

Mount Everest Expedition

Quick Facts

Duration:	60
Max Altitude:	8848.86
Best Season:	April and May
Group Size:	2 to 15
Accommodation:	Tea House and Tent
Route:	Kathmandu to Kathmandu
Difficulty:	Challenging

Trip Overview

Mount Everest expeditions are a famous climbing adventure, which is known for its highest point on the earth at an altitude of 8,848.86 meters (29,031.7 feet) above sea level. The Everest expeditions in Nepal are high-altitude climbing journeys, and people from all over the world come to do them. If you are an explorer, adventurer, hiker, trekker, or nomad, this beautiful peak is for you.

Mt. Everest is located in the Khumbu region of Nepal, which is the centre of attraction for people from all over the world. People climb and summit this peak with the help of proper training, guidance, and the support of the expert sherpa guides. The Everest peak is located on both sides of the border between Tibet and Nepal.

However, the Southeast ridge is higher with larger parts inside Nepal, due to which it's located inside Nepal. If you are climbing this peak from the Nepal side, then your climbing journey starts from the [Everest Base Camp](#), which is also known as the south EBC, at an altitude of 5,364 m on the Khumbu glacier.

The whole journey takes 3 months, with time periods from arrival to departure, training, preparations, acclimatization, and many more. You will climb from the base camp to Camp I, again descend, then Camp II, then again climb and descend to Camp III, and iterate until Camp IV. After the Camp IV, you will do the final summit to the world's highest point and make your dream come true.

Mount Everest at a glance

Fact

Details

Official Name

Mount Everest (*Sagarmatha* in Nepali, *Chomolungma* in Tibetan)



Fact	Details
Height (2020 Survey)	8,848.86 m (29,031.7 ft) jointly measured by Nepal & China
Location	Mahalangur Himal, Himalayas (Nepal-Tibet border)
First Summit	29 May 1953 Edmund Hillary & Tenzing Norgay
First Solo Summit	1980 Reinhold Messner (without oxygen)
First Woman to Summit	1975 Junko Tabei
Fastest Ascent (Nepal Side)	10h 56m Lhakpa Gelu Sherpa (2003)
Oldest Summiteer	Yuichiro Miura age 80 (2013)
Youngest Summiteer	Jordan Romero age 13 (2010)
Most Summits	Kami Rita Sherpa 29 summits (as of 2024)
Oxygen at Summit	33% of sea-level oxygen
Avg. Summit Temp	-36°C in May; down to -60°C in winter
Wind Speeds	50-100 km/h; winter jet stream exceeds 285 km/h
Total Deaths	330+ recorded; 200 bodies remain on the mountain
Climbing Seasons	Spring (Apr-May) & Autumn (Sept-Oct)
Permits/Year (Nepal)	400-500 climbers

Why Shall you do the Mount Everest Expeditions?

There are numerous reasons why Mount Everest Expeditions shall be your choice over the other peaks because climbing Mount Everest and standing at the world's roof itself is a symbol of achievement, adrenaline, and dopamine. If you summit the peak, it proves your mental and physical tolerance, it proves your discipline, hard work, and patience.

When you are climbing and summiting, it will help you build extreme mental strength. Also, you will be a part of mountaineering history, and people will remember your name forever and ever. You will have the deep connections of the Sherpa culture, nature, Himalayan wilderness, and humility. It also helps you to build massive personal and professional credibility.

After conquering the peak, you are no longer a normal human being, but you are the person who has just completed the toughest part of the world with his/her mental and physical health. It's also a dream come true moment. As a nomadic traveller, everyone wants to climb the mountains because it's peaceful, and of course, the mountain does not wait for everyone, but when you come to it, it welcomes you with a beautiful smile.

Not ready for Everest yet? The [Manaslu Expedition 2026](#) is widely regarded as the best preparation climb same Himalayan experience, less crowd, lower cost.

Why should you do the Everest Expeditions with the Summit 8000?



Climbing a mountain is not just only a dream but it's a once in a life moment achievement. And in this achievement summit, 8000 can be your perfect partner to make your dream come true in Nepal. As we are built by the Himalayas, we not only sell, but we also understand the mountains.

