



# Everest Base Camp Helicopter - 5 Days



## Trip Facts

Destination	Nepal
Duration	5 Days
Group Size	2-12
Trip Code	DWTH05
Grade	Easy
Activity	Everest Treks
Region	Everest Region
Max. Altitude	5,555m at Kalapatthar
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approximately 4-6 hrs walking
Accommodation	"Yeti Mountain Home" during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec
Transportation	Domestic flight (Lukla-Ktm-Lukla), Helicopter Tour (from Namche to EBC, Kalapatthar & f (Transportation)

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

One of the most popular trekking routes, the Everest Base Camp helicopter tour, is on the bucket list of everyone who loves

wandering around snowcapped mountains. Sipping a warm cup...

Discovery World Trekking will arrange a comfortable arrival and stay at a hotel in Kathmandu a day before our '5 Days Everest Base Camp Helicopter Trek'. Make sure to attend our official briefing a day before the trek. The primary motive for the meeting is to give you proper guidance and vital information about the trek. Secondly, we recheck all the equipment for your comfortable journey. We ensure that you have all the supplies needed for the trek. This pre-meeting gives a clear idea about the necessary supplies and challenges you may face during the trek. It will be a kind of motivational seminar for you to be outfitted and energized about the trek. Additionally, it is recommended to put a margin of 1 or 2 days extra. The flight from Kathmandu to Lukla or from Lukla to Kathmandu is unpredictable and might be canceled or delayed due to bad weather.

## About the Trip

One of the most popular trekking routes, the Everest Base Camp helicopter tour, is on the bucket list of everyone who loves wandering around snowcapped mountains. Sipping a warm cup of coffee in the chilly aura of the region, amidst the Himalayas, it is no wonder why it is a dream destination. Surrounded by the snow-capped mountains, including four of the world's highest peaks, this trek is a package of experience. We encounter the beauty of the mountains as we immerse in the tranquil aura of the Everest region. We also witness the enigmatic culture and tradition of the Sherpa people, and their warm hospitality is what makes the trip an unforgettable one. Bounded by loads of responsibilities, this trek package is a getaway, keeping in mind the time and effort to reach the base of Mount Everest. A short trip to Everest Base Camp, we fly to and back from the base camp with the helicopter. For them who want to enjoy the beauty of Everest base camp with minimal effort, this is simply the one. We do have a short hike till Phakding and Namche Bazaar because it impersonates the overall trek in the Everest region. Trekking this concise yet easy trail, we will also acclimatize as we experience the beauty of the mountains and the astounding landscape.

-  **Best Price Guarantee**
-  **Hassle-Free Booking**
-  **No Booking or Credit Card Fees**
-  **Team of highly experienced Experts**
-  **Your Happiness Guaranteed**

### Highlights

-  **The most exquisite yet beautiful flight to and from Lukla**
-  **A light hike to Namche Bazaar, the gateway to Everest**
-  **A scenic and thrilling flight from a helicopter to Everest Base Camp**
-  **Get acquainted with the culture and lifestyles of the Sherpa community**
-  **The gracefulness of the few of the world's highest peaks, Mt. Everest (8,848m), Mt. Lhotse (8,516m), Cho Oyu (8,201m) and Mt. Makalu (8,463m)**
-  **Contemplate the beauty of the highest glacier on Earth: Khumbu Glacier**
-  **Savour the astounding beauty of the Khumbu Icefall(5,486m)**

### What is Included?

-  **Pick up & drop off from airport to hotel and vice versa in private vehicle**
-  **Domestic Flights (Kathmandu – Lukla – Kathmandu). Tickets and airport departure taxes**
-  **Helicopter flight from Namche - Kala Patthar (Everest Base Camp) back to Lukla**
-  **Accommodations: Four nights luxury accommodation ( "Yeti Mountain Home") at Lukla, Phakding and Namche.**
-  **Meals: Four Buffet/Set Breakfast, Four Buffet/Set Dinner and Three Buffet/Set Lunch at "Yeti Mountain Home", One Lunch at "Hotel Everest View".**
-  **Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader Guide, (12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage. (2 trekkers: 1 porter "9 kg per trekker max limit")**

