

# Everest Base Camp Standard Route

Everything You Need To Know



## OVERVIEW

Everest Base Camp Trek is a dream destination for trekkers around the world. This 15 day trek really has got everything from lovely Sherpa villages to the classic trekking trails found nowhere else. Let's not forget the obvious, the famed Himalayas and the world's highest mountain, Mt. Everest! Your domestic flights and all meals on the trek are included.

In addition

- Witness everything from still alpine lakes and glacial plains to frothy rivers and valleys covered in pink alpine blossoms, depending on the season.
- A trek like this is the bonding experience of a lifetime and the genuine friendship formed between members of your small group will stay with you forever.
- Get your first glimpses of the mighty Himalayan range on the included flight from Ramachapp to Lukla – the famous airport in the sky.
- Hike with our local, experienced and passionate english-speaking guides as well as our team porters who will introduce you to rich Sherpa culture.
- JasonBlackMountaineering partners with local mountaineering and porter welfare programs, so you can trek easier knowing that while our porters are taking care of you, there's someone looking out for them.

## TRIP FACTS

**COUNTRY**

Nepal

**DURATION**

15 days

**GRADE**

Moderate

**MAX ALTITUDE**5545 m  
18192 ft**DAILY ACTIVITY**Approx  
6-9 hrs**SEASON**Spring  
& Autumn

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## DESTINATION

### NEPAL

Mt Everest is more than a mountain and the journey to base camp is more than just a trek. The route through the kumbu provides amazing photo opportunities – beautiful forests, glacial moraines, sherpa villages filled with culture and finally the steps to heaven leads you to the roof of the world.

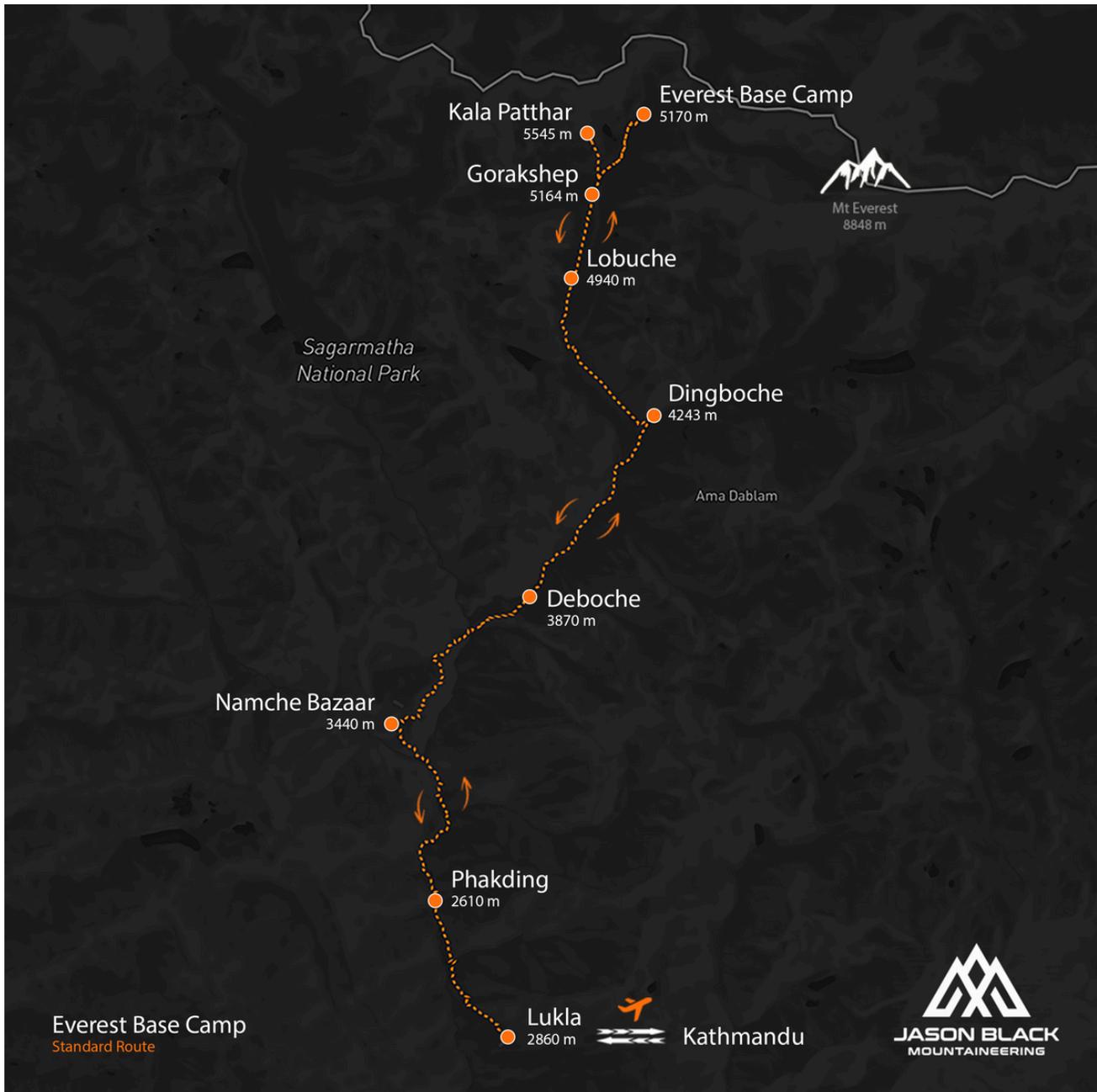
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## REQUIRED EXPERIENCE

