

Everest Base Camp Trek

Before you go · last checked on 9 October 2026

At a glance

Days	12 days, Kathmandu to Kathmandu
Highest point	5,545 m (Kala Patthar)
Grade	Moderate
Starts	Kathmandu
Ends	kathmandu
Best season	Autumn (late Sep – Nov) and Spring (Mar – May); October is best
Sleeping	Teahouses (family lodges)

Is this walk for you?

It suits you if:

- You can walk 5 to 7 hours, several days in a row, on uneven paths.
- You are happy in simple teahouses: twin rooms, shared bathrooms, cold mornings.
- You are willing to take the rest days that altitude needs.

Think twice if:

- You can't spare a day or two for weather or a slower pace.
- You have had altitude trouble before. Talk to me first.
- You need a hot shower and good wifi every night.

The honest downsides

- Lukla flights are often delayed by weather; in the busiest months they may leave from Ramechhap, a long drive from Kathmandu.
- October and April are busy: lodges fill up and the trail is crowded near Namche Bazaar and Gorak Shep.
- The lodges at Lobuche and Gorak Shep are basic and very cold at night.

When to walk it

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cold	Cold	Good	Best	Good	Good	Wet	Wet	Wet	Good	Best	Cold

On the two rest days we still walk a little higher in the morning, then rest. The body adjusts best that way.

Permits and papers

For the Everest Base Camp walk: Sagarmatha National Park permit and the Khumbu Pasang Lhamu Rural Municipality permit. Both are arranged through my registered partner agency.

- ☐ Passport, valid for at least six months, and a copy
- ☐ Your Nepal visa
- ☐ Passport photos for the permits
- ☐ Travel insurance that covers trekking at this altitude and helicopter rescue

For your budget

My guide fee for this walk is about \$ 35 a day, the same for 1 to 5 people.

A porter, if you hire one: about \$20 a day. Permits, transport, rooms and meals are paid separately, at cost.

What	Paid to	About	Note
Guide (me)	Rujan Neupane	\$35 a day	For up to 4 people
Porter, if you hire one	The porter	About the same as a guide's day rate	Paid to the porter; we agree it before the trek
Sagarmatha National Park permit	Government of Nepal	NPR 3,000 + 13% VAT	Per person, arranged through my registered partner agency
Khumbu Pasang Lhamu Rural Municipality permit	The local municipality	NPR 3,000	Per person, paid in the Khumbu
Flights Kathmandu–Lukla and back	The airline	The airline's fare	Paid to the airline; flights from Ramechhap in the busiest months
Rooms and meals on the trail	The families who run the teahouses	Menu prices	Paid on the way; prices rise with altitude
Thanks at the end	Your guide and porter	Your choice	No pressure, only if you want to

What to pack

MODERATE GRADE PACKING LIST

For multi-day mountain treks reaching up to about 5,500 m with gradual elevation gain.

General

- ☐ Daypack: 30L–35L capacity
- ☐ Duffel bag: 60L–70L waterproof duffel bag
- ☐ Sleeping bag: 3-Season bag rated to 0°C / -5°C
- ☐ Trekking poles: Adjustable aluminum/carbon poles
- ☐ Headlamp: 200+ lumen headlamp with extra batteries
- ☐ Hydration: 2x 1L water bottles or hydration bladder
- ☐ Water treatment: Purification tablets or portable filter

Head & Face

- ☐ Sun hat & Warm beanie: Both sun cap and fleece beanie
- ☐ Sunglasses: UV400 protective sunglasses
- ☐ Buff / Scarf: Neck gaiter for wind and dust protection
- ☐ Sunscreen & Lip balm: SPF 50+ sunscreen and SPF lip balm

Upper Body

- ☐ Base layers: 2–3x Long-sleeve thermal/merino tops
- ☐ Mid-layer: Fleece jacket or lightweight synthetic down
- ☐ Down jacket: Medium-weight down jacket
- ☐ Outer shell: Waterproof/windproof hard shell jacket

Hand & Lower Body

- ☐ Gloves: Lightweight windproof fleece gloves
- ☐ Base layer bottoms: 1x Thermal tights
- ☐ Trekking pants: 2x Quick-dry softshell trekking pants

☐ Shell pants: Lightweight waterproof overpants

Footwear

☐ Footwear: Mid-cut waterproof trekking boots (broken-in)

☐ Camp shoes: Light sandals or trail sneakers

☐ Socks: 4x Merino wool trekking socks

Backpack, Electronics & Care

☐ Gear org: Rain cover and waterproof dry bags

☐ Docs & Cash: Permits, insurance, & local cash

☐ Electronics: Phone, camera, & 10,000–20,000 mAh power bank

☐ Toiletries: Travel kit, quick-dry towel, & sanitizing wipes

☐ Medical: First-aid kit, blister plasters, & altitude consult meds

Food and places to stay

ACCOMMODATION – Moderate

- Classic Mountain Teahouses: Lodging along moderate-grade routes primarily consists of traditional family-run teahouses and local lodges.
- Room Setup: Rooms are simple and clean, typically twin-sharing with two single beds, firm mattresses, pillows, and basic blankets.
- Privacy & Comfort: Rooms are private with lockable doors; earplugs are recommended as interior walls are thin.
- Bathroom Facilities: En-suite bathrooms are occasionally available at lower elevations, transitioning to shared squat or western-style toilets higher up.
- Power & Hot Showers: Device charging and hot gas/solar showers are available along the trail, usually for a small extra fee at higher altitudes.

FOOD & DINING

- Communal Dining Hall: Meals are served in the central teahouse dining room, which is heated by a wood or yak-dung stove in the evenings.
- Local Favorites: Dal Bhat (lentil soup, rice, vegetable curry, and pickles) is the staple—it offers free refills and provides maximum energy for trekking.
- International Options: Menus feature a variety of options including fried rice, noodles, pasta, momos (dumplings), pancakes, and eggs.
- Hot Beverages: A wide selection of drinks is available daily, including black tea, ginger lemon honey tea, milk tea, coffee, and hot chocolate.
- Dietary Needs: Vegetarian and vegan options are widely available; avoiding meat at higher elevations is recommended for fresh food safety.