide soap on all our experiences, but if you choose to purchase your own, place it in a ziplock bag to avoid it getting on all your stuff after use.

## **ALWAYS CARRY A FACE MASK**

This one is another travel essential for the modern age but will also be important if your adventure includes portions in densely populated areas like Kathmandu or Lima. This won't be needed on the trails themselves unless someone in the group comes down with flu symptoms. That person will be required to wear a mask for as long as symptoms persist.

## **BRING A SLEEPING BAG LINER & PILLOW**

Although we are meticulous in choosing our hotels and mountain lodges, it's a good idea to bring a sleeping bag liner and an inflatable pillow so as not to directly use the linens provided. This is especially important for adventures in the European alps whether trekking or climbing. A liner is mandatory in some mountain huts and this trend will likely become a very welcomed norm.

## **AVOID RENTED CLOTHING & SLEEPING BAGS**

Rented gear is available for most of our experiences but we don't recommend rented clothes or sleeping bags. Try to limit your rentals to things like helmets, crampons, and other technical gear if they apply to your adventure.

## **PURCHASE APPROPRIATE INSURANCE**

It is important that you obtain insurance that covers the full itinerary. It is your responsibility to ensure that you've obtained the appropriate insurance for the experience including for accident and emergency coverage.

## **BE HONEST ABOUT ANY HEALTH ISSUES**

We all want to finish a trail or summit a mountain, but not at the expense of our health and the health of our fellow community members. If you feel unwell or suspect that you may feel unwell, it is very important that this be communicated to the team leader. Most of the time the issue is nonthreatening and can be dealt with on the spot. If you feel something, say something.

come back **different**

## 6 / Your LHO team leaders





# YOUR LHO TEAM LEADERS

## WE'RE WITH YOU EVERY STEP OF THE WAY

All LHO adventures are directly led by a dedicated LHO Team Leader who is with you from the moment you arrive all the way to the final farewell.

LHO Team Leaders are adventure professionals who ensure that your experience is personal, life changing and flawlessly delivered.

[TAP HERE](#) to meet all the LHO Team Leaders!



# LHO GUIDES

The LHO Guides are the local adventure professionals who are fully certified in their areas of expertise and work with us and our Team Leaders to ensure that you have an enjoyable, safe, and professionally delivered experience.

## IT'S PERSONAL

Our guides are part of the LHO family. Our relationships are personal, and we go above and beyond for each other at every opportunity. That's why when you're on an LHO trip you'll feel a different energy.

## WE EMPOWER

We don't assume that we know best. Our local guides and teams are empowered to tell us what improvements they want to see. Whether it's through salaries, tipping recommendations, or working conditions, our ethos is to listen first and then sustainably and equitably deliver for our teams.

## WE INVEST IN OUR GUIDES

We believe in upward mobility. That's why we invest in the skills, education, and overall wellbeing of our teams. We do it either through direct sponsorship or through skills-based programs.



# WHY EXPLORE WITH US?

## BECAUSE IT'S PERSONAL

### **WE TAKE YOUR PHOTOS!**

We cover all our trips and expeditions with 4K photography and every single pic we take will be yours at the end. You better have some free space on your laptop! This means you can focus on doing what you came here to do and leave documenting it to us. And just in case you were wondering; every single picture in this guidebook, on our website, or on our social media was taken by us for our community members on one of our expeditions. That includes the cover photo of this guidebook!

### **WE DIRECTLY LEAD OUR TRIPS**

At no point, and under no circumstances will you be led by anyone other than an LHO team leader. We are in charge from the first email you drop us until we drop you off at the airport at the end of our adventure together.

### **PERSONAL PREPARATION**

We offer tailored fitness and nutritional programs for each of our community members. Should you need it, we provide one-to-one prep sessions either in person or online for anything from gear advice to nutrition and fitness tips. If you just feel like a chat about life, we're here for that too! We've also partnered with fitness professionals around the world to help you train and prepare. Reach out to us on [info@lfehappensoutdoors.com](mailto:info@lfehappensoutdoors.com) if you'd like more information on this special program.

### **WE'VE GOT YOU COVERED**

Our price includes everything from your arrival at the airport to the drop-off at the airport after the trail. We've never surprised anyone with sudden costs springing out of nowhere and we certainly don't intend to start doing that now.

