Everest Base Camp Trek
Trek to Everest Base Camp with Mountain Madness

It’s the trek of a lifetime. The highest peaks in the world, magnificent views, fascinating Buddhist and Hindu culture, super friendly locals and a UNESCO World Heritage site. Step into history as we follow the path of legends to understand why Mount Everest continues to draw adventure seekers from around the world.

Since 1984, Mountain Madness has been leading not only climbing trips to the world’s most challenging peaks, but also treks to the world’s most intriguing destinations. Our Everest Base Camp Trek is one of our most rewarding journeys and a Mountain Madness Classic. First developed by MM founder Scott Fischer, our carefully crafted trek ensures proper acclimatization and quality rest, allowing you to fully enjoy one of the world’s most stunning adventures.

Our 30 years guiding trips across the globe has given us the experience to find all those special places along the route where we can rest comfortably, eat like gourmets and have the opportunity to experience Nepal in ways other travelers don’t. Our knowledgeable guides provide the most fulfilling adventure possible and solid leadership enabling you to immerse yourself in the experience.

You’ll be captivated by Nepal, a country of hospitable people, beautiful scenery, and a large variety of cultural traditions. This blend of outdoor adventure and cultural exploration is a great way to experience the Himalaya – the world’s most awe-inspiring mountains.

Trip Highlights

- Stand face to face with Mount Everest, “Goddess Mother of the Earth,” from the attainable high-point of 18,513-foot Kala Patthar and marvel at the stunning views.
- Get up close and personal with the infamous Khumbu Icefall.
- Visit remote mountain monasteries and learn about the Sherpas’ spiritual connection to the Himalaya.
- Get to know the Sherpa people and experience their unique culture.
- Enjoy Mountain Madness-style service, including our private kitchen coordinator and the best teahouses in the Khumbu region.
- Explore monuments in the Kathmandu Valley, a UNESCO World Heritage site.

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
Trekking in exotic locales, staying in fun places, eating amazing food, and having fantastic times with great people is what Mountain Madness style is all about! We have always stamped our own brand on the trips we offer. We give a unique travel and adventure experience to each participant on every expedition. Our classic Everest Base Camp Trek is a tried and true standard in Mountain Madness style.

Sheets and Eats

Explore Kathmandu’s bustling charms from the comfort of the Hotel Yak & Yeti. Built as a palace for the prime minister of Nepal more than one hundred years ago, the Yak & Yeti now offers five star accommodations to international travelers. The hotel's cafes provide regional and Continental cuisine, baked goods and an outstanding breakfast buffet.

Outside Kathmandu you’ll stay at traditional Nepali Teahouses. We’ve selected these Teahouses to offer an authentic Nepali experience while providing hygienic standards and access to electricity. Our Teahouses feature private sleeping arrangements (with bathrooms) and meals supervised by our traveling kitchen coordinator.

Mountain Madness knows sampling local cuisine is an important part of any travel experience, that's why we make eating an important part of international programs. In Nepal, you’ll experience a mix of traditional Nepali cuisine and more familiar Western food. Our trekking and climbing itineraries in Nepal feature some of the best restaurants in the region, as well as excellent food prepared by our travelling cook staff.

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
No Hidden Costs

We eliminate the “hidden costs.” We pay for virtually everything from the moment we pick you up at the airport to the end of your trip and everything in between. If something is not included we let you know so you can accurately plan your budget.

Keep your wallet in your pocket!

Included:
• Round trip airport transfers
• Four scheduled hotel nights in Kathmandu at the Hotel Yak & Yeti
• Scheduled restaurant meals in Kathmandu
• Kathmandu city tour including all entry fees, tour guide and private vehicle
• Airfare to and from Kathmandu to Lukla
• All meals and overnight accommodations while on the trek
• Porter and pack animals
• Park fees

Not Included:
• Personal equipment
• Nepal entry visa
• Airfare to Kathmandu
• Staff/guide gratuities
• Non-scheduled meals while in Kathmandu
• Pre- and post-trip hotels if arriving or departing outside of scheduled itinerary
• Comprehensive travel/trip cancellation insurance
• Medical rescue insurance
• Alcohol and bottled drinks
Who are the guides?

We believe that our incredible Western and Nepali guides are the foundation of our program’s success. All of our guides are highly skilled professionals who have been selected based on their careful judgment, local knowledge, understanding of our clients’ needs, patience, supportive guiding styles, and great personalities.

