

Backpacking Nepal's Khumbu Region - Everest Base Camp

Kathmandu, Nepal

April 4 - 21, 2026



Features

- Incredible up-close views of Everest and other Himalayan peaks
- 6-15 miles of hiking each day
- 18 total days, including a day in Kathmandu
- Visiting the Everest Climber's Base Camp
- Hiking elevations between 7,000 and 18,200 ft
- Porter support to keep packs light
- Rustic Tea House accommodations
- Plentiful opportunities to eat Dal Bhat and other local foods
- Intra-country flight included

Cost: \$4,795

includes pre- and post- trip lodging

Minimum Age: 18

Maximum Trip size: 12 participants

1-2 local partners

1-2 NOLS Instructors

Trip Description

The Base Camp of Mt Everest is a legendary destination for world travelers, providing incredible access to views and a climbing culture that many only see on screens from their living rooms. Fittingly, it is one of the most popular trekking destinations in the world, attracting between 30,000 and 40,000 visitors each year.

Those vast numbers are why NOLS has never organized a trip to this world class location, but with increasing access to surrounding terrain we now have a route that our Alumni can be proud of, and helps to avoid some of the most crowded areas along the way.

The Everest Two Pass challenge is perhaps the most adventurous route in Nepal that still visits Everest Base Camp (EBC). While having EBC as a destination, the route is truly a showcase of the Khumbu region creating a giant loop through the region in order to take in the towering Himalayan peaks and explore an ancient trade route.

If you are looking for a Nepal adventure that dodges some of the crowds, we have dreamed up this unique trip just for you. This trip will immerse you in the Khumbu region while hiking amongst less visited villages, valleys, and mountain passes. This route has an extensive elevation profile. It will be a challenging hike for everyone, but we have an acclimatization profile that will hopefully allow for a successful ascent for everyone.

Nepal has a long history and tradition of trekking baked into its culture. The Himalayan villages we will visit have existed for hundreds or thousands of years but have evolved to support a robust trekking community in addition to their historical farming. This expedition is the definition of remote travel but with the comforts of rural village life. We think the balance is an outstanding way to see new terrain and meet new friends.

The trip starts and ends in Kathmandu, a city of its own legend. You'll spend a day there learning a bit about Nepali culture and seeing some of the UNESCO world heritage sites that make this place special. Our goal for this trip is not simply to walk towards a really big mountain, but rather to experience and live within Nepali culture. We'll incorporate this knowledge and understanding as we move through the mountains.

Leaving Kathmandu valley, you'll head southeast to Manthali where you will overnight before taking a short flight into Lukla the next day. These mountain flights are small but a common alternative to many hours of driving along dirt roads. After landing in Lukla, you'll meet the rest of the trekking crew and porters and then start the first section of trail.

Porters will be shouldering your load on this trip, for every two participants we will have one porter. These folks are an integral part of the team and the expedition's success. They will allow you to keep your pack down to your daily essentials, carrying only 5-10 lbs on your back for the day.

On the trail, we will walk for 4-10 hours almost every day as we make our way up into the Khumbu region. We will gain elevation gradually to help everyone acclimatize and the longest days will come at the end of the trip. During hiking days, we will stop for lunch at tea houses where we can feast on local cuisine. Days will be hard; hiking in the Himalayas is by no stretch easy, but the rewards are there for anyone willing to do the work.

This trip spends every night on the trail at a Tea House. These on-trail accommodations vary widely in their creature comforts but you can count on a bed to sleep in and delicious meals at each one of them. Some of the Tea Houses provide free hot or cold showers and electricity while others charge small amounts for these luxuries.

Literal high points on the trek will be going over the two passes, Renjo La and Cho La. Both of these passes are a bit over 17,500' and will challenge everyone. These passes have incredible views into the valleys below and serve as a warmup for the hike up to Everest Base Camp and the nearby view point, Kala Patthar, a "minor summit" at 18,209'.