We get a lot of first time trekkers in our groups so even if you don't have experience you will be in good company. Your fitness level should be such that your comfortable walking all day. Previous, hiking or trekking experience is always a plus.

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# ROUTE MAP - EBC STANDARD ROUTE



## ESSENTIAL TRIP INFORMATION

- This expedition starts in Kathmandu on day one.
- Due to the demands of travelling at high altitudes a passenger self assessment form is required for this trip.
- A single supplement is available if you'd prefer not to share a room on this trip.
- You must bring an emergency fund of USD 500 in cash or Visa with you on this trip, which you may need to use in case of delayed or cancelled flights, as itinerary changes will be at the travellers expense.
- We advise allowing a few extra days in Kathmandu at the end of your trip should your return flights from Lukla be delayed due to weather conditions.
- The minimum age for this trip is 15 at time of travel.
- Your health and safety is our priority. Your expedition leader may delay or stop your ascent based on your medical conditions and AMS symptoms.
- Please ensure your insurance includes coverage for activities above 3000m, mountain rescue, and helicopter evacuation costs.
- Without adequate insurance cover, helicopter evacuation requires upfront payment
- Please be aware that in the event of an emergency evacuation, we will require your insurance companies approval for the paid extraction

## COST INCLUDES

- Round trip flight from Ramechapp to Lukla and Lukla to Ramechapp
  - All transport throughout the expedition
  - Experienced expedition leader
  - Experienced mountaineering high altitude specialist
  - Jason Black mountaineering team of guides, cooks and support staff
  - All accommodation based on twin sharing in hotels in Kathmandu and in guest houses elsewhere
  - All meals and drinking water in the mountains, except in Kathmandu where accommodation is based on B&B
  - All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
  - Sagarmatha National Park permits and rubbish fees
  - Pasang Lhamu Rural Municipality entry fees
  - Government taxes and service charge
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## COST EXCLUDES

- Your personal travel insurance
  - Guide tip \$150
  - International flights
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## ADDITIONAL SERVICES

- Single hotel room supplements €30 per night
  - Extra hotel room €80 per night
  - Nepal - Helicopter transfers
    - Kathmandu - Lukla \$ 2500.00 (5 passangers)
    - Basecamp - Lukla \$ 1300.00 (5 passangers)
    - Basecamp - Kathmandu \$ 3500.00 (5 passangers)
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## TRAVEL INSURANCE (MANDATORY)

It is your responsibility to ensure that you have sufficient personal for this expedition. Your policy must provide cover for:

1. Medical injury or sickness
2. Trekking up to 5,600 metres
3. Helicopter evacuation in an emergency situation
4. Repatriation to country of residence.