We have a deep understanding of the local terrain, weather behaviour, altitude adaptation, and mountain cultures. Our founder, [Mr. Pasang Sherpa](#), is an elite sherpa guide with the IFMGA-trained certificates. He has done multiple Everest summits, due to which he can exactly guide you through everything. We have the safety-first philosophy, and we believe a successful climb is not only about reaching the top of Everest, but it's also about reaching back to the base camp safely.

Due to this, we take conservative weather decisions, we have strong acclimatization schedules, we have proper backup days and rotation plans, we have medical awareness at high altitude, and we have clean turnaround policies in the death zone.

We have designed itineraries especially made for you and your safety. We have strong logistics and high-quality equipment. We provide ethical, sustainable, and responsible climbing. We have the years of experience and proven track record to safely conquer the world's top without any fatality.

How to prepare for climbing Mount Everest?

Preparing for climbing Mount Everest is not only a one-day thought, but it is years of planning, physically, mentally, emotionally, and financially. The climbing of the peak is 70% mentally and 30 % physically.

Mentally

You will need to make up for the fact that you will be away from your comfort zone for the month's duration. You will need to have the long waiting periods due to the weather, snowfall, avalanches, and other natural disasters.

You will need to face the extreme cold, fear, and exhaustion. You will need to be ready to face the biggest mental breakdown, which is that you will be close to the summit but still need to turn back in case of any fatality. You will need to train yourself to do long endurance activities and learn to stay calm in case of any stress.

Prepare Physically

Not only mentally, but you will need to prepare yourself physically as well. You don't need to be a bodybuilder or gym freak, but you will need to have endurance and efficiency. You will need to have a good practice of hiking for 8 to 10 hours a day with a 20 to 25kg backpack. You will need to practice running and cycling for hours without getting tired.

Also, with this, you will need to do some cardio exercises like hiking, stair climbing, leg, core, back, and shoulder, and you will also need to practice lifting loads with uneven distractions. If you are a beginner and planning to climb Mount Everest, then it's a big no for you.

You cannot do that, first you will need to do some trekking or hiking. After that, you will need to climb the smaller peaks above 6000 meters, like the [Island Peak](#), [Lobuche Peak](#), [Ama Dablam Peak](#), and similar.



Technical Mountaineering Skills

After preparing yourself mentally and physically, it's important for you to prepare for the climbing technically as well. The Everest is not a learning ground, so everything you need to learn before climbing it, and you shall have the experience to use it.

You will need to know how to use the crampons efficiently, you need to know how to do the ice arrest, you will need to know how to use the fixed ropes, you will need to know how to use the ladder in the glaciers, you shall have the knowledge how to do the glacier travel, and crevasse rescue basics, you will need to climb the peaks top without oxygen of course it shall be lower than the 7000 meters. If you have these skills, then it's suggested to go for the Everest summit.

Medical Preparations

You will also need to have medical preparations where you shall do the full medical screening, cardiac arrest test, and you will need to have the lung capacity and oxygen saturation tests. You will need to check for previous altitude illness. Be honest with your body because you can lie to everyone but not yourself. And your one mistake might become the last mistake at such places, so never hide your symptoms or health issues.

Gear Preparation (No Compromise Area)

Another place where you shall be properly ready is for your gear and equipment. You shall not compromise with any kind of equipment. You should ask your expedition company to provide the exact packing list for the climbing, base camp, and treks.

The basics are 8000 m down suit, double or triple high-altitude boots, oxygen mask and regulator, you should buy the layering system with the base, mid, and shell. You should have the gloves and mittens. You should have the headlamps with backups, and everything shall be in working condition.

Financial & Time Readiness

Everest is among the 8000-meter peaks, which is very expensive to climb. You shall prepare yourself financially as well. You should have a budget of 45000 USD to 1, 00, 000 USD with you to complete the expeditions, which includes the guide costs, gears and equipment, permits, transportation, food, accommodations, and everything.

Please keep in mind that the mountain welcomes the people who respect it, and when you are choosing expeditions, you shall not look for the cheap options, but you shall think of what provides you value for money.