- ✔ Coverage of Guides and Porters, Their meals, insurance, salary, lodging, transportation, flight and other necessary equipment like duffle bags, etc.
- ✔ Water purification tablets for safe drinking water
- ✔ Sagarmatha National Park entry permit fee
- ✔ Khumbu Pashang Lhamu Rural Municipality fees.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ Arrangement of sleeping bags and down jackets if you do not have your own
- ✔ All government, Local taxes and official Expenses
- ✔ Full medical kit
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Provide pulse oximeter to monitor the blood oxygen saturation level at high altitude. It is an important indicator to recognize early signs of impending altitude sickness and other potential health risks
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

## ✖ What is Excluded?

- ⊖ International flight airfare
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.
- ⊖ Personal expenses (shopping, snacks, boil bottled water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc.
- ⊖ Personal clothing and gear
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by factors outside of management control, for example, landslide, weather condition, itinerary modifications due to safety concerns, illness, change of government policies, strikes etc.
- ⊖ All costs and expenses not listed in "Cost Includes" will be counted as excluding costs

## 🔍 Overview

A crisp and refreshing **journey to Everest Base Camp**, this package is designed for those who dare to dream. Keeping aside all the stress and burden of daily life, we head to the base of the majestic Everest. On a comfortable trip to the base camp, we witness the spectacular mountains accompanied by the beauty of the Sherpa culture and tradition. We relish the **blanket of mountains surrounding the mystifying valley**. We experience the amazement of thrilling bridges, Stupas decorated with vibrant prayer flags, and the enchanting aura of the villages in the Everest region. We get the luxury of skipping all the walking part while we take pleasure from the Himalayas on our **short trip to EBC; Everest base camp helicopter tour**.

We fly in between the clouds and above the dazzling mountains to reach **Lukla(2,850m)**. Followed by a short hike to **Phakding(2,650m)**, we relish our short and enjoyable walk amidst the Himalayas. Traversing through the famous suspension bridge of the Everest region, over the swiftly flowing white river, we reach **Namche Bazaar(3,440m)**. After an acclimatization day at Namche, we head to the Everest Base Camp from a helicopter. The flight is thrilling yet filled with an unquestionably beautiful view of the mountains and the villages. When the first rays of sunlight gently caress the snow-capped peaks the next morning, we'll be there holding a cup of coffee surrounded by those pristine and pearly white mountains. We cannot see the majestic Mount Everest from the base camp, as of which we ascent further to **Kala Patthar(5,550m)**.

We descend back to **Gorak Shep(5,185m)** where we hop in our helicopter for a flight back to Lukla. We return the next day to Kathmandu from Lukla and call it an end to one of our most memorable trips.

This **trip is fit for everyone** who wants to embrace the base of the world's highest mountain with minimal effort and fewer days. We introduce you with an offer to reach the base camp and experience a trailer of what it is like to walk in the trail. A blend of a short hike around and scenic flights, this is surely a **once-in-a-lifetime moment**.

In addition to this trek, we offer other exquisite trekking routes for our **valuable clients**. There are other thrilling trekking

routes for trekkers looking for greater challenges - [12 days Everest Base Camp Trek](#) or [10 days Everest Base Camp Trek](#), [15 Days Everest Base Camp and Gokyo Lake Trekking](#), [17 Days Everest High Three Passes Trekking](#) and many more to choose from.

## Day to Day Itinerary

### Day 1

**Flight from Kathmandu (1,400 m / 4,593 ft) to Lukla (2,850m/9,350 ft) Trek to Phakding ( 2650 m/ 8562 ft )**

#### Itinerary Facts

<b>Trek Distance</b>	6.2km/3.8 miles
<b>Flight Hours</b>	40 Minutes
<b>Highest Altitude</b>	2,850m/9,350 ft
<b>Trek Duration</b>	3 hours

We commence our journey to the base of Everest by flying to Lukla. The 40 minutes of scenic flight, followed by a short hike to Phakding is very refreshing. We hike from Chaurikharka village to Phakding where we stop for our first night in the Khumbu region. The crisp and refreshing day is beneficial in acclimatizing with the elevation. We can seize a short excursion around the village with spare time on hand. Phakding is the starting point for this trek as which it has everything from gears and lodging to pool and restaurants. Moreover, there are few famous local monasteries (Rimishung Monastery) that we will visit. A little bit of hike before heading to the base camp, it will enhance our excitement as we prepare ourselves for the high altitude.



