Gokyo to Everest Base Camp Trek

Safety plan · last checked on 3 November 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, 4 hours down
3	Namche Bazaar	3,440 m	Phakding, 2,610 m, 4 hours down
4	Dole	4,040 m	Phortse Thanga, 3,680 m, 1 1/2 hours down
5	Machhermo	4,470 m	Dole, 4,040 m, 2 hours down
6	Gokyo	4,790 m	Machhermo, 4,470 m, 2 hours down
7	Gokyo	4,790 m	Machhermo, 4,470 m, 2 hours down
8	Thagnak	4,700 m	Machhermo, 4,470 m, 3 hours down
9	Dzongla over Cho La	4,830 m	Pheriche, 4,371 m, 3 hours down by Dughla
10	Lobuche	4,940 m	Pheriche, 4,371 m, 3 hours down by Dughla
11	Gorak Shep	5,164 m	Pheriche, 4,371 m, 4 to 5 hours down by Lobuche
12	Pheriche	4,371 m	Pangboche, 3,985 m, 2 hours down
13	Namche Bazaar	3,440 m	Phakding, 2,610 m, 4 hours down

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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

- Cho La is a real pass: a long day, a short glacier near the top and a steep, loose way down to Dzongla. In cold months it is icy and you need microspikes.
- After fresh snow I may not cross it. Then we go back down the Gokyo valley and round to Base Camp, which adds two or three days.
- From Lobuche to Gorak Shep the trail is crowded in October and April, and the lodges there are full and basic.
- Lukla flights stop in cloud and wind, sometimes for days. In the busy months they often leave from Ramechhap, a 4 to 5 hour drive from Kathmandu in the night.
- Lodges at Thagnak and Dzongla are small and fill up in the busy months.
- Lodges above 4,000 m are cold, with shared toilets. Hot showers, charging and Wi-Fi cost extra.

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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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