

CH>RITY
CH>LLENGE



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

EVEREST BASE CAMP
NEPAL

Thu 16 Sep - Sun 03 Oct 2027





In aid of your choice of charity

16 Sep - 03 Oct 2027

18 DAYS | NEPAL | EXTREME

Are you ready for the challenge of a lifetime?

Beginning in Lukla, follow the footsteps of Sir Edmund Hillary and Tenzing Norgay – the first climbers to ever summit Everest. Walking in the shadow of the world's highest mountain, you will traverse gorges, visit the Everest Memorial Ground and trek through the Khumbu ice fall until you reach Base Camp. The higher you go, the harder the trek will become, pushing you and your body to the limit. However, the incredible views and support from fellow participants will spur you on to your goal. Arriving into Everest Base Camp will be a joyous occasion and one to savour with your fellow trekkers. Upon your descent and flight back to Kathmandu, you can spend time exploring the chaotic, exotic and historic capital. This high-altitude trek is not for the faint of heart, but our team of expert leaders, guides and doctors will ensure safety is a priority.

- Stand in the shadows of the world's highest mountain (8,848m)
- Overwhelming panoramic views
- Deep gorges and glacial lakes
- Sample Sherpa hospitality
- Explore Nepal's mystical capital, Kathmandu

YOUR CHALLENGE DAY BY DAY

DAY 1 Thu 16 Sep

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International departure from London

Your fundraising and training is about to pay off, the big day has finally arrived. Wave goodbye to family and friends before boarding your overnight flight to Kathmandu where your challenge will begin.

DAY 2 Fri 17 Sep

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Arrive Kathmandu

Welcome to Kathmandu, the gateway to the Nepali Himalaya. On landing in the capital, you'll be welcomed by the local Charity Challenge representative, who will transfer you to your hotel (you will stay in Mulkot, 3 hour transfer, if flying from Ramechhap the following day) for the first team dinner. This is the perfect opportunity for you to meet your fellow trekkers and ask any questions about your challenge ahead. After dinner, there will be time to prepare your trekking kit before getting an early night. (D)

Accommodation: Hotel

DAY 3 Sat 18 Sep

-

Fly Kathmandu/Ramechhap to Lukla and trek to Tok-Tok village, 2,652m

You will have an early start as you transfer to Kathmandu/Ramechhap Airport where the adventure begins. The flight alone is an experience, so be sure to take in the scenery of towering, snow-capped mountains before you swoop dramatically into the runway. After arriving, there's a chance to pick up any last-minute kit and meet your sherpa crew. After lunch, there's a pleasant acclimatisation trek with a view of the kusum-kangru crossing at - Tok Tok village. You finish at Tok-Tok village. (B,L,D)

Accommodation: Teahouse

NB. This flight is weather-dependent and can be subject to delay or cancellation. There are several acclimatisation/rest days built into the trip to allow for potential delays (up to three days). If flights are unable to take off after three days, we will implement an alternative trek itinerary.

DAY 4 Sun 19 Sep

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Trek to Namche Bazaar, 3,440m (approximately 7-8 hours)

As you leave Tok Tok this morning, you will cross the first suspension bridge of the trek, a truly breath-taking experience. You will follow the trail to Monjo, beneath the peak of Thermasarkhu (6,608m), and continue down the meandering path along the river. Finally, you will cross another spectacular bridge before reaching the foot of the steep ascent to Namche. Weather permitting, this may be your first chance to glimpse the summit of the mighty Everest. At the top, the colourful, bustling Sherpa Capital of Namche Bazaar is your final destination for the day. (B,L,D)

Accommodation: Teahouse

DAY 5 *Mon 20 Sep*

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Acclimatisation day at Namche Bazaar

With Everest now in sight, you'll have time to acclimatise by walking to the top of Namche Bazaar. There is an optional walk to the Everest View Hotel, which boasts sweeping panoramic views. Alternatively, you can head to the Sherpa Culture museum to learn more about the region's fascinating mountaineering history. You will spend another night in Namche Bazaar, ready to continue trekking in the morning. (B,L,D)

Accommodation: Teahouse

DAY 6 *Tue 21 Sep*

-

Trek to Deboche, 3,800m (approximately 6 hours)

This morning follows the winding trail from Namche Bazaar, with exceptional views of Everest. From Shanasa, descend into Phungitenga (3,250m) a pretty settlement in the midst of alpine woods before taking on a tough ascent to Tengboche (3,867m). With its monastery and stunning views, Tengboche is arguably one of the most beautiful sites in the Himalayas. Continue along the trail to Deboche (3,800m) where you will spend the night in the shadow of the Ama Dablam peak. (B,L,D)

Accommodation: Teahouse

DAY 7 *Wed 22 Sep*

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Trek to Dingboche, 4,358m (approximately 6-7 hours)

Leaving Deboche, your route follows the long Prayer Mani Wall up towards Shomare. The altitude may start to take its toll as you climb higher above the Imjatse River. However, from here it's a lovely descent into the Imjatse Valley and the shadows of the Nuptse, Lohtse and Ama Dablam mountains. The village of Dingboche is where you will rest your weary legs for the night overlooking a patchwork of fields. (B,L,D)

Accommodation: Teahouse

DAY 8 *Thu 23 Sep*

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Acclimatisation day in Dingboche

Today is another acclimatisation day. It is the perfect opportunity to explore the monastery and admire the incredible vistas from the ridge over Dingboche and the Imja Khola tributary. Spend the afternoon drinking tea in a coffee shop and resting up for the days ahead. (B,L,D)

Accommodation: Teahouse

DAY 9 *Fri 24 Sep*

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Trek to Loboche, 4,928m (approximately 5-6 hours)