We recommend <https://www.trailfinders.ie/>

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# ITINERARY

| Days   | Itinerary  |
|--------|--|
| Day 1  | Arrival in Kathmandu & Transfer to our expedition hotel (1,400m)     |
| Day 2  | Flight from Ramechaap – Lukla, and trek to Phakding (2,800m)         |
| Day 3  | Trek from Phakding to Namche Bazar (3,440m)                          |
| Day 4  | Acclimatisation in Namche Bazaar (3,440m)                            |
| Day 5  | Trek from Namche Bazaar to Dibuche (3,870m)                          |
| Day 6  | Trek from Dibuche to Dingboche (4,243m)                              |
| Day 7  | Acclimatisation in Dingboche (4,243m)                                |
| Day 8  | Trek from Dingboche to Lobuche (4,940m)                              |
| Day 9  | Trek from Lobuche to Everest Basecamp and back to Gorakshep (5,170m) |
| Day 10 | Sunrise climb to Kalapatthar 5,545m and back to Dingboche (4,360m)   |
| Day 11 | Trek from Dingboche to Namche Bazaar                                 |
| Day 12 | Trek from Namche to Lukla  |
| Day 13 | Flight from Lukla to Ramechaap and bus transfer to Kathmandu         |
| Day 14 | Extra transfer day for weather delays in lukla                       |
| Day 15 | Transfer to International Airport for final departure home.          |

## PACKING LIST

### Travel Documents

- Valid Passport
- Credit/Debit Card
- Insurance

### Base Layers

- Merino wool Underwear (2-3 pair)
- 1x Lightweight Long leg Base Layer
- 2x long sleeve base layer merino wool doesn't smell
- 2x Short Sleeve Synthetic Shirt or T-shirt for low down on the trail

### Mid Layers

- 1x Trekking shorts for low down on trail.
- 1x Soft Shell or hoodie or fleece top to be worn over other layers
- 1x Lightweight walking Pants
- 1x Heavyweight walking Pants (higherup)

### Insulation Layers

- 1x good quality heavy Insulated Down fill puff Jacket with hood (gets cold at night)

### Footwear

- Comfortable Wool or Synthetic hiking Socks (3 pairs)
- Hiking Boots/Shoes: comfortable boots or shoes for the trek to base camp.
- Crocs style footwear for wearing in lodges with good thick warm socks

### Windproof/Rain Layers

- 1x Hard Shell Jacket with hood: waterproof and breathable
- 1x Hard Shell Pants: waterproof and breathable

### Headwear

- 1x Warm Hat: synthetic or wool hat (ski hat)
- 1x Baseball Cap or other sun hat: to shade your face/neck from the sun on a hot day
- 2x Buff: to protect your neck/face from the sun and high winds

### Eyewear

- 1x Good quality Sunglasses

### Gloves

- 1x Lightweight Base Layer Gloves: for wearing on cool morning starts.
- 1x heavier ski Gloves: to wear for cold days, Cold nights or days with high winds

### Sleeping Equipment

- Sleeping Bag: rated to at least -10°C
- Pillow case to put over the pillow supplied in the tea houses.
- Earplugs (A must if a light sleeper)

### Trekking Gear

- Trekking Backpack: to carry on the trek to base camp. Simple and light 40ltrs.
- Compression Stuff Sacks: for reducing the volume of the sleeping bag, down parka, etc., in your pack/duffels
- A few strong trash/Black Bag: to line backpack.
- Trekking Poles adjustable
- Headlamp: with 2/3 extra sets of new batteries or can charge each night in tea houses

# PACKING LIST

## Other Equipment

- Water Bottles (2): wide mouth bottles with 1-liter capacity (easy buy in KMD)
- Water Treatment (optional): UV-based or tablets
- Sunscreen: SPF 50 or better
- Lip Screen (2 sticks): SPF 30 or better
- Toiletry Bag: include small towel, toilet paper and hand sanitizer
- Pee bottle: 1-liter minimum bottle for convenience at night (personally a must, to avoid cold night walk to outdoor toilet)
- Female Urination Device (FUD)
- Small Personal First-aid Kit: include athletic tape, band-aids, Ibuprofen, blister care, cough drops, etc.
- Medications and Prescriptions: bring antibiotics (Azithromycin, etc.), and altitude medicine such as Diamox and dexamethasone
- Country-appropriate plug adapters to charge phone camera etc.
- Camera: bring charger, and memory cards.