Visiting Everest Base Camp is a day hike for us as non-climbers don't typically stay there overnight. You'll have the opportunity to walk around the camp and see what life there looks like for the folks who are aspiring to summit the highest peak in the world.

As you descend from our high point of the trek, you'll pick up daily mileage to go along with your oxygen rich environment. The last few days of the trip are long, bringing you back to Lukla and a flight back into the pavement infested reality of the frontcountry.

This trip is a great way to get reacquainted with NOLS in a convivial, relaxing atmosphere and visually stunning part of the world. Instruction is geared to your interests, with time for journal writing, photography, and more. Of course, non-alumni friends and family are also invited—this is a great way to introduce NOLS to your sidekicks.

A fantastic part of alumni trips is the group itself. NOLS alumni and their guests are an interesting crew with diverse professional and personal backgrounds. Expect plenty of camaraderie, laughter, learning, and shared responsibility on this trip.

Trip Environment

The Khumbu region has elevations that range between 11,000' and 29,000' and thus a range of climates and broad ecological diversity. Much of the region is an alpine environment with only short stubby trees or brush, but you will travel through some forests at the beginning and end of the trip. With some luck, you will see the flowering plants and shrubs (rhododendrons) of this region as well as you ascend through the different ecological zones.

A variety of mammals and birds call this area home, including endangered species such as the snow leopard. It is unlikely we would see animals like these or the wolves, bears, or lynx that inhabit these mountains but hares, gorals, and pikas would not be a surprise.

This hiking route follows a well established trail used by trekkers and locals, but there are often turns and side paths so careful navigation is important. A combination of maps, signs, and local knowledge will allow us to easily navigate our intended path. The trail conditions will vary widely and change year to year with impacts from weather and erosion. It is a rocky area with potential for snow up high, so many people find that full-height boots feel best for them over the length of the trip.

The spring weather will be hot in Kathmandu and at lower elevations but likely to stay cool where we will be. We are targeting a drier time of year before the monsoons start but that has had enough time to warm up and shed maximum snow off our route. With current climate changes weather has become less predictable than ever so a strong tolerance for adversity will be needed. Our coldest overnight temps will likely drop to 20 degrees in the higher areas of the trek while highs could reach 75 degrees on a warm day while hiking. Rain is uncommon but certainly possible and we can count on mostly dry hiking and clear skies with great views of the peaks around us.

NOLS Staff

Our staff are employees of NOLS, trained and certified accordingly. This means they maintain certifications in wilderness medicine and are trained to NOLS' high standards in risk management. They are senior staff at NOLS who have spent years working and teaching in backcountry environments all over the world. Additionally, our staff specializes in bringing together groups of strangers and building the group culture and camaraderie that makes NOLS trips great.

This trip will be led collaboratively with our Nepalese partners. NOLS has a long history of highly accomplished Nepalese Instructors that work for the school all over the world and we are proud to partner with them on their home turf.

This trip will also have other Nepali support staff. We will be hiring local porters and trekking guides to support the group and help engage with the local communities.

A Day in the Life

Most days on the trail follow the same rhythm. We will meet up for breakfast around 7 a.m., where we can enjoy either local cuisine or order basic western food while sipping tea or instant coffee. After breakfast, we will pack up and review the hike for the day before setting off on our trail. Our hikes will ramble through many small villages and we can spread out as a group to accommodate different hiking paces.

Each day we will have a designated lunch spot. Often, we will meet up at a tea house to enjoy a meal together. Depending on our hiking speed, this could be our end destination for the day or it could be a midway stop; regardless, it will be an opportunity to rest our feet and eat some hot food.

Once we arrive at our destination for the day, we will check into our rooms and have some free time to explore the area, walk the countryside, or simply hang out, drink tea, and play cards. Often, wandering around a village and meeting children is a highlight and creates lasting memories.

For dinner, we will gather as a group in our tea house and order our meals. Limited western food options (pasta, etc.) are often available if you are tired of Dal Bhat. After dinner, folks will often hang out in the dining room to play cards and enjoy the warmth before heading off to bed.