Overnight at the Yeti Mountain Home



Included standard meals ( Buffet/ Set Breakfast at Yeti Mountain Home + Lunch at Yeti Mountain Home + Dinner in Yeti Mountain )

### Day 2

**Trek from Phakding ( 2,650 m/ 8,562 ft ) to Namche Bazaar (3,440m/11,285 ft)**

#### Itinerary Facts

<b>Trek Distance</b>	7.4 km/4.6 miles
<b>Highest Altitude</b>	3,440m/11,285 ft
<b>Trek Duration</b>	6 hours

We commence the hike as early as possible as we take it slow and steady to reach our destination, Namche Bazaar. We proceed along the northern bank of the Dudh Koshi River with a beguiling view surrounding us. The thrilling suspension bridges of the Everest region make this hike even more exciting. Ornamented beautifully with prayer flags, the bridges across the Dudh Koshi River adds to a spectacular illustration of the place. We reach Monjo village after a few hours of the walk, from where the Sagarmatha National Park begins. A challenging ascent awaits from here through the dense forest, where we slowly see the face of Mount Everest. As the view emphasizes, the enthusiasm assures us to make us forget all the steps that we've ascended. Through the woods and stone-paved way, we finally reach Namche Bazaar. Namche Bazaar is one of the most happening places in the Everest region. The lively atmosphere and the heartwarming attitude of the Sherpa people make the stay very pleasant.



Overnight at the Yeti Mountain Home



Included standard meals (Buffet/Set Breakfast at Yeti Mountain+ Lunch + Buffet/Set Dinner at Yeti Mountain)

### Day 3

**Rest day and Acclimatization at Namche Bazaar**

We stay at Namche Bazaar for another night to acclimatize with the altitude. We stroll around Namche Bazaar and immerse in the beauty of the place. We can hike to Sagarmatha National Park and including a hike to Khumjung(3,790m). We visit Hillary school and old monasteries on the way to Khumjung. We can also further hike to Khunde. Namche, without a doubt, offers a lot of hidden wonders. A must-not-miss place is the Syangboche airport(3,780m), the highest airport in the world, and hike to Everest View Hotel from where the view of Mount Everest is excellent. We conclude our day enjoying the exquisiteness of Namche Bazaar and eating the delicious and authentic

Sherpa cuisine.



Overnight at the Yeti Mountain Home



Included standard meals ( Buffet/Set Breakfast at Yeti Mountain Home + Lunch at Hotel Everest View + Buffet/Set Dinner at Yeti Mountain Home )

#### Day 4

##### **Heli Flight from Namche Bazaar to Everest Base Camp (5,364m/17,598ft)/Kala Patthar(5,555m/18,208ft) and fly back to Lukla (2,850m/9,350 ft)**

We start the day as early as possible to savor the beauty of sun-rays kissing Mount Everest. We fly from Namche Bazaar over Everest Base Camp, Khumbu Glacier, and Kalapatthar with a helicopter. Furthermore, we hike till Kala Patthar(5,555m), the highest altitude point of our trip. It may be a little challenging as we climb uphill at a higher elevation. Despite the claim, it is recommended to take the ascent. Mount Everest(8,848m) hides behind Mount Lhotse(8,516m), which is why we hike to Kalapatthar to witness the mighty Everest along with other alluring Himalayan peaks. We spend quite a few times here and sip a nice cup of tea amidst the serenity of the world's highest mountains. As we descend down to Gorak Shep, we enjoy the enticing beauty of the trail. We fly back to Lukla and halt for a night. With spare time on hand, we can stroll around the Lukla village and embrace the beauty and the luxury of the place.



Overnight at the Yeti Mountain Home



Included Standard Meal (Breakfast + Buffet/ Set Lunch at Yeti Mountain Home + Buffet/Set Dinner at Yeti Mountain Home)

