



# Island Peak Climbing With Everest Base Camp Trek – 18 Days

## Trip Fact:

**Designation:** Nepal

**Region:** Khumbu Region

**Duration:** 19 Days

**Maximum Altitude:** 6,189m (Island Peak)

## Outline Itinerary:

**Day 1:** Arrival in Kathmandu (1,400m)

**Day 2:** Fly to Lukla (2,846m) and trek to Phakding (2,610m)

**Day 3:** Trek from Phakding to Namche Bazaar (3,440 m/11,290 ft)

**Day 4:** Acclimatization in Namche Bazaar. Hike to Syangboche Airstrip (3,748 m/12,297 ft) and Everest View Hotel (3,962 m/13,000 ft)

**Day 5:** Trek from Namche Bazaar to Tengboche Monastery (3,860 m/12,660 ft)

**Day 6:** Trek from Tengboche to Dingboche (4,410 m/14,470 ft)

**Day 7:** Acclimatization in Dingboche. Hike to Nagarjuna hill (5,100 m/16,732 ft)

**Day 8:** Trek from Dingboche to Lobuche (4,940 m/16,210 ft)

**Day 9:** Trek from Lobuche to Everest Base Camp (5,364 m/17,598 ft) via Gorakshep (5,164 m/16,942 ft) and back to Gorakshep for a Night's stay

**Day 10:** Hike To Kala Patthar (5,644 m/18,519 ft) early in the morning and trek down to Dingboche (4,410 m/14,470 ft)

**Day 11:** Trek to Chukkung (4,750 m/15,580 ft)

**Day 12:** Trek to Island Peak Base Camp (5,200 m/17,060 ft)

**Day 13:** Climb Island Peak (6,189 m/20,305 ft) and returns to Chukkung

**Day 14:** Buffer day

**Day 15:** Trek back to Tengboche (3,860m/12,660ft)

**Day 16:** Trek to Monjo (2,835 m/9,301 ft)

**Day 17:** Trek to Lukla (2,846 m/9,337 ft)

**Day 18:** Morning flight back to Kathmandu from Lukla airport and farewell dinner in the evening

**Day 19:** Final departure



## Cost Include:

- ✔ All ground travel, including getting to and from the airport, is done in a private car.
- ✔ Round trip flight from Kathmandu to Lukla, including taxes.
- ✔ Two night accommodations at a hotel in Kathmandu including breakfast as per the itinerary.
- ✔ During the trek, you will be provided with three meals a day: breakfast, lunch, and dinner with one cup of tea each meal
- ✔ The best available lodge with twin sharing room during the trek.
- ✔ A highly experienced, helpful, knowledgeable, friendly, English-speaking guide with all of his salary, food, drinks, lodging, transportation, and insurance covered.
- ✔ All climbing gear.
- ✔ Taxes and official costs paid to the government.
- ✔ Certificate of completion of the trip
- ✔ All papers that need to be done, Fees for entering permits you need to go while hiking.
- ✔ Duffle bag for trekking.
- ✔ First aid kit- Oxymeter to check your pulse, oxygen saturation, and heart rate twice a day (very helpful to check for signs of Altitude Mountain Sickness, or AMS). This will make sure that your trek is in the safest hands possible, no matter how experienced you are.

## Cost Exclude:

- ✘ Food that you will eat in Kathmandu for lunch and dinner
- ✘ The cost of a visa to enter Nepal is \$30 USD for a 15-day stay, 30 Days - \$50, 90 Days - \$125
- ✘ Your insurance for travel and medical care.
- ✘ International Airfare.
- ✘ Your Personal Expenses.
- ✘ All of the alcoholic and non-alcoholic cold and hot drinks you buy on trek (along the way and in the Tea Houses at night).
- ✘ All of the sweet desserts, like chocolate, cake, pie, and pudding.
- ✘ The tea houses have hot showers and places to charge your phone which will cost you about 2\$ to 5\$
- ✘ Tip to the guide, the porter, and the driver. (Tipping is expected)
- ✘ One porter for two people: US \$320