Difficulty Scale

This trip is rated 5 out of 5 on our difficulty scale.



We use a difficulty scale to help participants evaluate if a trip is right for them. It considers probable weather conditions, physicality of activities, and food and accommodations. You don't need to be a honed athlete, but pre-trip work to improve your strength, flexibility and endurance, is highly encouraged to improve your enjoyment of the place. If you have specific questions regarding physical preparation and your readiness please reach out to the Alumni Trips Department.

Food on the trip

There will be plenty of food provided on the trip for everyone. We are happy to ensure that folks who have reasonable dietary needs and/or preferences are well taken care of throughout the entire trip. Being a strict vegan is very challenging and not recommended on this trip, vegetarianism is very easy but butter is widely used and hard to avoid. If you have severe allergies that extend beyond ingestion or relate to cross-contamination, this might be a poor trip choice for you. We are unable to fully control food preparation, flexibility and cultural understanding are key to adapting to these very remote and rural areas.

If you would like to bring your own snacks along, that is highly encouraged. We all have treats that we enjoy and bringing something special is a great way to keep motivation high and not have to rely on the group's schedule for your munchies.

We are careful when selecting food for the group, stomach related illness is a common cause for evacuation in the Himalayas and we have experienced more problems with food than altitude on NOLS trips in this area.

Curriculum

This trip focuses on some traditional NOLS skills, competencies, and concepts. Backcountry travel, Leave No Trace, and Expedition Behavior all take on different interpretations and adaptations in different regions and these competencies will be explored throughout the trip. The instructors will provide information necessary for the group to comfortably travel as well as optional topics as desired by participants. These could include natural history, local history, leadership, decision making, and team function, among other things. Formal “classes” are few and mostly optional but informal discussions are plentiful. Anticipate a required base level of group management and cohesion— this is a mountain expedition.

About Nepal

Nepal has a long and rich history dating back about 11,000 years to the first settlers in the Kathmandu valley. Originally a Hindu region, it was sparsely populated outside of the Kathmandu valley where a branch of the Silk Road came through. In the 11th century BC, Gautama Buddha was born in southern Nepal and, over time, the region began to show the influence of Buddhism. Today, the vast majority of Nepal is still Hindu, but Buddhism has a small foothold and many foreigners think of Nepal (incorrectly) as a Buddhist country.

The current political borders of Nepal were first fixed in the 18th century and have been relatively stable since then. The country was one of the few in the region that was not colonized by the British but rather enjoyed self-rule that vacillated power between a Hindu monarchy and various forms of autocracy and democracy until 2008, when the monarchy was resolved. In 2015, a new constitution was adopted with parliamentary democracy emerging as the official new form of government.

Nepal’s economy is generally diverse, but the people of Nepal overwhelmingly work in agriculture. Manufacturing also provides income for the country through exports, but most Nepalis are farmers of some variety. The rise of tourism has contributed to growth in the service sector of Nepal and a rise in the living standards of many of those working in that industry.

Mountaineering has a long history in Nepal because of mountains like Everest, K2, Annapurna, Manaslu and many others. In the past 40 years, trekking around these mountains and visiting their expedition base camps has given way to governmentally backed routes where rural villages receive support to build infrastructure supportive of foreign trekkers. These routes have given Nepal the well-deserved reputation as one of the best mountain trekking areas in the world. Stunning geography coupled with a hospitable culture means Nepal is a place that many come back to over and over again.

The Khumbu region is the home of the world famous Sherpa people. Sherpas are originally a Tibetan ethnic group that have descended from nomadic people who lived on the Tibetan Plateau. Their name has been commonly conflated with porters because of their legendary strength and adeptness

for life at high altitudes. There are many Sherpa people (both men and women) who work as climbing guides, rangers, and porters on the highest mountains in the world and you will be passing through the villages and homes of these impressive athletes.