#### Day 5

##### **Fly back to Kathmandu (1,400m / 4,593 ft) from Lukla (2,850m/9,350 ft) - 40 minutes.**

###### Itinerary Facts

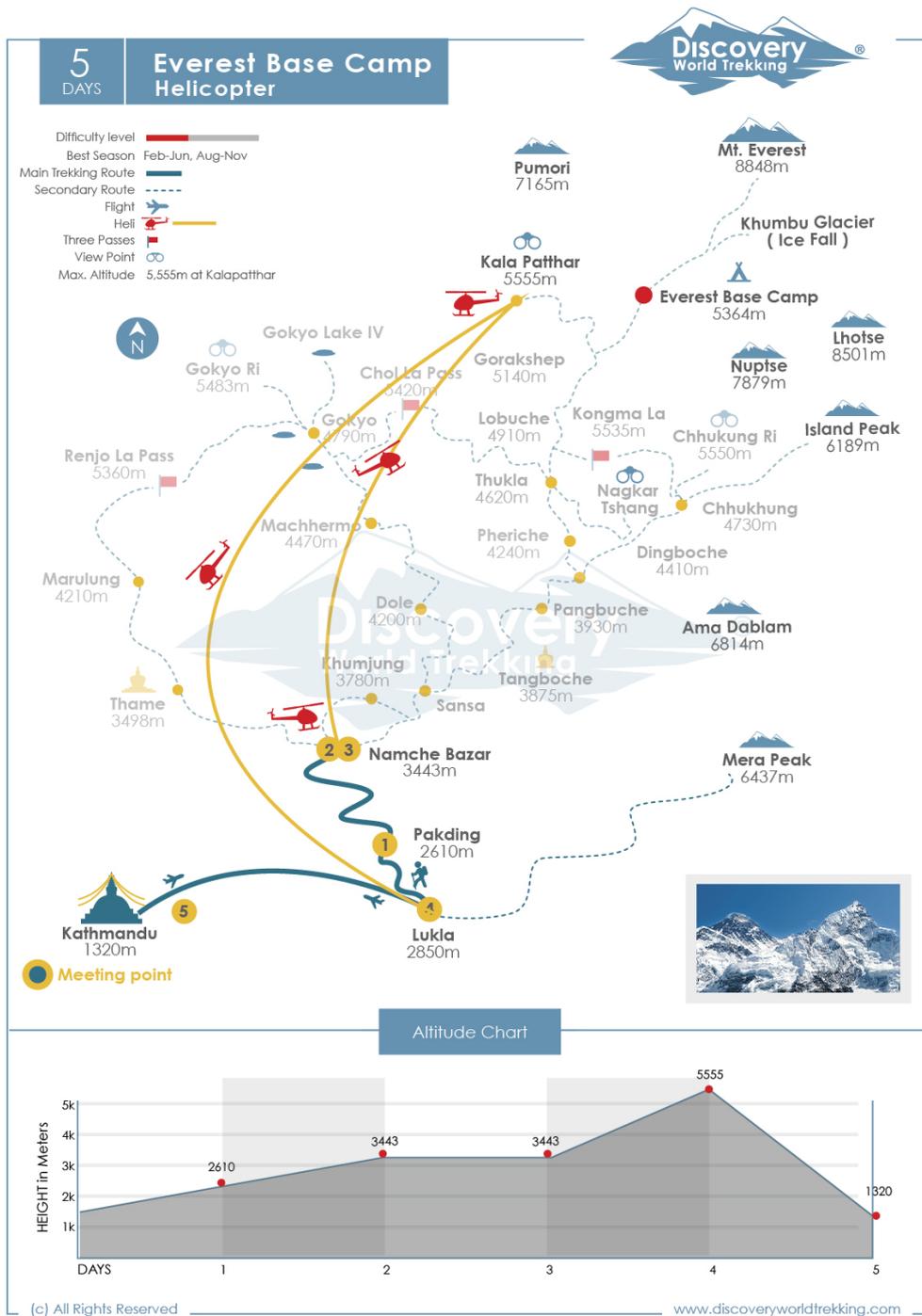
**Flight Hours** 40 Mints

We have a pleasant breakfast as we enjoy the spectacle of the Himalayas before we fly back to Kathmandu. We conclude the journey to the Everest Base Camp as we enjoy the marvelous scenarios of the snow-capped mountains on our flight. We will escort you back to your hotel after reaching Kathmandu. We can manage a tour around the city as per your request. As beautiful as the mountains, the culture around the city is a must-see before you call it an end to your vacation



Included Meal (Buffet/Set Breakfast)

Route Map



## Trips Notes

### Covid-19 updates & safety precaution for Everest Base Camp Helicopter - 5 Days

What can be better than flying over white snow-capped mountains where all you see in rock and iced peaks and nothing more? Discovery World Trekking has a very dynamic package where you'll fly over the world's tallest mountains on a single trip with the sky and nothing else over you. With no doubt of safety or any precautions as you'll be completely out of contact with most of the human contact expect you and your group which makes it a lot safer to wander in nature or in this case fly over nature's mightiest creation.