## Travel Items

- Large 120L Duffel Bags with Locks for porters to carry each day transporting your gear head
- 2 sets of Travel Clothes, for days while back in kathmandu

## Optional Electronics

- books, iPad or Kindle

## Additional Personal Items

*(Add your own personal items here)*

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# PASSPORTS, VISAS ENTRY REQUIREMENTS

## PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

## VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites.

**Nepalese Visa fee is \$ 50 for 30 Days.**

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# MEDICAL AND HEALTH INFORMATION

## GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

## AIR POLLUTION

Air quality in Nepal can be poor, especially in winter. Some towns, including Kathmandu, experience very high levels of seasonal smog and heavy particulate pollution. Seek medical advice if you're concerned about the effects of air pollution.

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# FOOD AND DIETARY REQUIRMENTS

## FOOD IN NEPAL

We know from experience that the altitude and physical exercise can mean trekker's appetites differ quite widely. The menus in the teahouses are varied, ranging from traditional Nepalese dhal bhat to pizza and apple pie. Vegetarians are well catered for in Nepal.

## ALCOHOL & CAFFEINE

Alcohol and trekking don't mix. We highly recommend that you limit your alcohol consumption in Kathmandu prior to your trip. Celebrate your achievements after your trek. Both alcohol and caffeine increase dehydration. Limit your intake of both when hiking at high altitudes.

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# ACCOMODATION

Kathmandu Hotel, Mountain Teahouse

## HOTEL

Our expedition is 3 star standard. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements are available on most trips for those who prefer their own room with an additional single supplement. Please advise us during booking.

## TEAHOUSES

Accommodation at local lodges - better known as teahouses - are simple but comfortable. Toilets and washing facilities are shared and rudimentary, and the food is plain and filling. In a teahouse, travellers are provided with small twin share rooms with twin beds, mattresses and pillows. At times, in high seasons, and in places where there are limited number of teahouses, travellers may have to make do with dormitories. In some places, teahouses don't have access to electricity, depending on solar powered lighting instead. In more remote regions, teahouses don't have running water and toilets can mean just a hole in the ground. Hot shower facilities are available in some teahouses for a price but occasionally a hot shower means a bucket of hot water, enough to wash your body. Electricity to charge devices as well as WiFi is usually for an additional fee when available.

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# WiFi / CONNECTIVITY

Most hotels and cafes have WiFi in Kathmandu, or you have the option of buying a local SIM card for a data connection. In the mountains you can pay for WiFi in most lodges and higher up there is a network which allows you to connect.

A local Nepal SIM will not get you connectivity in the mountains.

You can pay to charge devices at the lodges and I would suggest you bring a power bank, but do keep all devices warm as cold will reduce your batteries.

To charge your phone you must bring a two pin round plug adaptor.

The output is 110V.

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# TREKKING AT HIGH ALTITUDES

## OVERVIEW

Our treks include strenuous activities at altitudes over 2500m and are suitable only for those in excellent health and fitness. With over 30 years of experience, we maintain a strong safety record. Proper training and preparation is crucial.

## ALTITUDE SICKNESS (AMS)

Trekking above 2500m poses a risk of Acute Mountain Sickness (AMS), which can be life-threatening if untreated. Common symptoms include:

- Sleeplessness
- Loss of appetite
- Vivid dreams (2500-3800m)
- Shortness of breath
- Periodic breathing
- Blocked nose, dry cough, mild headache

If you experience nausea, dizziness, or other severe symptoms, inform your group leader immediately. Pre-existing conditions or medications may affect your ability to acclimatize. Consult your doctor before booking and discuss the use of Diamox for Acclimatisation.

## SAFETY MEASURES

Our trips adhere to strict altitude safety measures, and our leaders are trained in First Aid. Descent will be arranged if continuing is deemed unsafe. Be aware that some ascents may exceed recommended rates, but our safety protocols ensure acceptable risks.

## MEDICAL AND INSURANCE

Ensure your travel insurance covers high altitudes and helicopter evacuation. Carry proof of insurance for verification by your group leader.