Tea Houses in Nepal

We will lodge in tea houses during our hike in small villages along our route. This is a style of lodging that is unique to Nepal and one of the highlights of hiking in this part of the Himalayas.

Tea Houses are hotel-style buildings that serve meals and offer rooms to rent. Most can house 20-80 people in double rooms with twin beds and dining facilities to accommodate similar numbers. The bedrooms of the tea houses are not heated, so keeping extra warm layers on hand and sleeping in warm sleeping bags will aid our comfort. The dining rooms have wood stoves to gather around. These are cozy oases for trekkers and, while a bit more rustic than many hotels, they epitomize the hospitality of Nepalese society.

Most tea houses offer extra amenities if you are interested in spending a little bit of additional money. Services like wifi, hot showers (\$3-5), electrical charging, and beer (\$6-8) are somewhat standard along the trail and not incredibly expensive if used in moderation. Bringing a towel and hygiene products for showers is recommended. Having some cash on hand will be necessary as the tea houses only accept local currency and these extras are not included in trip tuition.

Expectations of Participants

The alumni trip atmosphere is more relaxed than a typical NOLS expedition. However, it's not a full-service vacation or guided experience. You'll have to participate, carry (some of) your weight, and help out as needed. These expeditions are fun, but they still require self-reliance, self awareness, risk management, and sound decision making as we trek through remote areas where evacuation to modern medical facilities can take several days. Like all NOLS courses, these expeditions emphasize hands-on learning and the application of new skills in a variety of situations.

All participants need to complete and submit application materials, including a medical history form. These forms highlight the intersection of your trip's anticipated physical rigor and your current health and fitness status. Your forthright and timely completion and submission of the forms sets you and your trip up for success in the outdoors.

Alumni trips allow electronics and alcohol (for those of legal age in the country of the trip). Many participants find that these luxuries can add to the trip experience and local flavor. Excessive alcohol consumption is not a part of the culture of Alumni trips and consumption does tend to slow down acclimatization to high elevations.

Trip Itinerary

April 2	Travel from your home city will likely start this day or sooner. You will probably lose a day on travel and total times will take 2-3 calendar days.	
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April 3	Travel day	
April 4	Arrive in Kathmandu and taxi to the hotel. Trip Orientation is at 6pm this evening in the lobby. We will have a taxi driver ready for you at the airport.	Lodging by NOLS: Kathmandu hotel
April 5	Scheduled city day in Kathmandu to visit a few UNESCO world heritage sites and ensure baggage has all arrived! In the afternoon, you will transfer to the city of Manthali, a 3-4 hour drive.	Lodging by NOLS: Manthali hotel
April 6	After breakfast you will take a short flight to Lukla where the trek begins. Trek to Phakding (8,560') ~ 5 miles in 4-5 hours	Tea house lodging
April 7	Trek to Namche (11,280') ~ 6.5 miles in 6-8 hours	Tea house lodging
April 8	Acclimatize and rest in Namche with light day hikes	Tea house lodging
April 9	Trek to Thame (12,530') ~ 6 miles in 5-7 hours	Tea house lodging
April 10	Acclimatize and rest, hike to Thame monastery	Tea house lodging
April 11	Trek to Lumdeng (14,330') ~ 6.5 miles in 7-9 hours	Tea house lodging
April 12	Trek to Gokyo (15,700') over Renjo La Pass (17,580') ~ 7 miles in 6-8 hours	Tea house lodging
April 13	Acclimatization peak climb of Gokyo Ri (17,600')	Tea house lodging
April 14	Trek to Thangna (16,370') ~ 5 miles in 4-5 hours	Tea house lodging
April 15	Trek to Dzongla (15,845') over Cho La Pass (17,782') ~ 6 miles in 8-10 hours	Tea house lodging
April 16	Trek to Lobuche (16,105') ~ 4 miles in 5-6 hours	Tea house lodging
April 17	Trek to Gorekshep (16,370') and then on to Everest Base Camp (17,600'), returning to Gorekshep. ~ 7 miles in 8-10 hours	Tea house lodging