Everest Altitude Profile (South Col Route)

South Col route camp by camp



The standard Nepal-side route used by Summit 8000 expeditions. Each camp requires multiple rotation climbs for proper acclimatization.

Camp	Location & Description	Elevation (m)	Elevation (ft)
EBC	Everest Base Camp Main operations hub · Puja ceremony · Icefall preparation	5,364 m	17,598 ft
C I	Camp I Western Cwm entry · Above Khumbu Icefall · Crevasse crossings	6,065 m	19,865 ft
C II	Camp II Advanced Base Camp · Acclimatization & rest hub	6,400 m	20,997 ft
C III	Camp III Lhotse Face · Fixed ropes · 45-55° ice slope	7,200 m	23,622 ft
C IV	Camp IV South Col (Death Zone) · Final summit staging point	7,950 m	26,083 ft
Summit	Hillary Step & summit ridge · Final push from Camp IV	8,848 m	29,032 ft

Why rotation climbs matter?

Climbers ascend to Camp II or III and descend back to EBC multiple times before the summit push. This "climb high, sleep low" strategy forces the body to produce more red blood cells and improves oxygen-carrying capacity the difference between summiting and turning back.

South Col vs North Ridge Comparison

Factor	South Col (Nepal)	North Ridge (Tibet)
Base Camp Altitude	5,364 m	5,150 m
Permit Cost (2025)	\$11,000 USD (Nepal Govt)	\$9,000 USD (China/Tibet)
Expedition Duration	60-90 days	60-75 days
Technical Difficulty	Moderate (less technical, more objective risk)	More technical & exposed
Key Obstacle	Khumbu Icefall (objective hazard)	Second Step (technical crux)
Fixed Ropes	From Base Camp to summit (well established)	From Advanced Camp upward
Supplemental Oxygen	Strongly advised from Camp III	Strongly advised from higher camps
Support System	Excellent Sherpa support & logistics	Limited support compared to Nepal
% of Total Summits	60% of all ascents	40% of all ascents
Best For	First-time 8000m climbers	Experienced climbers seeking challenge

What does an Everest expedition actually cost?



Climbing Mount Everest is not just a physical challenge; it's also a significant financial investment. The total cost of an Everest expedition typically ranges from \$46,800,000 to \$90,000+ per climber, depending on the level of service, logistics, and operator reputation. Budget expeditions may cover only the essentials, while premium packages include experienced Sherpa guides, higher oxygen support, better food, safety systems, and personalized logistics. The biggest fixed expense is the climbing permit issued by the Nepal government, which alone costs around \$11,000 per person. Beyond that, climbers must account for expedition logistics, including guides and Sherpa support, oxygen cylinders and masks, base camp services, food, accommodation, domestic flights (from Kathmandu to Lukla), and insurance. Additional costs may include gear purchases, training climbs, staff tips, and emergency evacuation coverage.

It's essential to recognize that cheaper expeditions often come with compromises in safety, support, and success rates, while higher-end operators invest heavily in logistics, experienced teams, and risk management. For most climbers, choosing a reliable, well-supported expedition significantly increases the chances of a safe and successful summit.

Here is a realistic breakdown of where the money goes with no hidden surprises.

Cost Component	Budget Range	Standard Range	Luxury Range
NMA Climbing Permit (Nepal)	\$11,000	\$11,000	\$11,000
Expedition Operator Fee	\$10,000-15,000	\$25,000-40,000	\$60,000-90,000
Sherpa Support (High-Altitude)	Shared	1:1 ratio included	1:1 + dedicated team
Oxygen Cylinders & Mask	\$2,000-3,000	Included	Included (premium)
Personal Climbing Gear	\$5,000-8,000	\$5,000-8,000	\$8,000-12,000
Travel Insurance (Mandatory)	\$1,500-2,500	\$1,500-2,500	\$2,500-5,000
International Flights	\$1,000-2,500	\$1,000-2,500	\$5,000-15,000
Pre-Expedition Training Peaks	\$3,000-6,000	\$5,000-10,000	\$10,000-20,000
Estimated Total	\$35,000-45,000	\$50,000-75,000	\$100,000-150,000+

Warning : never choose on price alone

Budget operators sometimes cut corners on safety equipment, Sherpa ratios, oxygen reserves, and evacuation planning. At 8,000+ metres, these cuts can be fatal. Summit 8000 operates on a safety-first philosophy with full backup oxygen, conservative turnaround policies, and IFMGA-certified lead guides on every expedition.