All of our Western guides have been certified as Wilderness First Responders and your Nepali Mountain Madness guide will bring a wealth of natural history, cultural anthropology and linguistic knowledge for their group’s enlightenment. Our guides and staff are service-driven and strive to surpass the expectations of our clientele making your trip a truly enjoyable experience. In short, we provide the most experienced and dedicated guides and support staff available.

“...the trip was awe-some! Guides, support staff, all concerned—we were very well taken care of!”
—John A.
Getting There

Travel information

The total number of days for this trip includes all travel to and from your destinations, with some exceptions. Dates listed on the website start with a departure date from the U.S. and include the day you arrive home.

You will need to arrive in Kathmandu on Day 3 of the itinerary. You will cross the date line in mid-flight to Asia, thus losing a day. If you are traveling from outside the U.S. your itinerary may require less time to reach Kathmandu, so all that is required is that you arrive on Day 3 of the itinerary, where Mountain Madness services begin. Your return flight home should be scheduled for Day 20 of the itinerary.

In-country transportation

All your scheduled transfers to and from the airport, and flights to Lukla and back to Kathmandu are included in the cost of your trip.

Passport

You will need a passport valid for at least six months from the date you apply for your visa. If you do not have a passport, the appropriate applications are available at post offices and courthouses. It can take from four to six weeks from the time you file your paperwork to receive your passport. Plan accordingly if you need a passport or a renewal.

Visa

Visas for Nepal are issued upon arrival for $40 (USD). We recommend that you obtain your Visa in this way. Visas are also available before your departure through the Embassy of Nepal in Washington D.C. or through the Nepalese Consulate in countries outside the U.S.

Immunizations

At this time there are no vaccinations required for entering Nepal however, please consult your medical provider or travel clinic for updates and recommendations.
Don’t just take our word for it!
...Hear what our past EBC trekkers have to say!

“The cultural side of the trip was an unexpected bonus. It added an entire level to the trip that would not have been possible without you guides... the trip was awesome! Guides, support staff, all concerned—we were very well taken care of!”
—John A.

“Wow – way beyond expectation.”
—Chris A.

“I am a seasoned and experienced traveler and rate the EBC trek as the “Best trip” I have taken.”
—Robert G.

“Simply put, life changing. The quality of every aspect of the trip was excellent, and I can’t imagine better guides and staff. And of course, you could not ask for a more beautiful setting! I learned so much, and I’ll never forget this trek, Nepal, or the people that I met along the way. Thanks to all at MM for an amazing, inspiring (and challenging) trip!”
—Taru H.

“It was about the journey and the destination! What a great trip!”
—Beth M.

“I am a seasoned and experienced traveler and rate the EBC trek as the “BEST trip” I have taken.”
—Robert G.

“Nepal and Everest truly have a magical ring to them. This is a fabulous trip. Not only do you step back in time and history while you are in Kathmandu and trekking through the villages in the Everest region of Khumbu but you get a stunning view of Mt. Everest, “Mother of the Mountains” and other Himalayan monarchs as well. Our guide brought all that we saw into perspective because of her expertise in trekking and because of her love and understanding of the Nepalese people.”
—Barbara.

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Everest Base Camp Trek

21-Day Itinerary

Day 1-2
Depart
Travel from home to Kathmandu.

Day 3
Kathmandu
Elevation: 4,383 feet / 1336 meters
After your airport pick-up, we take you to the famous 5-Star Hotel Yak & Yeti. Spend time getting acquainted, explore nearby Durbar Square with its numerous temples and markets, and do some shopping. There will be an evening group orientation. Dinner included.

Day 4
Kathmandu city tour
Ancient Kathmandu has many options for discovery - the palaces, Hindu temples and shrines, Buddhist stupas, Swayambhunath (the Monkey Temple) and Pashupatinath temple, one of the most famous Hindu temples in Nepal - are all on the list.

Day 5
Phakding
Elevation: 8,563 feet / 2610 meters
Hiking Distance: ~4.5 miles
Early morning flight to the village of Lukla where we begin our trek into the Khumbu region. After landing, our gear will be loaded onto yaks as we trek for about two and a half hours, through terraced hillsides, crossing the Dudh Koshi river on our first suspension bridge before reaching the village of Phakding.