April 18	If the weather allows, this morning will start with a climb up to Kala Patthar (18,209') for an incredible view of Everest. This is an out-and-back from our Tea House in Gorekshep so only minimal provisions will be needed. After returning, we'll start down towards Pheriche for our next overnight. Trek to Pheriche (14,100') ~ 10.5 miles in 7-9 hours	Tea house lodging
April 19	Trek to Namche (11,280') ~ 13 miles in 7-9 hours	Tea house lodging
April 20	Trek to Lukla ~ 11 miles in 6-8 hours	Tea house lodging
April 21	Morning flight back to Manthali and then drive back to Kathmandu. Celebratory dinner out together to wrap up the trip!	Lodging by NOLS: Kathmandu hotel
April 22	Onward Travel	

Trip Logistics

Getting to Kathmandu

Nepal is actually a straightforward travel destination but it does take a while to get there. There is mainly one international airport in the country so everyone flies into Tribhuvan International Airport (KTM). If possible, we recommend arriving several days early to help recover from jet-lag, allow for baggage delays, and to get adjusted to a different culture.

Lodging

The trip starts at our lodging in Kathmandu. If you arrive early, we recommend that you book into the course hotel. For the hotels on the trip we'll team you up in single gender rooms, so please let us know if you're a partner with someone on the trip.

Our hotel in Kathmandu is: [Hotel Holy Himalaya](#). The hotel is in the Thamel district of Kathmandu and only about 6 km from the airport. Once we have your travel details, we will organize an airport pickup for you. It can be a bit overwhelming to arrive in a busy city like Kathmandu after many hours of traveling.

Storage of Personal Belongings

Personal baggage that doesn't go into the mountains with you can be stored in Kathmandu at the hotel. This is reasonably secure storage, but nothing is 100 percent guaranteed. NOLS assumes no responsibility for your stored baggage.

Currency

Nepal uses the Nepalese Rupee as its currency. This is different from the Indian Rupee which is also accepted in some places. In larger cities, US dollars are often accepted as well, but often with poor exchange rates.

Getting cash out of an ATM usually gives the best exchange rate. You will want some cash for the trekking portion of the trip if you want to treat yourself to a nice drink or an extra treat along the trail. There will not be access to ATMs anywhere along the trek but you will be able to get more money in Pokhara near the trip's end.

Depending on what you like to spend money on, a budget of USD \$100-200 would be reasonable for extra expenses on the trip. This would cover showers, electricity, wifi, fancy drinks, souvenirs, etc...

Tippling

While tipping is common in the outdoor guiding culture, your NOLS Instructors are not driven to excellence by tips but rather a love for taking people outdoors. You are welcome to tip the Instructors if you choose, but many instructors are honored by [a donation in their name to the NOLS Annual Fund](#) which supports scholarships for future NOLS students.

Tipping of our Nepalese support staff on the trip is common in the trekking industry. If you would like to do so, \$200-300 would be a reasonable amount to plan for to be distributed amongst the porters and other support staff. Tipping in Nepalese Rupees is easiest for locals, but US dollars are ok as well.

Tipping in service areas in Nepal is common and often included in your bill. If it is not, 5-10 percent is a reasonable amount.

Travel Insurance

Travel insurance is worth exploring in case unforeseen events cause you to change your plans or if NOLS has to cancel a trip for any reason. Additionally, insurance that covers emergency evacuation is valuable because of the complexity of evacuation in high altitude areas. Check with your personal insurance carrier and credit card to understand what you already might have or check out [cat70.com](#) for a wide variety of options.

Carbon Footprint and Offset

Current estimates are that the Travel Industry accounts for ~8% of global emissions. This percentage includes everything from transportation to accommodation and shopping. NOLS recognizes that our business contributes to this problem but we do not have a comprehensive strategy at this point.