You'll be in the air for most of your trip to a Helicopter. The nearest city to you can see would be Namche Bazaar & Lukla where the population is less than 2000 at 3500 elevations, the best part is you'll be doing social distancing naturally as you'll be in the air for most of your journey, unlike the trekking or hiking. Furthermore, in the route, you won't find many people as the long trails go for **days long**. The route consists of notable places like Lukla, Namche Bazar, Lobuche, **Gorak sheep**, and so on where the combined population of Area is roughly 4 thousand. You'll be completely wandering in the solace of nature along with our crew ( Trek leaders and porters) who will help you along the way. We understand, it's been a hard time for everyone so we have made sure you'll be surrounded by motivational and inspiring aura throughout the journey,

As per covid-19 safety concerns, here are the following measures we've taken to make travel as safe as possible.

- Our guides are well trained with **Intensive wilderness First Aid**
- Trek leaders and guides have years of trekking experience who can help you if there is any kind of uneasiness and assure happiness & satisfaction is guaranteed.
- We'll have High-quality masks & Gloves with sanitizers for everyday use throughout the journey for the DWT team assisting you.
- Encouragements and motivation will be everyday perks
- Food & Accommodation in mountains will be rechecked for extra hygiene.

### The beginning of the journey towards 5 days Everest Base Camp Helicopter Tour

You will arrive in Nepal, Kathmandu at Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon arrival which is not included in the package. Then the next day, in the early morning we will take a domestic flight to Lukla, approximately 40 minutes.

Kathmandu to Lukla and Lukla to Kathmandu Flights included in package!

### Don't Worry; We'll Pick You Up!

We provide free airport pick up and drop by private vehicle. Upon arrival, you'll be warmly welcomed by our Discovery world trekking crew with a traditional offering of Khata or marigolds garland (symbolizing purity, goodwill, auspiciousness, and compassion), then directly transfer you to your hotel. To make use of this service please submit full flight details of arrival and departure in advance by mail.

### Accommodation Details During The Trek

5 days Everest Heli trek includes four nights luxury lodge "Yeti Mountain Home" at Lukla, Phakding, and Namche.

Two nights of Hotels in Kathmandu before and after the trek is required which is not included in the package.

Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

### The Meals

Meals at Yeti Mountain Home provide buffet/set breakfast, Lunch & Dinner. One lunch at Everest View Hotel during the side trip from Namche.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in the cafe are excluded from Package.

### Best Time for Everest base camp helicopter tour

The weather is one of the most important factors to look at when deciding to visit the Everest Base camp cause no one

is beyond nature. The live forecast of Everest base camp can be gained here, yet it's very hard to predict the weather. People trek 12 months of the year up to Everest base camp trek but certainly, there are ups and downs in every season, It is best suited to trek during the spring and autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fades. The magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, the temperature is also exquisite with sunlight being warm and the environment after delving of the sun is not as cold as other months.

Though during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, a cold temperature that's what enthruses many trekkers.

### **January to February**

This time is the coldest, especially from early January to early February. This when there is heavy snowfall in the mountains and can result in extremely cold temperatures. Though the daytime may be warm and admirable with clear skies, the night time would be extremely cold but it's perfectly fine to trek in these months as discovery world trekking make sure of every possible safety during the trek but if you are allergic to extreme cold, you shouldn't be trekking at these months or else people trek 12 months of the year and leave their footprints around the world's highest peaks.

**Temperature:** Temperature ranges from 15°C to -15°C.

### **March to April**

This is one of the best times of the season to hike in the Everest Base Camp. The weather is very favorable this month. Stunning views of the Himalaya ranges and glaciers will be seen. March being the beginning of the spring season, the weather starts to warm up during these months. During these months, all flora and fauna dormant throughout the winter back to life feeding and breeding in the sun-kissed temperatures. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed in their expedition at this time.

**Temperature:** Around 18 °C. At night, the average minimum temperatures drop down to around -12 °C.

### **May to June**

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June until mid-August. The season of spring and summer makes the trek much more enjoyable.

**Temperature-** Around 25°C at daylight and it drops down to around -5°C.

### **July to August**

The rainfall hits at its peak during this time, below 3500 meters. Due to heavy rainfall, Flights to Lukla may get canceled at the beginning or end of the trek but trekkers are seen in those months trekking towards Everest base camp, it's challenging but not impossible if you choose to trek in these months Discovery world trekking will take care of your safety at its fullest as it does in every month but as the way is not that favorable it's not highly recommended to trek in these months but the rainfall also provides spectacular views of the waterfall and avoid the crowds like other months.

