

# Beyond your imagination

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updated 31 Jul 17

## TREKKING EVEREST BASE CAMP - What you need to know



Our supplier knows this mountain well, and the people who operate the actual climbs are dedicated people with your interest at heart. Their combined expertise, dedication and advice give you a better than average chance of success. Do it properly the first time!

### Travel Insurance

- Travel Insurance is compulsory and should cover you for the trek and evacuation in case of altitude sickness.

### Visa & flight info

- Visas can be obtained upon arrival in Kathmandu. You should bring 3x passport sized photos of yourself for this purpose.
- Any deviation or delays should be communicated to the operator for timely pick-ups at the airport.

### What to pack

- We have a complete packing list available on request. Keep in mind that Nepal offers good quality trekking gear at affordable prices. Do not buy everything, consider renting or buying in Nepal

### What to wear

- Dress in layers - layering allows you to easily regulate your body temperature and stay comfortable when trekking.
- We have a full list of clothing required for the trek.

### ATM's

- There are plenty of ATM's in Kathmandu so getting cash before your trek should not be a problem.
- Once you start the trek, the only ATM is in Namche Bazaar and it frequently has reliability problems, so make sure to take enough cash for small extras while trekking.

### Plan extra days at the end

Plan for an extra day at the end of your trek. Inclement weather can delay the flights going out from Lukla and back to Kathmandu. If you are held up in Lukla because of bad weather, it is best not to have an international flight going out the next day.



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### 4 Things that might surprise you about Teahouse Trekking in Nepal

If you have not trekked in the Himalayas, you may not be familiar with "Teahouse Trekking". Teahouses are essentially small hotels found in local villages that offer a place to sleep as well as home cooked meals.

#### Teahouses are pretty great!

- Most teahouses have a restaurant/dining area where you can meet other trekkers and enjoy a little warmth from the stove while you eat or enjoy a beer in the evening.

#### Teahouse food is all the same

- The traditional favorite is Dhal Bhatt and it is always all you can eat, so if you are super hungry from a day's full trek, this is the best option.
- There are not a big variety of options on the menu of the different teahouses - but if you consider that all food are carried up the mountain by porters, you might have more appreciation for the warm meals on offer after a full day's trek.

#### Teahouse showers & electricity

- Most teahouses in the Everest region have cold showers available and a few even have hot showers at an extra cost. From personal experience it might be more private and convenient to get a small bowl of hot water from the kitchen and take a small wash in your room.
- Electricity is usually available in the main dining areas and camera equipment or cellphones can be charged at a fee per hour.

#### Teahouse sleeping arrangements

- Most rooms are shared with two small beds that have mattress, pillows and sheets. Blankets are available but might not live up to your expectation of cleanliness - best to put your own sleeping bag and pillowcase on the bed.
- The walls are pretty thin, so noise carries