If you would like to offset part or all of the carbon emissions related to your Alumni trip, we recommend [South Pole](#). [Their calculator](#) can help easily calculate your footprint and choose a project to contribute to. [Here is a link to their calculator.](#)

Immunizations / Vaccinations / Travel medications

International travel poses special health considerations. NOLS strongly advises that all participants traveling to international locations carefully consider what vaccinations or inoculations are required, recommended, or suggested for their specific travel itinerary. Consulting with a physician, travel medicine specialist, or other healthcare professional is strongly advised.

Visa / Passport

Visas are available upon arrival at the airport in Nepal. When you arrive, you will fill out a form first at a kiosk and then proceed to a banking desk where you will pay the Visa fee (\$50 USD for a 30 day Visa). You might be able to pay with a credit card, but bringing US cash with you expedites the process. With that receipt and the form you filled out, you will proceed to the immigration officer who will issue you a visa.

Attention International European travelers - **Must read... Action Required**

If your travels have you **entering or transiting (passing through or laying over in) the UK**, you will need to apply for and have an approved Electronic Travel Authorization (ETA) to continue to your destination.

This [article](#) explains that starting Jan 8, 2025, US and Canadian citizens will need to apply for the ETA to enter the UK.

Here's [the link](#) for how to apply.

As well, for NOLS International Alumni trips, your **passport must be valid for a minimum of 6 months post trip**. For example, if your trip concludes on July 30, 2025, your passport must be valid through January 30, 2026.

Electricity stuff

Electrical adapters are needed in Nepal and you might encounter three different plugs in your quest for power. You should bring type C, D, and M adapters with you in order to ensure that you will have what you need. The hotels will have power plugs that you can use and the tea houses will have power access that you will have to pay for.

You will be able to pay for a charge at some places of lodging, budget USD\$3-5 per charge.

Trip Registration

The best way to register is through the trip information page on the nols.edu website. A non-refundable deposit secures your spot on the trip. If any issues arise, please call the NOLS Alumni Department at (800) 332-4280. Your enrollment is complete with receipt of your full tuition and your completed application forms; these are **due 60 days before the start of your trip**.

All participants are required to submit registration materials, including a medical form. These forms highlight the intersection of your trip's anticipated physical rigor and your current health and fitness status while also providing NOLS information about things like your dietary needs.

NOLS is not responsible for additional costs incurred by late arrivals or evacuations. Those expenses are the responsibility of trip participants and we recommend purchasing travel insurance to mitigate the impact of unforeseen circumstances.

Do not book travel greater than 60 days before the start of the trip unless you have confirmed with NOLS that the trip will run. On rare occasions, we do cancel trips due to low enrollment.

Cancellation and Transfer Policy

For your reference, here is the [Alumni Trips Cancellation and Transfer Policy](#). When enrolling on a trip, you will need to agree to this policy.

Suggested Readings

[A History of Nepal - John Whelpton](#)

[Primer: Buddhism - DonHuang foundation](#)

[House of Snow: An Anthology of the Greatest Writing About Nepal - Ed Douglas](#)

Kathmandu Recommendations

Wandering around the Thamel neighborhood in Kathmandu can easily use up a day if you enjoy walking into shops and trying different foods. This district is the most tourist friendly area of the city, but you will still have to watch out for motorbikes speeding around!

Visit Swayambhunath - This is Nepal's famous Buddhist temple that is populated by hundreds of monkeys. They are believed to be holy and formed from the head lice of a Buddhist deity that was raised at the temple. You can take a tour here led by a resident monk and participate in ceremonies.

Nepalese food comes in a wide variety of flavors and quality. Be mindful of what you eat avoiding salads, cold foods, and partially cooked dishes. Sticking to simple, well cooked, hot foods served in restaurants is a good rule of thumb.

Packing System:

For this trip you will divide your stuff into 3 different bags. This might be the hardest part of the adventure.