**Temperature-** Around 27°C at daylight to 5°C

### **September to October**

This is also one of the perfect seasons for the EBC Trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the daytime and falls down to 5 degrees during the night-time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended, as it's the best time for the Everest Base Camp trek, usually from mid-September to end. The main festival of Nepal: Dashain and Tihar also attracts tourists in this season.

**Temperature-** Temperature goes up to 20 degrees in the day time and falls down to 5 degrees

### **November to December**

As winter slowly begins, snowfalls begin in the Himalayas region and it eventually gets tough to trek. Nights get colder. November is the busy season people all over the world come at these months, as it's the clearest month with sparkling days and amazing views of humongous mountains. The daytime temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature starts to get cold and begins to snow like diamonds in the sky.

**Please Note:** The weather in the Himalayas is so unpredictable and the temperature may change quickly from day tonight.

## Trip Grade: Fitness level, Medical, and Health

Two days hiking duration involves 3 hrs from Lukla to Phakding, & 5 to 6 hrs from Phakding to Namche. We explore the surrounding area during the rest day in Namche. Even normal fit trekkers are recommended to join in this trek.

## Trekking group/single

This trek is for private. We can organize any size of the group with your own paxes. But an individual who prefers group joining can not guarantee the trip. We do a solo trips too.

## Travel insurance

Travel insurance is a significant part of our booking condition for The Everest base camp trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitudes (up to 6000m) for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of an insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy.

Trekking members are kindly requested to send their detailed insurance information once they book for trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help in arranging quick and effective rescue operations, transfer for emergency medical help. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

## Passport and visa

All foreigners except Indians require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan International airport. Visa can be extended at the central immigration office [www.immigration.gov.np](http://www.immigration.gov.np) The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of the visa fee is US \$50 for 30 days, which have to be paid in cash on arrival at Tribhuvan International Airport. Citizens of China and the SAARC countries will receive a free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive the visa on arrival and so you will have to contact your local Nepalese embassy.

## Money exchange

Nepali Rupees (NPR) is the local currency.

**(1 USD = ~ Rs.100-118 NPR).**

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of traveler's cheques, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card.

If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about 4% or more depending upon the bank.

During the trek, there are no banks and money exchange services so you should exchange your money in Kathmandu only, depending on how much personal expense you require as in the Himalayan region people only accept Nepalese Currency

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

### How Much Luggage can I take during Everest Base Camp Helicopter Tour?

The weight limit for your luggage is 9 kg per trekker, Porters will be assigned to carry your luggage, two people will be assigned with one porter, and combined luggage should not exceed more than 18kg. We never overload our porters. But you should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what are essentials, you can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be completely safe.

We'll recheck everything (Luggage, equipment, etc) in our briefing before we start our journey from our Office.

### Everest Base Camp Trek Safety

Discovery World Trekking guarantees our valuable client's safety, security, and satisfaction. Safety is the utmost important concern for us. For the trek, we will be carrying all the necessary gear, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue, as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

## Equipment Checklist

### Equipment lists for Everest Base Camp Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings belongings are suggested that should be brought, although we understand that our clients have their own preference for clothing, we have listed some useful clothing during the trek. Porters will be carrying the main luggage, which should not exceed more than 18kg (one porter will carry two people's luggage, 9 kg for each). Equipment can be bought in Kathmandu at a reasonable price.

#### Head

-  Sun hat or scarf
-  Winter hat or insulating hat or a wide-brimmed hat
-  Headlight with extra batteries

#### Face

-  Sunscreen
-  Sunglasses with UV protection
-  Face/body wipes
-  Hands
-  Light weight gloves
-  Heavy weight winter gloves

#### Body

-  Hiking shirts
-  Long sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Light weight cotton pants
-  T- Shirt (bring Light weight wool)

- ☞ Polypropylene underwear
- ☞ Down jacket (available for rent in Kathmandu)
- ☞ Sweater
- ☞ Water proof jacket and pants

## Footwear

- ☞ Hiking Boots
- ☞ Thick wool socks (Take an extra pair of thick light socks)

## Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not).
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 degree bag is best in the high altitude trekking)

## Toiletries

- ☞ Medium size drying towel
- ☞ Tooth brush
- ☞ Tooth paste
- ☞ Deodorant floss
- ☞ Bio degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

## Personal accessories

- ☞ Money
- ☞ Watch
- ☞ Cell phone
- ☞ Camera

## Extra items

- ☞ First aid kit
- ☞ Extra passport photos and photocopies of passport
- ☞ Notebook and pen
- ☞ Binoculars

# FAQ's

## I have never trek before, can I make it to Everest Base Camp?

Yes, you can. No matter who you are, as long as you are reasonably fit, can walk for 5-6 hours a day and trek/hike a few uphill, Discovery World Trekking will support you to the fullest to transform your dream of standing at Everest Base Camp into reality.

