Everest Base Camp Trek

Safety plan · last checked on 9 October 2026

Who to call

- Rujan Neupane, licensed trekking guide: +977 984-3808583 (phone and WhatsApp)
- Email: rujanneupane@gmail.com

Emergency in Nepal	Number
Police	100
Tourist Police (English spoken)	1144
Ambulance	102
Fire	101

Fill in before you leave:

Insurance company _____

Policy number _____

Insurer 24-hour emergency number _____

Your embassy in Kathmandu _____

Family contact (name, phone) _____

The altitude plan for this route

For every night above 3,000 m: where we go down to if someone feels unwell and does not get better with rest.

Day	Night at	Altitude	If unwell, go down to
2	Namche Bazaar	3,440 m	Phakding (2,610 m, night of day 1)
3	Namche Bazaar	3,440 m	Phakding (2,610 m, night of day 1)
4	Tengboche	3,867 m	Namche Bazaar (3,440 m, night of day 3)
5	Dingboche	4,410 m	Tengboche (3,867 m, night of day 4)
6	Dingboche	4,410 m	Tengboche (3,867 m, night of day 4)
7	Lobuche	5,083 m	Dingboche (4,410 m, night of day 6)
8	Gorak Shep	5,164 m	Straight down the valley from here, without crossing a pass: I choose the way on the spot
9	Pheriche	4,371 m	Namche Bazaar (3,440 m, night of day 10)
10	Namche Bazaar	3,440 m	Lukla (2,860 m, night of day 11)

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Warning signs

Altitude sickness (AMS): headache, sickness or no appetite, unusual tiredness, dizziness, bad sleep. Stop going up; rest at the same height until it passes.

Brain swelling (HACE), an emergency: confusion, strange behaviour, stumbling or loss of balance, a severe headache that does not ease, very sleepy. Go down at once, even at night.

Fluid in the lungs (HAPE), an emergency: out of breath at rest, a cough that does not stop, a gurgling chest, much weaker than the others. Go down at once and get help.

The golden rules: walk slowly; never go higher with symptoms; if they get worse, go down. Going down is the best treatment.

Every day on the trail

- Each morning and evening I ask how you feel: your head, breathing, appetite and sleep. Please tell me the truth; a hidden headache can become a problem.
- We drink enough, eat well, and keep the pace slow.
- We decide together, every day, whether to go on, rest or go down.

Helicopter rescue, honestly

A helicopter is for real emergencies, when walking down is not possible or not safe. It is arranged through your insurer. Never let anyone push you into a helicopter you do not need, and never agree to pretend to be ill. If you are unsure, call your insurer's emergency number yourself first.

Risks on this trek

- 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.

My card (fill in by hand; it stays on paper)

Name _____

Blood group _____

Allergies _____

Medicines I take _____

Health conditions _____

Emergency contact _____

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