Day 6-7
Namche Bazaar
Elevation: 11,286 feet / 3440 meters
Hiking Distance: ~ 4.5 miles
We continue trekking along the banks of the Dudh Koshi, crossing this majestic river many times on exhilarating suspension bridges laden with prayer flags before entering Sagarmatha National Park. The trail then climbs to Namche Bazaar, the largest Sherpa village in the Khumbu Valley. We will stay here for the next two nights exploring the village, taking in the majestic views, acclimatizing and resting well before moving up higher on the trek.

“ I am a seasoned and experienced traveler and rate the EBC trek as the “BEST trip” I have taken.”
— Robert G.

Short on Time?
Check out our Everest View Trek.
You’ll walk with the trekking group through Day 8. Along the way you get incredible views of the Himalayas and Everest and experience all that Nepal has to offer.

Other options available.
Call our office for details and prices
Everest Base Camp Trek

Day 8
Thyangboche
Elevation: 12,664 feet / 3860 meters
Hiking Distance: ~ 5 miles
Today set out through the Dudh Kohsi gorge to reach Thyangboche monastery, the spiritual center of the Khumbu region. The monastery houses incredibly ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas. You will see a ceremony and receive a blessing.

Day 9-10
Dingboche
Elevation: 14,469 feet / 4410 meters
Hiking Distance: ~ 5 miles
From Thyangboche, the trail drops to Debuche, crosses another suspension bridge on the Imja Khola, and climbs to Pangboche among thousands of mani stones. Our uphill trek continues to the quaint traditional Sherpa village of Dingboche with its exquisite views of Lhotse, Island Peak, and Ama Dablam. We will stay here for two nights to help with acclimatization. There is the option of taking a light hike up the valley for a wider variety of photos of the valley and mountains of the Khumbu region.

Day 11
Lobuche
Elevation: 16,109 feet / 4910 meters
Hiking Distance: ~ 5 miles
Today's trail continues along the lateral moraine of the Khumbu Glacier through the Pheriche valley to Thokla Pass and the memorials dedicated to the climbers who have perished in quest of their dreams. The panoramic views are exceptional at the top of the pass as we continue to the yak pastures of Lobuche.

Day 12
Gorak Shep
Elevation: 17,000 feet / 5182 meters
Hiking Distance: ~ 4 miles
After an early morning start, take a short hike through meadows to ascend Kala Patthar (18,450 feet) and get spectacular views of the Himalayas. That evening stay in a rustic teahouse beneath Kala Patthar in the village of Gorak Shep.

Island Peak extension:
Why not bag a peak while you are in Nepal?
This expedition is a great first Himalayan experience that includes glacier travel, moderate snow and ice climbing while ascending a 20,000+ foot mountain.

In addition to trekking to Everest Base Camp and Kala Patthar, our journey continues to Imja Tse, or Island Peak, which tops out at 20,305 feet and rewards you with magnificent views of Ama Dablam, South Face of Lhotse and Everest. From the summit of Island Peak there are stunning views of Lhotse and Makalu, the 4th and 5th highest mountains in the world, respectively.

Day 13
Everest Base Camp
Elevation: 17,575 feet / 5357 meters
Hiking Distance: ~ 2 miles
Today we reach Everest Base Camp, located at the foot of the Khumbu Icefall. We'll spend the day here, giving you a chance to meet the climbers readying for their summit attempts and to thoroughly explore the area. Overnight in tents at base camp for the spring treks and for fall trips, we'll return to Gorak Shep.

Day 14
Pheriche
Elevation: 13,950 feet / 4252 meters
Hiking Distance: ~ 7.5 miles
This morning we enjoy tea and breakfast before our parting view of Everest and our descent. We head down the Khumbu glacier and reenter the lush and beautiful valleys, surrounded by impressive snow-capped peaks on the way to the village of Pheriche.

For detailed itineraries or more information call Mountain Madness at 1-800-328-5925 or visit mountainmadness.com
Day 15
Debuche (spring) / Phortse (fall)
Elevation: 12,533 feet / 3820 meters
Today will be a short hiking day as we continue back down the valley, below the tree line and through the rhododendron forest to Debuche, a quiet and sparse village with a Tibetan nunnery. Our fall trips end in the farming village of Phortse.

Day 16
Namche Bazaar
Elevation: 11,286 feet / 3440 meters
Hiking Distance: ~10 miles
Today we trek back along the Dudh Koshi River through another magnificent rhododendron forest, past brilliant waterfalls. Shortly before reaching Namche, the trek takes us through a Himalayan pine forest, where musk deer often graze in the early morning.