Understanding the Real Risks on Mount Everest

Transparency saves lives. Every aspiring Everest climber must understand these risks before committing to an expedition. Proper preparation and awareness can make the difference between a safe summit and life-threatening situations.

Risk / Condition	Risk Level	Onset Zone	Prevention & Response
Acute Mountain Sickness (AMS)	Medium	Above 3,000 m	Slow ascent, stay hydrated, descend if symptoms worsen



Risk / Condition	Risk Level	Onset Zone	Prevention & Response
High Altitude Cerebral Edema (HACE)	Critical	Above 5,500 m	Immediate descent, Dexamethasone, Gamow bag
High Altitude Pulmonary Edema (HAPE)	Critical	Above 3,500 m	Immediate descent, oxygen therapy, Nifedipine
Frostbite	High	Above Camp III	Proper layering, heated boots, avoid field rewarming
Snow Blindness	Medium	All zones	Wear CE-rated glacier glasses or goggles at all times
Exhaustion / Hypothermia	High	Death Zone 8,000 m+	Follow strict 2 PM turnaround rule, ensure rest & nutrition
Serac / Icefall Collapse	High (objective)	Khumbu Icefall	Cross icefall early morning (01:00–04:00); avoid lingering
Avalanche	Medium	All zones	Use avalanche transceiver, monitor routes, follow weather windows

Mount Everest Climbing History

Year	Event / Achievement	Details
1978	First solo summit Reinhold Messner	Messner climbed alone via the North Face in monsoon season — the most audacious solo act in climbing history.
1996	Deadliest season in history 15 deaths	A catastrophic storm on 10–11 May 1996 claimed 8 lives in a single day. Documented in Jon Krakauer's <i>Into Thin Air</i> .
2003	50th anniversary fastest ascent record set	Lhakpa Gelu Sherpa set the speed record from EBC to summit in just 10 hours 56 minutes.
2015	Nepal earthquake closes mountain 22 deaths at EBC	The April 2015 earthquake triggered a massive avalanche that swept through Base Camp, the deadliest single disaster on Everest.
2020	New official height 8,848.86 m	Nepal and China jointly resurveyed the mountain using GPS and gravimetric data, adding 86 cm to the previously accepted height.
2024	Kami Rita Sherpa 29th summit (world record)	Kami Rita Sherpa extended his own world record for the most summits of Everest by any individual.

"It is not the mountain we conquer, but ourselves." By Sir Edmund Hillary, first summiteer of Mount Everest, 1953

What are the real risks on the Mount Everest?

Climbing Mount Everest is not just a test of physical endurance it's a serious encounter with some of the harshest conditions on Earth. The risks are both environmental and physiological, and they can escalate quickly with altitude.



Climbers face acute mountain sickness (AMS), which can progress to life-threatening conditions like high-altitude cerebral edema (HACE) and high-altitude pulmonary edema (HAPE) if not treated promptly. Extreme cold and wind increase the likelihood of frostbite, hypothermia, and exhaustion, while intense sunlight and reflective snow can cause snow blindness.

On the objective hazards side, the mountain is prone to avalanches, icefall collapses, and serac breaks, particularly in sections like the Khumbu Icefall. Even experienced climbers must respect strict turnaround times, acclimatization schedules, and safety protocols, because transparency, preparation, and cautious decision-making are the difference between life and death at 8,000 meters.