### **OUTDOOR ETHOS**

If you're concerned about summit records and elbowing one another to be the first humpty dumpty to sit on a wall we're not the community for you. If you'd like to learn and be a part of an enabling environment that strongly values experiences and values making profound connections between people in our most natural environment then you'll definitely find a home with us.

### **COMMUNITY DISCOUNTS**

Once you've joined an LHO trip you become part of our LHO community and will automatically benefit from the LHO rewards program.

# A WORD ABOUT THE ENVIRONMENT



## **LET'S KEEP IT CLEAN**

The Life Happens Outdoors community is absolutely committed to the respect and preservation of the natural environment. It is our mission to leave all the incredible places we explore together better off than we find them.

Sometimes, this means picking stuff up that isn't necessarily ours or even acting in a manner somewhat different to the local indigenous population who may be less environmentally conscious.

## **LET'S RESPECT LOCAL CUSTOMS**

As LHOers, we explore every quarter of the globe and all the incredibly diverse environs and cultures we come across. There will undoubtedly be instances where certain local customs may be unusual to you.

It is important to recognize that we are visiting the homes of indigenous populations who have lived in some of these areas for centuries. They are receiving us as visitors and it is important that we respect the customs and traditions of every culture that receives us.

come back **different**

## 7/ The fine print



# THE FINE PRINT POLICIES, DISCLAIMERS & FAQs

## RESERVATION POLICY

Due to necessary pre-expedition bookings, a non-refundable deposit is accepted upon reservations. Your place on the trip cannot be confirmed until the deposit is received. Full payment is expected at least 8 weeks (60 days) before the departure date.

## REFUND POLICY

LHO understands that circumstances can change. However, we do incur costs on your behalf that cannot be refunded to us especially as the date of our experience together draws closer. Below is the charge you agree to pay in the event of a cancellation.

60 days prior to start date:	Deposit + invoiced flight costs (if applicable)
59 – 49 days prior to start date:	35% of tour cost.
48 – 30 days prior to start date:	55% of tour cost.
29 – 10 days prior to start date:	75% of tour cost.
9 – 3 days prior to start date:	90% of tour cost.
48 hours prior to start date:	100% of tour cost.

## ITINERARY DISCLAIMER

While it is our intention to adhere to the route described, there is a certain amount of flexibility built into the itinerary and on occasion, it may be necessary, or desirable to make alterations. Due to our style of travel and the regions we visit, travel can be unpredictable. The Guidebook document is a general one and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## GUIDEBOOK DISCLAIMER

The information in this guidebook has been compiled with care and is provided in good faith. However, it is subject to change and does not form part of the contract between the client and the operator. The itinerary featured is correct at the time of printing. Occasionally our itineraries change as we make improvements that stem from past travelers, comments, and our own research.

## LUGGAGE COMPLICATIONS

The airlines technically should be responsible to forward your luggage to you, to your hotel, or elsewhere. In this instance, it is recommended that you purchase or hire locally the needed items and speak to your LHO team leader to persist with your airline to retrieve your luggage. We'll do whatever we can to facilitate the process.

# WHY IS THE DEPOSIT NON-REFUNDABLE?

This disclaimer aims to transparently explain the significance of the 20% non-refundable deposit in securing your spot on an LHO adventure.

The deposit serves multiple purposes, crucial for ensuring the quality of service and maintaining affordability for participants.

## **WHEN IS THE DEPOSIT TAKEN?**

When reserving your spot on an LHO adventure, a 20% non-refundable deposit is required. Please be aware that your booking will remain unconfirmed until the deposit is paid.

## **PRE-TRIP EXPENSES**

The deposit guarantees your place and enables us to cover non-refundable or non-transferable expenses related to pre-trip preparations, such as hut and accommodation bookings, securing government permits, and hiring local guides and specialists.

## **A SAFEGUARD TO OTHER JOINERS**

The deposit not only secures your spot but also ensures the trip's viability for fellow participants. Our cost-sharing model allows us to offer premium services associated with LHO adventures such as trip photography and an international LHO Team Leader. In the event of a cancellation, the deposit safeguards the trip for others, particularly when a cancellation could jeopardize the overall feasibility of the trip.

## **A SAFEGUARD TO THE LOCAL COMMUNITIES**

The deposit also secures the trip for our local guides and communities who rely on the services they provide to sustain their livelihoods. This is especially crucial in the event of a cancellation that could hinder the overall viability of a trip.