## MOSQUITO-BORNE ILLNESSES

Malaria, dengue fever, and Japanese encephalitis are risks in Nepal. Use insect repellent and wear appropriate protection, especially in areas like Chitwan National Park and Kathmandu.

## MEDICAL FACILITIES

Medical care in Nepal is limited, with quality services available mainly in Kathmandu, requiring up-front payment. Ensure you have adequate health insurance and accessible funds for potential medical expenses, including evacuation.

For any concerns or further information, consult your medical professional prior to your trip.

## TRANSPORT

### LUKLA FLIGHTS

Flights going to and from Lukla may be operated out of Ramechhap Airport, in an effort to alleviate congestion at Kathmandu's Tribhuvan International Airport by the Civil Aviation Authority of Nepal. Lukla is the gateway port to the Everest region and flights throughout Nepal – particularly in high mountain areas – are often delayed or cancelled due to poor weather conditions. In order to maximise our chances of boarding a flight to Lukla, any departures affected will need to wake up quite early on Day 2 to drive the 130 kilometres (approximately 5-hours) from Kathmandu to Ramechhap Airport. A private vehicle transfers will be provided at no additional cost. In addition, flights back from Lukla may also land at Ramechhap Airport, therefore sufficient time is needed for land transport back to Kathmandu. Travellers have on occasion missed international connections as a result of this. Ensure you have adequate travel insurance and contact numbers for your airlines before departure.

### LUGGAGE LIMITS

Domestic flights in Nepal have strict weight limits – 15kg of check-in luggage and 5kg of carry-on hand luggage per person is included with your flight ticket. Excess baggage (up to 5kg per person only) will be charged at your own expense.

### ROAD TRAVEL

Roadworks and infrastructure projects can cause significant delays on major roads within cities and highways between destinations. Road travel can also be disrupted due to demonstrations and bandhs (strikes) without warning. Major roadworks are currently ongoing in and around Kathmandu and the roads to Chitwan National Park. Delays, heavy traffic, poor road conditions and dust are a reality of road travel in Nepal.

### MONSOON

The monsoon season is from June to September and weather conditions can disrupt travel during this time due to flooding and landslides. Disruption of air travel and airport closures are also possible. Be prepared that the itinerary may need to change at short notice.

# SAFETY

## GENERAL SAFETY

Check your government's travel advice before departure and ensure your travel insurance covers all destinations and activities. Use a neck wallet or money belt for valuables, and leave jewelry at home. Many hotels offer safety deposit boxes. Secure your luggage with a lock.

## GROUP ACTIVITIES

Your group leader will accompany you on included activities, but you'll have free time for personal pursuits. Optional activities are not part of the itinerary, so use good judgment when selecting them. The group leader can amend or cancel parts of the trip for safety reasons.

## STRIKES AND DEMONSTRATIONS

Strikes and protests are common and can lead to curfews or roadblocks. Businesses may close, and vehicles might be restricted. Avoid demonstrations and political gatherings, and follow local advice.

## PETTY THEFT AND CRIME

Pickpocketing is common, especially in tourist areas. Be cautious at night, avoid walking alone, and don't carry large sums of cash. Use hotel safes for valuables. Bars and restaurants close at midnight. Increased police presence aims to reduce crime in tourist districts. Contact police if affected by crime.

# Money Matters

## CURRENCY AND MONEY MANAGEMENT IN NEPAL

- **Official Currency:** Nepali Rupee (NPR), symbol Rs. USD is also widely accepted.
- **ATMs:** Available only in Kathmandu, Pokhara, and Bhaktapur. Carry sufficient cash when traveling outside these cities.
- **Money Exchange Facilities:** Available in Kathmandu, Namche, Pokhara, Chitwan (outside the park), and Bhaktapur. Credit cards are not widely accepted.
- **Important Note:** The import, export, and use of 500 and 1000 Indian rupee notes are banned in Nepal. These notes will be confiscated, and you may be fined.
- **Currency Conditions:** Establishments in Asia, including Nepal, typically do not accept old, torn, or faded notes. Ensure you carry new, clean notes.
- **Trekking Preparation:** Ensure you have enough Nepali currency in smaller denominations for meals and drinks. Larger notes (e.g., 1000 NPR) can be difficult to change, and there are no ATMs on treks.
- **Blocked Currency:** Nepali Rupee cannot be exchanged outside Nepal. Exchange any leftover currency before leaving.