## What is the best Season for trekking Everest Base Camp?

Spring (March to June) and Fall (September to November) are the best seasons to trek Everest Base Camp. Discovery World Trekking can make arrangements if you wish to avoid the crowds in these seasons, DWT can make it happen in any season you want with all the safeties and fun.

## How to avoid altitude sickness in Everest Base Camp?

-  Cut off caffeinated, alcoholic, and smoking items.
-  Drink at least 4 liters of water a day.
-  Trek slow. Don't skip the acclimatization days.
-  Better to continue with Diamox (if any symptoms show up).
-  Drink Garlic Soup.

## How long do I need to walk per day during my trek to Everest Base Camp?

The hiking will be 5-7 hours a day depending upon the landscape and destination.

## How safe is Everest Base Camp trekking?

Discovery World Trekking guarantees 3S for the clients: safety, security, and satisfaction. The team members of Discovery World Trekking will be carrying all the necessary gear, equipment, and first aid kits and they have extensive first aid training. If a trekker falls sick at a high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking has a rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides an oximeter to monitor the oxygen level at high altitude and offers regular health check-up facilities.

## How long will it take to reach Everest Base Camp?

It takes 5 to 17 days to reach Base Camp depending upon the mode of transportation and packages Discovery World Trekking offers.

## What are the mode of transportation

You can either trek on foot or by helicopter. Discovery World Trekking offers exciting and reasonable Helicopter trek to Everest Base Camp for 5 days and 10 days. Discovery World Trekking can also customize your tour as per your necessity.

## Is Lukla Airport convenient for the flight?

Lukla is at 9,500 feet 2,850m above sea level. The higher the altitude, the lower the air density. So, the planes need to land at faster speeds. The weather in this area changes constantly and the cloud cover can be extreme, leading to major turbulence, which, though not dangerous, tends to be tough for passengers to endure. However, it is actually the country's busiest airport serving as the key port of entry and exit for trekkers hoping to ascend Everest. Discovery World Trekking will try to make your flight pleasant in any circumstances.

## What if my flight to and from Lukla is cancelled or delayed?

The flights are usually regular between October and May. But due to high altitude, bad weather, and unforeseen technical issues, you may experience a delay or cancellation of the flight. On the occurrence of such events, Discovery World Trekking charts a helicopter to make sure you are on the safe schedule either for a trek or for your flight back home which would cost extra charge as an unexpected event. However, if the visibility is less than 1,500 meters, it is unable to operate helicopter facilities and Discovery World Trekking will reschedule the flight.

## What is the elevation of Everest Base Camp?

The Mount Everest Base Camp elevation is 17,600 feet (or 5,364m). You will start the trek after flying into Lukla which is 9,383 feet (or 2,845m). Most trekkers have the hike to Kala Patthar for sunrise or sunset view 18,514 feet (5,550m).

## Do I need any permits before starting the trek to Everest Base Camp?

You need Trekkers' Information Management Systems (TIMS) card and Sagarmatha National Park Entry Permit. Discovery World Trekking will help you with all those necessary paperwork and let you enjoy your holidays to the fullest.

## Do I need Travel Insurance to trek in Everest Region?

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members, which should be provided to us before you start your trekking. Discovery World Trekking will help you to get travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

## What about the Insurance of guides and porters?

Yes, Discovery World Trekking ensures the expenses for insurance of its guides, porters, and all the crews along with meals, salary, lodging, transportation, and other necessary equipment.

## Is there any age limit or criteria for trekking to Everest Base Camp?

There is not an age limit but Discovery World Trekking does not recommend children to climb high altitudes as this may have severe effects on a child's health. However, you need to be in a good physique with a positive attitude. Discovery World Trekking does not recommend this trek to those who suffer from sensitive medical conditions such as heart or lung disease.