Risk / Condition	Level	Onset Zone	Prevention & Response
Acute Mountain Sickness (AMS)	Medium	Above 3,000 m	Slow ascent, stay hydrated, descend if symptoms worsen
High Altitude Cerebral Edema (HACE)	Critical	Above 5,500 m	Immediate descent, Dexamethasone, Gamow bag
High Altitude Pulmonary Edema (HAPE)	Critical	Above 3,500 m	Immediate descent, oxygen therapy, Nifedipine
Frostbite	High	Above Camp III	Proper layering, heated boots, avoid rewarming in the field
Snow Blindness	Medium	All zones	Wear CE-rated glacier glasses or goggles at all times
Exhaustion / Hypothermia	High	Death Zone 8,000 m+	Follow strict 2 PM turnaround rule, ensure rest and nutrition
Serac / Icefall Collapse	High (objective)	Khumbu Icefall	Cross icefall early morning (01:00-04:00); avoid lingering
Avalanche	Medium	All zones	Use avalanche transceiver, monitor routes, follow weather windows

Mount Everest Expedition 2027 Spring - Bookings Open

Bookings for the **Mount Everest Expedition Spring 2027** are now officially open with limited slots available for serious climbers. The spring season (April-May) offers the most stable weather window, making it the ideal time to attempt the summit of the world’s highest mountain at 8,848.86 meters.

Our 2027 expedition is designed for climbers who are fully committed to high-altitude mountaineering and ready to take on the ultimate challenge. With a carefully planned 60 day itinerary, expert Sherpa support, fixed rope logistics, and a safety-first climbing strategy, this expedition maximizes your chances of a successful and safe summit.

Due to increasing demand and limited permits issued by the Nepal government each year, early booking is highly recommended. Securing your spot in advance allows sufficient time for training, gear preparation, and proper acclimatization planning. Whether you are aiming to complete your first 8000m peak or fulfill a lifelong dream, the



Everest Expedition 2027 is your opportunity to stand on top of the world.

[Reserve your place](#) now and begin your journey toward the ultimate mountaineering achievement.

Detailed Itinerary

Day 1: Arrival in Kathmandu, airport transfer, hotel check-in.

Welcome to Kathmandu. Our team member from Summit 8000 will be waiting for you at the arrival gate with your name. After the meeting, you will have a small meet and greet ceremony where our team member will put a mala and tika on you and drive you to Thamel. In the evening you can explore the Thamel hustling and bustling streets.

Day 2: Expedition briefing, document verification, and gear inspection.

From the 2nd to the 4th, you will meet your guide. Your guide will give you instructions on how to buy the gear and equipment for you. You can buy or rent the items. You will need to select high-quality materials for your safety. You will need to re-check the missing equipment and do proper inspections. You shall try everything and check whether it works. Once everything is done, you will have your permits ready for the climb. After that, if you still have time left, you may do some sightseeing in Kathmandu Valley. Also, your guide will brief you on everything about the expeditions.

Day 3: Fly to Lukla trek to Phakding.

Early in the morning, you will have your breakfast, and then our company vehicle will come to pick you up from your hotel and drop you off at the airport. After that, you will fly to Lukla. The flight is around 35 minutes above the valleys and mountains. Upon reaching Lukla, you will trek to Phakding via the lush green forests of pines and Rhododendron.

Day 4: Trek to Namche Bazaar

You will have an early morning hike to Namche Bazar, the market hub in the Khumbu region. You will walk via the beautiful suspension bridges like the Tenzing Hillary suspension bridge, which is named after the first mount Everest climber Tenzing Hillary. You will walk through the beautiful valleys and reach Namche.

Day 5: Acclimatization day at Namche with a short hike.

Today will be the acclimatization day for you at Namche Bazar. You will hike to the Everest View hotel from where you can witness the breathtaking views of Mount Everest (8848 m, which will be summing its peak. Along with that, you will see the surrounding peaks like the Lhotse (8,516), Nuptse (7,861), Ama Dablam (6,812), and many more. You may visit the Sherpa museum, where you can learn about their history, their cultures, their traditions, and their bravery.



Day 6: Trek to Tengboche

You will trek to Tengboche on the 8th day. You will be trekking through the red and white Rhododendron forests along the Dudh Koshi River, following the streams. You will cross the suspension bridges and reach your destinations. Upon reaching, you can visit the Tengboche monastery, which is a famous monastery inside the Everest region, as it is the largest in the region

Day 7: Trek to Dingboche

You will have an early morning walk from Tengboche to Dingboche. You will have your breakfast in the tea house. On the way, you will cross some wooden bridges and descend at first through the green forests. After that, you will ascend from the Deboche villages, from where you can witness the first glimpse of the alpine shrubs.