## SPENDING MONEY AND CONTINGENCY FUNDS

- **Budgeting:** Consider your spending habits and budget for optional meals, drinks, shopping, activities, and laundry. Review the itinerary and inclusions to understand what is covered.
- **Contingency Funds:** Have access to an extra \$500 for emergencies (e.g., severe weather, natural disasters, civil unrest) or unavoidable itinerary changes (e.g., transport strikes, airport closures).

### Key Tips

- Carry sufficient cash outside main cities.
- Avoid 500 and 1000 Indian rupee notes.
- Use new, clean currency notes.
- Prepare enough small denomination NPR for treks.
- Exchange leftover NPR before leaving Nepal.
- Budget for optional expenses and have contingency funds.
- Tip appropriately for good service.

## GROUP GUIDE

All group trips are accompanied by one of our Jason black mountaineering group guide(s). The aim of the group guide is to take the hassle out of your travels and to help you have the best trip possible. Jason Black Mountaineering endeavours to provide the services of an experienced group guide however, due to the seasonality of travel, rare situations may arise where your group guide is new to a particular region or training other group guides.

Your group guide will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Jason Black Mountaineering we aim to support guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group guide can recommend a local guide service in most of the main destinations of your trip.

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## COMMUNITY GUIDELINES

At Jason Black Mountaineering, we uphold a zero-tolerance policy towards violence, harassment (physical, verbal, or sexual), and disrespect towards fellow travelers, team members, or local communities. Group leader decisions are final for the wellbeing of all participants. Any behavior that disrupts the itinerary, breaks local laws, or violates these guidelines may lead to the denial of your booking or removal from the trip. For any concerns during your travels, contact your group leader immediately or email [Jason@jasonblack.ie](mailto:Jason@jasonblack.ie).

## TRAVELLING ON A GROUP TRIP

Group trips offer unique pleasures and potential frustrations. Your group will likely be diverse in nationality and age. We ask for patience and understanding towards the varying needs and preferences of your fellow travelers. Timeliness and respect for group dynamics contribute significantly to a positive travel experience. Due to privacy reasons, we cannot provide contact details or personal information about fellow travelers before departure.

## SOLO TRAVELLERS

Our travel style is ideal for solo travellers looking to meet like-minded people. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements are available on most trips for those who prefer their own room with an additional single supplement. Please advise us during booking.

## DRESS CODE

In tourist areas of Kathmandu and Pokhara, dress codes are relaxed, but more conservative attire is expected in other parts of the country. Remove shoes before entering certain temples and holy places, and be aware that non-Hindus may not be permitted at some religious sites. Dress modestly, avoid causing offense, and consult your group leader or local representative if unsure about appropriate attire.

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## BOOKING & DEPOSITS

Our deposits are low with a percentage refund time policy to protect both parties. We are very flexible with final payment dates on a case by case basis (if required please contact us).

We want to reassure clients that any money which is paid to the company for a trip is kept in a client account and not touched until the trip is due to depart.

Cancellation of bookings must be notified to us by letter or email by the party leader as soon as possible. Your notice of cancellation will only be effective when it is received in writing by us.

Except as set out in paragraph 8 below, the following cancellation charges will be payable.

For more information about our refund terms, please visit [this link](#)

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## WHY JASON BLACK MOUNTAINEERING?

**Jason Black Mountaineering** is a boutique mountain guide service specialising in leading expeditions to climb the world's most famous peaks, notably "Mount Everest", "Amadablam" and all the worlds "Seven Summits".

As a part of our guided climbs, Jason Black Mountaineering provides the education and training for climbers who aspire to become self-sufficient, aware, and respectful of the local mountain culture, carers of the environment, and for whom safety is the number one priority in all climbing endeavours.

Our safety standard, mountain knowledge and adventure travel experience is exceptional. Our small group approach has huge advantages, including better guide to client ratio, reduced environmental impact and stronger team dynamic.

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## MORE INFORMATION

For trekking dates, and all the latest information about this expedition please visit:

[Everest Base Camp Page](#)

## FOLLOW US