1. *Luggage storage* - Anything that isn't going "into the field" with us can be left in Kathmandu.
2. *Porter Bag* - Medium sized duffel provided by NOLS that our porters will carry. This will be all of your field items that you don't need in your day pack. Sleeping bag, change of clothes, toiletries, etc... We shoot for 10-12kg for the weight on this bag.
3. *Day pack* - You will be carrying water, snacks, and layers for the day, nothing more.

Your Gear List

This list focuses on the backcountry portion of the trip, you will need to pack other clothing and items for travel and time in Kathmandu.

Upper Body Clothing

Equipment	Notes
Base layer	(1-2) Synthetic or wool long underwear style
Mid Layer	A light fleece, medium wool layer, or light puffy layer
Vest (optional)	Fleece or puffy vest to keep your core warm
Top insulating layer	Thick winter puffy layer, most people want a hood as well
Long sleeve shirt (optional)	Nice for sun protection, synthetic or wool
Wind shirt (optional)	A lightweight, breathable, durable nylon wind shell
Rain jacket	A sturdy, waterproof jacket with a hood— coated nylon and breathable fabrics such as Gore-Tex® are acceptable
T-shirt	(2-3) A lightweight synthetic or merino wool t-shirt
Sports Bra or Tank	(2-3) Synthetic sports bra or a synthetic sports tank are recommended
Warm hat	Synthetic or wool
Sun hat	Baseball cap or full brim
Gloves or mittens	Medium weight, windproof/waterproof is preferred

Lower Body Clothing

Equipment	Notes
Light/midweight base layer	(1-2) Synthetic or wool long underwear style
Wind/hiking pants (optional)	Breathable nylon wind pants or hiking pant
Rain pants	Coated nylon and breathable fabrics such as Gore-Tex® are great
Hiking / sleeping shorts	Nylon, quick-dry shorts
Underwear	(3-5) Cotton/silk/synthetics are fine, you can wash these at Tea Houses

Footwear

Equipment	Notes
Hiking boots	A sturdy pair of boots for hiking that you are already accustomed to. Boots are preferred over lighter shoes because of the cold temperatures, but a sturdy hiking shoe could be fine for some people.
Gaiters	Short gaiters to keep rocks and debris out of your shoes
Sneakers or non-hiking shoe	Something to wear around the huts and a backup for your hiking boots
Flip Flops	Lightweight sandal for when your feet need a “breather”

Socks	(3-5) ½ crew to crew length wool socks
Miscellaneous Personal Gear	
Equipment	Notes
Day pack	Big enough to carry personal items for the day. (e.g., water, clothing layers) 25-30 Liters is a good size.
Sleeping bag 0-20 degrees	The bedrooms in Tea Houses are not heated and can get cold at night
Compression sack	To make your sleeping bag smaller in your pack
Plastic trash bags (3-4)	Heavy-duty compactor bags (33 gallon) waterproof items in your pack and your Porter bag.
Water system	2 Liters capacity or more. Bottles or Bladders with 3+ Liters are great.
Lip balm (1-2)	SPF 15 or greater
Sunscreen	SPF 30 or greater
Sunglasses	Good-quality sunglasses with 100-percent UV protection
Headlamp	Bring extra batteries
Toiletries	Toothbrush, toothpaste, comb, brush, skin lotion, soap, tampons, etc. (travel or trial sizes are enough), ear plugs and eye covers can be nice
Wet Wipes / Toilet paper	Toilet paper isn't common in Nepal and bringing your own will ensure that you have something that is a higher quality
Hand sanitizer	Valuable on the trail where hygiene facilities are scarce
Camp Towel	There are shower available along the route for a little extra \$\$
Optional Items	
Trekking poles	Most participants enjoy hiking with 2 poles
Hydration system	Very handy and popular
Book or e-reader	Bring something fun to read
Camera	We would love to see your photos post-trip!
Casual clothes	Shirt/pants/skirt for dinner or hanging out around the tea house
Pack cover	Heavy weight and attachable to your pack
Games	Cards or some other lightweight game to play with others
Travel adapter	If you need to plug things in
Battery Pack	It is nice to have a charge when you need it