## **“ANY REASON” CANCELLATION INSURANCE**

To enhance protection, we recommend considering “any reason” cancellation insurance from our trusted partners.

# THE FAQs

## [TAP TO BOOK A ZOOM CALL](#)

## [TAP TO CHAT ON WHATSAPP](#)

### **HOW FIT DO I NEED TO BE?**

Moderate physical fitness is important on a trip of this sort. You must be able to walk unassisted with your pack for several hours per day over varied terrain. The better shape you're in the more you will enjoy, rather than endure the mountain.

### **DO I NEED OUTDOORS EXPERIENCE?**

No prior experience is necessary for this trip.

### **WHAT SORT OF TRAINING SHOULD I DO?**

A basic level of fitness is required to enjoy any outdoor pursuit. During our expedition, you will be exposed to tough conditions especially as we ascend the many stairs that connect the trails in the Namche Bazaar region. We are happy to advise you on an individual basis on how best to prepare and will provide you with a workout routine and diet plan to help you make the most out of the experience.

### **SHOULD I BE CONCERNED WITH ALTITUDE SICKNESS?**

Altitude sickness may factor on this trip as we will briefly be just above 5,000 meters for a short part of the trip. Our trip itinerary accounts for good acclimatization, which should limit exposure to this risk. Nonetheless, your team is fully capable of recognizing and assisting in the unlikely event of an occurrence.

### **WHAT GOES INTO MY DAY PACK AND DUFFLE BAG?**

Your day pack should contain your waterproof layer, a warm layer depending on the conditions and altitude, a protein bar or snack, your water, and a small first aid kit. Everything else goes into the duffle bag. Your pack should be less than 4 kg.

### **WHERE DOES THE DRINKING WATER COME FROM?**

Throughout the trek, the water is bottled only. Do not drink tap water under any circumstances. Bottled water must be used to brush your teeth.

### **DO I NEED TECHNICAL CLIMBING GEAR?**

No, with the exception of trekking poles and boots, technical mountaineering gear is not needed on the Everest Base Camp trail.

### **CAN I RENT GEAR?**

You can rent gear locally, but this will come at an additional charge from the local rental company. LHO will not be able to provide you with gear locally.

### **DOES REGULAR INSURANCE COVER TREKKING?**

For this trek, having the correct insurance for this trip must cover travel & medical expenses as well as field rescue & medical evacuation up to 5,346 m. The correct insurance safeguards you against unforeseen circumstances that can occur when on an adventure trip. Check with your insurance provider if the activities of this itinerary are covered. If it doesn't you can purchase your own insurance or you can use Global Rescue, our insurance partner. [CLICK HERE TO EXPLORE INSURANCE OFFERS](#)

### **DO YOU RECOMMEND CAMELBACK BLADDERS FOR WATER ON THE TREK?**

Camelbacks, also known as water bladders, are recommended for this trek. Basically, it's a sack of water that's put into the backpack and comes with a straw that can be clipped to the shoulder strap for easy access to water without having to pull the bottle out of the backpack to drink.

### **WHAT'S THE ACCOMMODATION LIKE ON THE TRIP?**

For the nights spent in the cities of Kathmandu and Pokhara, we use carefully selected accommodation that blends international standards and local tradition. You can expect a good level of general comfort including private toilets, comfortable beds, garden areas, easy access to main markets and walking areas, front desk, concierge, restaurant, and breakfast area. On the Everest trail, we stay in tea houses. These are basic family-run accommodations that are very much part of the experience when trekking in the Himalayas. They consist of shared bathrooms, showers, and a restaurant. We do not sleep in tents at any point on this adventure.

### **WHAT IF I WANT MY OWN ROOM?**

In the mountain culture, everything is shared. In the mountain huts and lodges, it is uncommon to find single rooms, and even double rooms are rare to come by. At LHO, we find that sharing accommodation is very much part of the experience as it brings our team together. Single rooms are possible in Kathmandu only and a single supplement charge will apply. The price may vary during the high season.

### **HOW MUCH SHOULD I CARRY AS SPENDING CASH?**

We recommend around 200 USD. This does not include any discretionary tip you may wish to leave. Our tipping recommendation for this experience is 250 USD.



@LifeHappensOutdoors

LIFE HAPPENS OUTDOORS

EVEREST BASE CAMP TREK - 2024



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#comebackdifferent

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