## What is the luggage limit for porter and flight to Lukla?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you to your destination. However, the weight limit on flights to the Everest region, basically to Lukla is a total of 10 kgs and you need to pay an extra amount per kg for the excess baggage. Discovery World Trekking pays up to 5 kgs of extra baggage making your total 15 kgs.

## What is the weather condition at Everest Base Camp?

Weather on the trail to Everest Base Camp is always changing and impossible to predict. Here is a list of probable temperature and weather conditions in each month.

Month	Temperature	Weather and Nature
January	Max 4°C in the daytime to min -17°C in the nights and mornings	Blue skies, freezing weather
February	Max 4°C in the daytime to min -15°C in the nights and mornings	Mild and humid, good visibility
March	Max 7°C in the daytime to min -12°C in the nights and mornings	Days are short and the temperature starts to warm up, chances of occasional snowfalls
April	Max 10°C in the daytime to min -5°C a night	Moderate temperature with amazing landscape, rhododendron, and wildflowers
May	Max 15°C in the daytime to min 0°C a night	Days are still long, warm, and sunny
June	Max 16°C in the daytime to min -1°C a night	Rainy season
July	Max 15°C in the daytime to min 2°C in a night	Hot and humid
August	Max 16°C in the daytime to min 2°C in a night	Max 16°C in the daytime to min 2°C in a night
September	Max 15°C in the daytime to min 2°C in a night	End of monsoon, no clouds
October	Max 12°C in the daytime to min -6°C a night	Stable weather condition
November	Max 6°C in the daytime to min -12°C a night	Days are sunny and bright, cold during the night, the sleeping bag is most.
December	Max 4°C in the daytime to min -14°C a night	Foggy and cloudy weather

### **Does Everest Base Camp trekking require Immunization Certificate?**

No, you don't and that is not mandatory. But if you have any pre-existing medical conditions, let your trip planner know about this.

### **What are the arrangements for night stay during the trek?**

For the Everest Base Camp trekking, you will be staying at teahouses/lodges, generally offering twin sharing room and healthy local foods. Generally, the toilets are outside the room or the house in a squat form. Hot showers/running water are available at extra cost in most of the places.

### **Is meal easily available on the trek to Everest Base Camp?**

The meal on this trek is very convenient but not as in cities. Along with Western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tenduk, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

### **What types of liquid do I need to drink at high altitude?**

Garlic soup is a must while trekking. Discovery World Trekking recommends trekkers to drink green tea, lemon tea, hot lemon ginger tea and drink at least 4 liters of water a day. However, it is better to avoid alcohol and alcoholic beverages, caffeinated items, and hot-chocolates at high altitudes.

### **Do I need to bring medicines for trekking to Everest Base Camp?**

If you are allergic to specific medicines, it is better to consult your doctor and bring your own. Discovery World Trekking regards its clients as its family. So, Discovery World Trekking will facilitate you with medical kits and other safety concerns to avoid altitude sickness and other probable sicknesses.

### **Is there pick service by the Company?**

You will see personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets on her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

### **I am a vegetarian. Am I supposed to get enough meal on my trek?**

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages to avoid dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegan and vegetarians.

### **Is there a cancellation or refund policy?**

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's individual tour packages for more information.

### **What is the booking and payment method for Everest Base Camp trek?**

You need to pay 10% in advance and the rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged an extra amount as a service fee by the bank. So, Discovery World Trekking recommends you to pay in cash to enjoy the benefit of a discount. Any currency is accepted.

### **Do I need to tip my porter and guide?**

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and carrying your necessities and being mindful of your safety, they want to see you happily succeeded more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guide in Nepal as a gesture of thankfulness.

### **How is the drinking water in the trails to Everest Base Camp?**

Bottled water is easily available at a low cost. But you can not use plastic bottles in the Everest region. So, they do not sell plastic bottled mineral water. You need to drink mineral water or boiled filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu or Pokhara. Discovery World Trekking also provides water purifier pills.

### **What is the level of trekking to Everest Base Camp?**

The level is more difficult than other trekking programs. However, Discovery World Trekking tries its best to make the journey as easy, adventurous, and joyful as possible.

### **Can I buy the gear in Nepal and sell it afterwards?**

Discovery World Trekking will introduce dozens of shops selling knock-off gear in Kathmandu. You can also barter those gears at the knock-off places but be sure you keep the receipt safely. Moreover, you can rent the needed gears if you do not want to buy them.



## Discovery World Trekking

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