Day 8: Acclimatization hike at Dingboche

As you are closer to the EBC, it's important for you to acclimate yourself so that you don't feel any difficulty breathing. Following this, you will have a short walk around the village via the small chortens and prayer flags. You will walk to the Nangkartshang Peak, which is located at an altitude of 4,700 m, and return to the village, which will help you to acclimate.

Day 9: Trek to Lobuche

We understand your curiosity to reach the EBC and start your climb, but before that, it's important for you fight the high altitude and AMS problems due to which you will need to follow this itinerary as well. You will go via the well-marked terrains, crossing small streams and agricultural areas. You will start to see the rocky surroundings, glacier moraines, and uneven trails.

Day 10: Trek to Everest Base Camp

In the morning, you will hike to the Kala Patthar at an altitude of 5545 m from where you can witness the beautiful views of the Everest and its surrounding peaks. You will walk via zigzag rocky trails, and after that, you will trek to the EBC. During the walk, you will cross the glacial moraine and sandy paths. After reaching the base camp, you will finally reach the foot of the world's highest mountain, and your goal will be to climb to its top within 3 months. While a normal trekker will return from there, you can stay there inside your tent with your expedition team.

Day 11 TO 16: Acclimatization, Preparation & Training

Proper acclimatization and preparation are key to a safe and successful climb. Our itinerary is carefully designed to allow gradual altitude gain, giving your body time to adapt to the Himalayan environment. Before the expedition, we recommend focused physical training that builds endurance, strength, and mental resilience. Our experienced guides also provide briefings, gear checks, and climbing preparation to ensure every climber is fully ready for the journey



ahead.

Day 17 to 35: Rotation camp I, camp II, and Camp III.

From day 17 to 35, your true adventure spirit will test you. You will acclimate yourself in the mountains along with the rotations climbs from Camp I (6,065m), Camp II (6,400m), and Camp III (7,200m). After completing your rotations and climbs, you will do the summit push on the South Col route. To the top of the world at an altitude of 8,848.86. Please be careful, listen to your guide, and follow all rules and regulations of climbing the peak.

Day 36 to 54: Summit Push & Descent to BC

This is the most critical phase of the expedition as we begin the summit push from Base Camp. Climbers move through the higher camps, following the fixed ropes and weather window identified by our guide team. With careful pacing, teamwork, and determination, the final ascent leads to the summit before descending safely back to Base Camp. This phase demands endurance, focus, and commitment—but offers the ultimate reward of standing on the summit.

Day 55: Trek down from EBC to Gorakshep

After completing your Mount Everest expeditions, congratulate yourself on doing it. After that, you will trek down to Gorakshep from the EBC to rest and relax. You can enjoy your time with the locals and share your interesting stories with them. Upon reaching Gorakshep, you can again visit the Kala Patthar to witness the peak that you just summited.

Day 56: Walk down from Gorak Shep to Pheriche

As you have already conquered the Everest peak and acclimated yourself, it would be easy for you to trek down from Gorakshep to Pheriche. Your trail will be descending via the alpine moraines and beautiful surroundings. You will pass through beautiful villages like the Lobuche, Thukla, and finally reach Pheriche

Day 57: Trek down from Pheriche to Namche Bazar

As you descend towards Namche Bazar, you will see the beautiful villages like Pangboche and Tengboche. You will go down via crossing the suspension bridges, and the scenic villages that lie on the way. Upon reaching Namche, you can relax and enjoy the beautiful views and the local foods. You can visit the different bakeries and cafes, you can take a hot shower, and enjoy your dinner.

Day 58: Namche to Luka and fly to Kathmandu

Early in the morning, you start your journey towards Lukla, which will be an easy descent via the beautiful, well-marked trails. You can interact with the locals and enjoy your last day of adventure in the mountains. Upon reaching Lukla, you will fly to Kathmandu, which will be a 35-minute flight. Upon reaching, you can relax and then enjoy your



last day in Kathmandu.