Day 17
Lukla
Elevation: 9,318 feet / 2840 meters
Hiking Distance: ~ 9 miles
Trek from Namche Bazaar back to Lukla where we spend our last night in the Khumbu Valley. Big thank you party for the staff!

Day 18
Kathmandu
Elevation: 4,383 feet / 1336 meters
If the weather is clear, our morning flight to Kathmandu will be a scenic and smooth farewell to the Himalayan Mountains. Breakfast included.

Day 19
Kathmandu
Elevation: 4,383 feet / 1336 meters
In the morning, you can watch Kathmandu rise in prayer along the banks of the holy river Bagmati at Pashupatinath. Enjoy the rest of the day at leisure. Final celebration dinner! Breakfast and Dinner included.

Day 20-21
Depart
Depart Kathmandu and fly home. Breakfast included.

Note on Itinerary: Although we do our best to follow the schedule above, this itinerary is subject to change due to weather, route conditions, and other factors beyond our control.
Giving Back

Mountain Madness has a long history of reaching out to help local communities in the places we visit. Part of the reason to travel with Mountain Madness in Nepal is that we are socially and environmentally responsible. We pay fair wages to porters and staff, we abide by recommended standards for environmental conservation, and we work hard to ensure ethical travel without compromising comfort or quality. Our efforts in Nepal extend beyond treks and expeditions to support locally-driven projects that are improving people’s lives.

Mountain Madness contributes to www.changinglivesnepal.org, a non-profit founded in 2008 by Mountain Madness guide and former Peace Corps Volunteer Deana Zabaldo. Call us at 1-800-328-5925 for details.

We are proud members of Pack for a Purpose, an initiative that allows travelers like you to make a lasting impact in the community at your travel destination. If you save just a few kilos of space in your suitcase and take supplies for area schools or medical clinics in need, you’ll make a priceless impact in the lives of our local children and families. Please visit www.packforapurpose.org/destinations/south-asia/nepal/mountain-madness to see what supplies are needed for the Nepal orphanage project.

As you prepare for your trip in Nepal, we wanted you to be aware that Mountain Madness gives back in Nepal. If you are touched by the communities and cultures where we travel, we invite you to contribute and make a difference with us!
Training—Are you ready?

The best advice Mountain Madness can give you for preparing for your trip is train for endurance! This trek is physically demanding, and your ability to enjoy this adventure depends on your overall health and fitness. This does not require hours and hours of time in the gym or walking the local trails, but merely several rigorous weekends where you are putting some time in. We’re talking 6-8 hours a day of exercise for a couple of consecutive days. The rest of the time, the regular hour or so, will maintain your base. Also, any time spent at altitude will prove beneficial, as a typical day on the trek could include 2,000 feet of elevation gain or more.

Don’t underestimate the descent. Many people find descending one of the most difficult parts of the trip. For those with weak knees or past injuries, make sure to use trekking poles or consider bringing an athletic knee brace. These will help take part of the weight off your knees. Training for the descent is hard to simulate and is a skill that is acquired over time with practice. Remember on the trek, be patient and take your time - soon enough you will be at the bottom.

Some basic suggestions may include the following:

- Walk hills and stairs with a pack on. Later you can add full water containers for the way up and dump the water for the way down to preserve the knees. On the trek, you will need to carry a small daypack between 15-20 pounds.

- Supplement your regular gym workouts with running, cycling, swimming, racquet sports, basketball, etc. for aerobic conditioning

- Get outdoors and walk, even if it’s just a 20 minute walk to the grocery store.

Please call Mountain Madness to discuss the creation of a personal training program to help you prepare for your trek or climb, or if you have any other questions about your fitness or training.
Can I rent gear through Mountain Madness?
Will someone check my gear?
Mountain Madness doesn’t have rental gear in Nepal. There are some gear shops in Kathmandu but they are often out of popular sizes and very hit or miss in making reservations. Therefore, it is important that the equipment guidelines are followed and all required gear is brought with you. We will do a gear check in Kathmandu to make sure you have everything and that it is packed correctly.

How heavy will my pack be?
Your Everest Base Camp Trek will be a fully supported trek with porters and pack animals. You will be carrying a daypack on trekking days, which contains snacks, camera, water and extra clothing and weighs between 15-20 lbs.

Is it possible for me to store clothing I will not need on the trek?
Yes, if you have a small bag of extra clothing, you will be able to store it safely in Kathmandu for the duration of the trek.

