



10 minute Everest Base Camp Trek Planning- A Checklist

How Many Days do I need for a trek in the Everest Region?

There are treks of various length in the Everest Region. Here is a quick rundown of the trek days (all estimates are based on Kathmandu to Kathmandu)

- ❑ **6 to 8 Days** - [Everest Panorama Trek](#)
- ❑ **9 to 10 Days** - Everest Base Camp Trek with Helicopter Return Option
- ❑ **10 to 12 Days** - [Gokyo Lakes and Gokyo Ri Trek](#)
- ❑ **12 to 14 Days** - [Everest Base Camp Trek with Kala Pathar](#)
- ❑ **16 to 18 Days** - [Gokyo Lakes and Everest Base Camp Trek \(Cho La Circuit\)](#)
- ❑ **18 to 19 Days** - [Everest Three Passes Trek](#) (Difficult)

For more options check out [HoneyGuide Treks](#).

How much does the Everest Base Camp Trek Cost?

Depends upon how you arrange your trek.

- ❑ **USD 900 to USD 1,100** - This will be the cost if you do this trek independently or directly book local services through HoneyGuide. This includes all meals, airfare, porters, guides (shared between 3-5 people), porter insurance, and guide lodging/accommodation. See [Everest Base Camp Cost](#) for a Detailed breakdown of Services.
- ❑ **USD 1,000 to USD 1,600** - This will be the cost if you book through a Nepali Trekking Company. The ones that cost USD 1,000 will either not include porter or meals. It is also possible that the lower budget outfits could be making money off staged rescues.
- ❑ **USD 1,500 to USD 5,000** - This will be price range if you book through a foreign travel company. The USD 1,500 ones will usually not include any meals while above USD 2,000 are usually all-inclusive affairs.

No matter who you book through, make sure to check the fine print of what is included. Also be very careful of really cheap and really short treks.

When is the best time to do the Everest Base Camp Trek?

While all the months have something unique to offer and the best time depends a lot on personal preferences, here are the most popular periods:

- ❑ **September to November** - This is the peak trekking season with crystal clear mountain views, huge crowd, and moderate temperature.
- ❑ **March to mid-May** - This is the second most popular period with decent mountain views, amazing flowers and birds, and moderate temperature.
- ❑ **December to early January** - Highly underrated period. Cold but still tolerable. Best mountain views. Empty Trails.
- ❑ **mid-May to August** - The monsoon rains make flight disruptions to Lukla very likely and mountains are sounds asleep inside the clouds.
- ❑ **mid-January to February** - Winter Rain or Snow very likely. Very Very cold. Passes might be snowed over.

For more details see [When to go to Everest Base Camp](#).

How Difficult/Dangerous is the Everest Base Camp Trek?

The Everest Base Camp Treks comes with its fair share of risks and difficulties. Here is how to prepare for them:

- ❑ **Acute Mountain Sickness** - Do not increase your sleep altitude by more than 500 meters in a day and take a rest day with acclimatization hike after gaining 1,000 meters altitude. [Read more about AMS](#).
- ❑ **Physical Fitness** - Most reasonably fit people can undertake most treks in the Everest Region. Cardio and short hikes will go a long way to prepare you for the physical exertion. Squats will be helpful to prepare for the squat toilets in Nepal.
- ❑ **Diarrhea** - Very easily preventable by sticking to boiled water. [Read more about Water Safety](#).
- ❑ **Flight Disruption** - Have 1-2 extra days in Kathmandu as flights to Lukla is highly weather dependent.
- ❑ **Travel Insurance** - Make sure your insurance covers helicopter evacuation and the highest altitude for the Everest Base Camp Trek (5,643 m). A big plus for companies like Global Rescue is the on-ground support they provide in the event of an emergency. Remember evacuation costs can run as high as USD 10,000 and rescue helicopters will not pick you up unless you provide payment guarantee. Bottomline: A good insurance coverage is extremely important.

Check out [Health and Safety Information](#) for more details.

What Gear will I need for the Everest Trek?

Rather than bore you with a long list here are the stuffs you should not miss at any cost:

- ❑ **Trekking Boots** - Lightweight, waterproof, ankle support, some toe room and most importantly broken in.
- ❑ **Sunglasses** - Snow at 5,000 meter can cause snow blindness faster. Get a really good pair.
- ❑ **Wind/Water Jacket** - Make sure it is breathable and is waterproof.
- ❑ **Fleece** - Great for layering with wind/waterproof jacket for walking.
- ❑ **Down Jacket** - Mornings and evenings can be pretty chilly. Will make your stay at camp and short excursions that much more comfortable.
- ❑ **Woollen cap**
- ❑ **Buff** - Can be used as a neck gaiter, headwear, to mask, hairband and a whole bunch of other ways. One of the best use, however, is to cover your nose and mouth at high altitudes to hydrate your breath and avoid the cold, dry mountain air. Make sure to keep it rather loose around your nose though, and your lungs will love you for it.

Check out a more [Comprehensive Gear Checklist](#) and [Medical Checklist](#).

What are the Bookings Required for the Everest Base Camp Trek?

- ❑ Book Flight Tickets to Nepal
- ❑ Book a Hotel in Kathmandu
- ❑ Book [Flights to Lukla](#) (~USD 180 one way)
- ❑ Book [Lodges along the Everest Base Camp Trek](#)
- ❑ Book [Guides](#)

What Permits are required for the Everest Base Camp Trek?

All Permits can be obtained along the trek. You do not need to arrange the permits in Kathmandu. Also, TIMS is NOT necessary for a trek in the Everest Region. Required Permits are:

- ❑ **Sagarmatha National Park Entry Permit** (NPR 3,000 + 13% VAT). This can either be obtained at The Nepal Tourism Board or National Park Entry Gate in the Everest Region at Monjo.
- ❑ **Khumbu Rural Municipality Permit** (NPR 2,000). This permit can be obtained at Lukla.

What do I need to do in Kathmandu other than drink beer?

- ❑ **Get a Nepali Visa** - Visa on Arrival for most countries. Need USD 25(15 days)/ USD 40 (30 days)/ USD 100 (90 days) in one of these currencies: Euro, Swiss Franc, Pound Sterling, US Dollar, Australian Dollar, Canadian Dollar, Hong Kong Dollar, Singapore Dollar, and Japanese Yen. You will need your passport and one passport size photo.
- ❑ **Get a Nepali SIM Card** - Both NTC and Ncell, two of the most popular telecom companies, provide SIM cards based on GSM technology. Tough luck if your phone is of the CDMA kind.
- ❑ **Download the Trekking in Nepal Mobile App** . [Android](#) / [iOS](#). It is Free, Offline and Awesome.

If you still have any questions, please feel free to Contact Ashish at honeyhunter@honeyguideapps.com or +977-9841370673.

May Happy Feet go with you,
HoneyGuide Team.