Day 59: Debriefing with the Nepal Tourism Board

Following the successful completion of the expedition, climbers attend the official debriefing with the Nepal Tourism Board. This final process includes expedition reporting, permit closure, and sharing key updates from the climb. It marks the formal conclusion of the journey in Nepal while giving climbers time to reflect on their achievement before departure.

Day 60: Departure

Early in the morning, you will head towards the gear and equipment shops and return the things that you rented. And the things that you bought, you can carry yourself. We will have a flight schedule for you, and according to that, we will drop you off at the airport at least 4 hours before completing your visa and immigration-related work. We hope we served you best and wish to welcome you again to climb some other mountains like the Annapurna expedition - I, Dhaulagiri, Makalu, or any other peaks.

Gears Lists

Layering System

- 8000 m down suit (one-piece) - *ESSENTIAL*
- Insulated jacket (700+ fill) - *ESSENTIAL*
- Hardshell jacket & trousers - *ESSENTIAL*
- Midlayer fleece / softshell - *HIGH*
- Merino base layer (×3 sets) - *HIGH*
- Expedition-weight long johns - *HIGH*

Boots & Footwear

- High-altitude double boots (8000 m rated) - *ESSENTIAL*
- 12-point crampons (step-in) - *ESSENTIAL*
- Camp booties (for tent use) - *HIGH*
- Gaiters (waterproof) - *HIGH*
- Trekking boots (for approach) - *RECOMMENDED*

Oxygen & Safety

- Oxygen cylinders (min. 4 per climber) - *ESSENTIAL*



- High-altitude oxygen mask & regulator - *ESSENTIAL*
- Pulse oximeter - *ESSENTIAL*
- Dexamethasone (emergency AMS) - *ESSENTIAL*
- Gamow bag (operator-provided) - *HIGH*
- Avalanche transceiver - *HIGH*

Climbing Hardware

- Sit harness (adjustable for down suit) - *ESSENTIAL*
- Jumar / ascender (pair) - *ESSENTIAL*
- Ice axe (70 cm technical) - *ESSENTIAL*
- Locking & non-locking carabiners - *ESSENTIAL*
- Prusik loops (×3) - *HIGH*
- Trekking poles (collapsible) - *RECOMMENDED*

Cost Includes

1. Airport pick-up and drop-off services.
2. Flight from Kathmandu to Lukla and return (including airport transfers)
3. Hotel accommodations in Kathmandu (5-star)
4. Accommodations during the trek and the climbing periods
5. Full board meals during the trek, base camp stay, and the climbing periods
6. Everest expeditions permit issued by the NMA
7. Experienced IFMGA / senior Sherpa climbing guide (summit guide)
8. High-altitude Sherpa support with proper rotation and summit strategy
9. Personal tent at the base camp along with (Dining tent, kitchen tent, and toilet tent)
10. All the climbing logistics that would be required for the summit
11. High-altitude climbing food at Camps I, II, III & IV
12. Oxygen cylinders for summit push
13. Mask & regulator (shared standard expedition set)
14. Porters & yaks for transportation of expedition gear and personal load (as per expedition limit)
15. Medical kit at Base Camp and emergency support planning
16. Garbage management & environmental fee as per the Nepal government rules
17. All government taxes and service charges

Cost Excludes

1. International airfare to and from Kathmandu
2. Nepal entry visa fee
3. Personal travel & medical insurance (must include high-altitude rescue & evacuation)
4. Personal climbing gear & equipment such as the (8000 m down suit, high altitude boots, down jackets, shoes, and other items)
5. Personal Sherpa (1:1 private Sherpa guide)



- 6.** Extra nights in Kathmandu due to early arrival, late departure, or flight delays
- 7.** Tips & gratuities for guides, Sherpas, porters, and staff (customary but not mandatory)
- 8.** Emergency evacuation costs (covered by insurance only)
- 9.** Unforeseen costs due to weather delays, route changes, government regulation changes, or natural calamities