What is the average temperature during the trek to Everest Base Camp?
The trips get progressively warmer from March through May. Day time temperatures can be in the 50s or 60s F (10 to 20 C) when the weather is calm and clear. Night time temperatures at the higher elevations may be below freezing, especially if the weather is windy. You might expect a little bit of snow at the higher elevations and temperatures in the 20s (around 0 C). Temperatures during the fall season are a bit colder and you may see more snow near the trail.

What kind of lodging can I expect?
Your hotel in Kathmandu is the 5-star Yak & Yeti. This hotel offers luxurious accommodations, cafes with regional and continental meals and an outstanding breakfast buffet. While on the trek, you will stay in traditional Nepali teahouses, hand-picked based on their cleanliness, facilities, and comfort. Guest rooms have good mattresses, clean sheets, locking doors, and western style bathrooms including flush toilets and hot showers. The teahouses feature private sleeping arrangements with two -four people in a room. For the spring trekkers who stay at the base camp for a night, you will stay in tents there.

Can I request single accommodations?
All accommodations are based on double or triple occupancy. If you are traveling solo and wish to share accommodations, we will pair you with another traveler. Singles are available in Kathmandu, but more difficult to secure in teahouses. If you prefer single accommodations in teahouses, we will do our best to arrange it, however, there are some situations where it may not be possible. If you request single accommodations, you will be responsible for paying the single supplement fee.

Can Mountain Madness customize trips?
Mountain Madness loves to customize personal trips for you, your friends, or organization. Our published land costs are typically based on 5-10 individuals, so the number in your party may affect your land costs. Just give us a call and let us know what you’re interested in, and we’ll do our best to Make It Happen!

I’d like to travel with my younger son or daughter. Is there a minimum age requirement?
No, however, we’d like to talk with you about the trip you are interested in and whether it’s right for someone under age 18.
Who will be picking me up and where?
A Mountain Madness guide or representative will pick
you up at the airport on the scheduled arrival date.
We can help you arrange accommodations if you
arrive earlier, and are happy to make suggestions for
transportation, restaurants and sightseeing.

What if want to arrive earlier or depart
later than the scheduled trip dates?
Mountain Madness is glad to help you arrange
accommodations before and after your trip and can
recommend side excursions and restaurants for the
extra time.

Should I tip my guides?
Tipping is always a personal choice, but is greatly
appreciated by your guides. Check your departure
packet for details. If you decide to tip your American
guide (and want to avoid carrying extra cash), you
might consider bringing a blank check that can be
made out to your guide.

What kind of food will we be eating? Can
you accommodate a vegetarian diet?
All of the meals served on Mountain Madness trips are
a combination of the best local and regional fares along
with some specialty items brought from the U.S. Lentils
and rice (Daal Bhat) is a common local dish. There
will be a variety of hot and cold options for breakfast
(porridge, cereal, eggs and bread). Dinners are a mix of
pastas and dumplings, chicken, a variety of vegetables,
soups and rice dishes. Lunches are often picnic style
with various items for sandwiches, and fruit as well as
hot tea are provided. Mountain Madness will provide
its own kitchen coordinator and filtered drinking
water for the duration of the trek. Our cook staff is very
helpful with various dietary needs. Let us know before
your trip of any dietary restrictions and we will be
happy to accommodate your needs.

What if someone on my trip feels sick or
wants to stop?
During a trek, if someone becomes ill or feels that
they do not wish to go any farther, the guides decide
whether the person requires an escort to descend
(with local staff or assistant guide) or if he or she can
stay put until the group returns.

How soon should I reserve my place? How
quickly to the trips fill up?
There is no way to know how quickly our trips are
going to fill up. Many of our trips fill up months in
advance. So send in your application and a deposit as
soon as you have decided which trip date you want.

What is the deposit amount to hold
my space?
$500 for scheduled international trips. An application
alone won’t reserve a space.

When do I need to pay the balance of
my trip?
For scheduled international trips, an additional $500 is
due 120 days prior to departure. The balance is due 90
days prior to departure.