## **Trip Highlight:**

- ✔ A well-guided and safe trek to Mt. Everest lap, Everest base camp
- ✔ An adventurous journey in the Khumbu region within the Sagarmatha National Park
- ✔ Explore the eastern Himalayas of Nepal, home to many eight-thousander mountains, the legendary Sherpa community, and beautiful river valleys
- ✔ Come across stunning waterfalls and streams, and cross Dudh Koshi river numerous times via hanging bridges
- ✔ Sped nights in picturesque mountain villages and get to see the lifestyle of the natives
- ✔ Walk through lush rhododendron and magnolia forests before ascending above the tree line and walking via glaciers and moraines
- ✔ Hike to Kala Patthar, enjoying the gorgeous sunrise and mountain views
- ✔ The trail offers constant views of snow-capped mountains, lush hills, and diverse landscapes
- ✔ Take a thrilling helicopter flight out of the Khumbu region, overlooking the jaw-dropping aerial landscapes of the Himalayas

## **List of Equipment**

### **Packing list for Island Peak Climbing with EBC Trek**

#### **Head and Hand**

1. Balaclava
2. Neck Gaiter/High Neck
3. Sun Cap
4. Wool/Fleece Hat
5. Lightweight Synthetic Liner Glove
6. Wind Stopper Fleece Gloves
7. Heavy Gloves (Mitten)

#### **Upper Body**

1. Lightweight Top/Thermo Coat
2. Short-Sleeved Shirts/T-shirts
3. Midweight Top
4. Down Insulated Jacket
5. Synthetic or Fleece Jacket
6. Gore-Tex Jacket

#### **Lower Body**

1. Lightweight Long Underpants
2. Midweight Long Underpants
3. Trekking Pants
4. Gore-Tex Pants
5. Synthetic Insulated Pants



6. Underwear
7. Summit Socks
8. Trekking and Climbing Socks

### **Trekking Devices/Climbing Gears**

1. Harness
2. Carabiners (Both Lock & Unlock)
3. Ascenders/Jumar
4. Climbing Helmet
5. Headlamp with Spare Batteries (Petzl/BD)
6. Ice Axe Semi-technical
7. Crampons
8. 1 Sleeping Bag: -30 +C to -40 +C
9. Thermarest Cell Foam Mattress
10. Belay Device (ATC Guide/Figure of 8)
11. Assistant Rope
12. Tape Sling
13. Ice Screw
14. Summit Boot/G2SM
15. Snow Goggle UV Protection
16. Sun/Glacier Glasses UV Protection
17. Extendable Trekking Poles (BD Alpine Flz)

### **First Aid Kit**

1. Water Purification Tablets
2. Sunscreen (-50 Spf)
3. Lips Guard (-20/-50 Spf)
4. Zip-Lock Bags
5. Baby Wipes or Wet Towels
6. Handy Plaster
7. Crack Bandage
8. Tincture
9. Lodine
10. Aspirin
11. Sinex
12. Strepsils
13. Antibiotic
14. Paracetamol
15. Anti-Diarrhea Capsule/Eldoper
16. Brufen/Ibuprofens
17. Diamox
18. Eye Drops
19. Toiletries
20. Toothpaste
21. Toothbrush Hand Sanitizers & Hand wash
22. Wet Tissues
23. Laundry Soap



24. Garbage Bag
25. Bath Soap
26. Shampoo
27. Moisturizers

### **Miscellaneous**

1. Rucksacks (45 - 55 Ltr.)
2. 1 Duffel Bag
3. Water Bottles
4. Thermos/Flask
5. Swiss Knife
6. Pee Bottle
7. Pack Towel
8. Umbrella/RainCoat
9. Spare batteries
10. Waterproof Stuff Sacks
11. Sandals
12. Lightweight Hiking/Trekking Boots
13. Camp Booties
14. Satellite Phone (if possible)
15. Solar chargeable power bank (optional)
16. Book/Board Game
17. Journal/Pen
18. Bars and Snacks

### **Travel Document**

1. Valid Visa
2. Valid Passport
3. 4 PP Size Photo
4. Family/Company Contact Number & Address
5. Insurance Paper (Medical & Rescue) & Contact Address
6. Credit Card



If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on **Instagram** ([@adventuremastertrek](https://www.instagram.com/adventuremastertrek)) or get in touch via **WhatsApp** ([+9779851033195](https://wa.me/9779851033195)). A member of our team will get back to you as quickly as possible and be happy to assist you further.

Kindest regards and namaste!

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