What happens if I need to cancel my trip?
If you need to cancel your trip, Mountain Madness
must be notified in writing. Your trip will be cancelled
from the date we receive written notice. You will be
assessed a cancellation fee according to the following
schedule:
• More than 181 days from trip departure:
  $75 registration fee
• 180 to 120 days from trip departure: $500
• 119 to 91 days from trip departure: $1,000
• 90 days or less from trip departure: 100% of trip cost

Do I need to purchase travel or evacuation
insurance?
Mountain Madness highly recommends the
purchasing of trip cancellation, travel insurance and
medical evacuation policies. Once we have received
your application and have confirmed your spot on a
trip, we will send you information about the various
types of insurance and insurance companies we
recommend.
A variety of clothing will be necessary for your trip. You will need clothing for: dining in Kathmandu, trekking in warmer, humid lowlands, and trekking in cold and wind at high altitudes. Upon registration you will receive a more complete list for your planning.

**Upper body**
- Capilene or equivalent T-shirt for trekking on warmer days
- 2 long sleeve Capilene or equivalent shirts - Lightweight base layer, light colored for sunny days
- 1-2 shirts (optional) for relaxation time, cotton is okay
- Soft Shell Jacket or pullover
- 300 weight fleece jacket
- Down/synthetic jacket
- Hard shell jacket with hood - Waterproof and breathable.
- 1 pair liner gloves (optional) - Thin wool or polypropylene
- 1 pair warm gloves - Fleece or wool
- Shell gloves or mitts (optional) - Gore-Tex, with textured rubber palms and taped seams.
- Warm hat - Wool or synthetic
- Balaclava, buff or neck warmer and/or bandana or other thin wrap to cover your nose and mouth while hiking—very necessary to combat dust and dry air.
- Shade hat or baseball cap
- Sunglasses - Dark lenses with wrap-around sides providing good coverage

**Lower Body**
- 2-4 pair of liner socks - Polypropylene or Capilene
- 3-4 pair light weight trekking socks
- 2 pair lightweight long underwear - Polypropylene or Capilene
- 1 pair quick-dry hiking pants
- 1 pair soft shell pants - Schoeller or similar fabrics
- Shell pants - Waterproof/breathable with full side zips; Gore-Tex or equivalent is best
- Gaiters
- Light to medium weight trekking boots
- Sandals/Crocs/shower shoes for evenings and bathing
- Comfortable pants for relaxation time in the city

**Backpack**
- Large day pack (2,400+ cubic inch) for water, layers, camera, snacks
- 1 large duffle bag (7,500+ cubic inch) for gear. Must be durable for use on pack animals. Weather resistant is preferred.
- Pack cover (optional)
- 1 small bag to store clean clothes in Kathmandu while trekking
- Small padlocks for duffel bags

**Sleeping Gear**
- Sleeping bag - Rated to at least -5 to 5+º F
- Sleeping bag liner (optional) for extra warmth

**Miscellaneous Equipment**
- Headlamp and spare batteries
- 2 one-liter water bottles OR 1 water bottle and 1 hydration bladder with drinking tube. You will need to have 2 containers and at least 1 container that can take very hot boiling water. (Nalgene recommended)
- Binoculars (optional)
- Camera (optional)
- Electrical cords for charging cameras, Ipods, etc. and adapter plug (two round pins). Several villages offer charging services for a small fee.
- Small pocket knife (optional)
- Altimeter (optional)
- Trekking poles (optional)
- Toiletry kit with personal necessities—soap, toothbrush, etc.
- Toilet paper (also available for purchase in Nepal)
- “Soiled” baggies - Small plastic bags for dirty toilet paper if you are on the trail.
- 3-4 Large plastic bags for keeping miscellaneous gear dry
- A few nylon or large plastic stuff sacks for food and gear storage, waterproofing, laundry, etc.
- Camp towel and soap
- Ear plugs highly recommended
- Biodegradable hand sanitizer such as Clean Well (www.cleanwelltoday.com)
- Snacks - Bring your favorite trail snacks (pack in Ziplocs). You might include: energy bars, beef jerky, electrolyte mix for your water, etc.
- Entertainment - Paperback books, cards, or other small games, music player, etc. to pass time after dark.
- Frisbee, inflatable ball etc. for you or to play with local kids (optional)
- A few pictures of your family, home, and neighborhood (optional—Nepalis love to see them)
- Prescription medications
Everest Base Camp

2019 Dates
(21 days, includes all travel time)
April 6 - April 26
April 27 - May 17
October 26 - November 15
$4,650*
(All inclusive Mountain Madness-style)

2020 Dates
(21 days, includes all travel time)
April 4 - April 24
April 25 - May 15
October 24 - November 13
$4,650*
(All inclusive Mountain Madness-style)

*all prices subject to change