Heading north, the trek follows the path above the village of Pheriche towards Thukla for lunch. The colourful memorial ground of fluttering prayer flags and monuments are dedicated to climbers who have lost their lives whilst mountaineering. It also serves as a reminder of how challenging the natural environment can be, so be sure to take a moment to appreciate your achievement so far. From here you have unrivalled views of Mt. Pumori and other peaks west of Everest. This is a good spot for a short break before continuing on for another 1½-2hrs up to Loboche. (B,L,D)

Accommodation: Teahouse

DAY 10 Sat 25 Sep

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Trek to Gorakshep, 5,160m (approximately 3 hours)

Set off on a rocky moraine path and climb above the glacial pond and icebergs of the Khumbu Glacier. After the last rocky moraine dunes, a short downhill walk brings you to the town of Gorakshep, below Kalapatthar (5,545m) and Mt. Pumori (7,145m). Gorakshep, famous for being Sir Edmund Hillary's base camp during his expedition to Mt. Everest in the 1950s, is your home for the night. (B,L,D)

Accommodation: Teahouse

DAY 11 Sun 26 Sep

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There and back to Everest Base Camp, 5,357m (approximately 6 hours)

Today is the day - the finale of your trek to Everest Base Camp. The high altitude and difficult terrain makes the trekking a lot more strenuous, but the lively commotion from Everest Base Camp will help to spur you on. Celebrate with friends old and new as you reach Everest Base Camp, making sure to take plenty of photos to document your achievement. You will then head back to Gorakshep to sleep for the night. (B,L,D)

Accommodation: Teahouse

DAY 12 Mon 27 Sep

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Ascent of Kalapatthar, 5,647m, and back to Pherice, 4,245m (approximately 3 hours)

Although optional, the steep hike to Kalapatthar is well worth it and is often considered one of the highlights of the trek. At Base Camp, the summit of Everest is hidden from view. From the top of Kalapatthar, however, you will be rewarded with breath-taking views of Everest's peak. Now it is time to start the descent back down to Lukla, beginning with an overnight stay in Pheriche 4,245m. (B,L,D)

Accommodation: Teahouse

DAY 13 Tue 28 Sep

-

Trek to Kanguma, 3,550m (approximately 5-6 hours)

The return journey will take you through the village of Pangboche, as you continue back along the Imja-Tse gorge and up to Tyangboche. The village of Kanguma is home for the night, sitting alongside the beautiful Dudh Koshi

River. (B,L,D)

Accommodation: Teahouse

DAY 14 *Wed 29 Sep*

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Kanguma to Chumoa, 2,710m (approximately 5-6 hours)

The morning climb from Kanguma is steep, pushing weary legs through pine forests and valleys towards Namche Bazaar. Enjoy lunch here, the largest Himalayan village, before continuing along the path towards Monjo and your teahouse for the evening. (B,L,D)

Accommodation: Teahouse

DAY 15 *Thu 30 Sep*

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Trek back to Lukla (approximately 3-4 hours)

The last day of walking is pleasant, following the Bhote Kushi River towards the village of Phakding, before embarking on the final stretch of your journey. It's one last push to tackle the 45 minute uphill climb to Lukla where you will be staying in a traditional teahouse. Now it's time to revel in your success with a hard earned celebration meal and an evening spent sharing memories with your new found friends. (B,L,D)

Accommodation: Teahouse

DAY 16 *Fri 01 Oct*

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Lukla to Kathmandu

Bid farewell to Lukla and the magic of the Himalayas. Touching down in Kathmandu you will transfer to your hotel where a delicious celebration meal will await you. (B,L,D)

Accommodation: Hotel

DAY 17 *Sat 02 Oct*

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Kathmandu

Today is dedicated to exploring the wonders of the magical city of Kathmandu. You will have time to visit its many temples and monasteries, mingle with the monkeys at Swayambhunath Temple or go for a stroll through the Garden of Dreams. Don't forget to pick up some prayer flags before you head back to the hotel for your last supper together. (B,L,D)

Accommodation: Hotel

DAY 18 *Sun 03 Oct*

Depart Nepal & arrive home

Today you depart from Nepal, leaving with fond memories and a great sense of achievement. Touching down in the UK, it may be harder than you expected to say goodbye to all your team mates so be sure to swap details before heading home to share the stories of your adventure. (B)

NB

You will be using an internal airline to fly from Kathmandu to Lukla. Charity Challenge have audited several of the various airlines used within Nepal for this flight and, as a result of the audit, we now only use one of three airlines in Nepal who passed this specialist aviation audit. For emergencies only, we also have a list of approved helicopter companies, which have passed our due diligence processes. We are confident that we have done all we can to ensure that your EBC trek operates to the highest standards of safety that can be reasonably expected in light of the overall airline safety standards in Nepal. We still recommend that you educate yourself on the FCDO's advice for Nepal before booking, particularly the advice on airline safety.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

-

Pay a registration fee of £495.00 when you book

Then a balance of £2604.00 (10 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £495.00 when you book

Raise a minimum of £5315.00 for your charity.

FLEXI

-

Registration fee of £495.00 when you book

Then £495.00 towards challenge costs (10 weeks before your challenge)

Raise a minimum of £4305.00 for your charity.

You will be invoiced for the air tax and fuel element contribution for your international flights, capped at £250.00, which is due 10 weeks before departure.

WHAT'S INCLUDED

Before you go

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- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Fundraising advice
- Fitness training notes
- Access to training weekends (optional and at additional expense)
- 16 and 20 week trek/bike training schedule

On your challenge

-

- Accommodation during the challenge (usually in twin share)
- Expedition Medic
- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)
- Equipment as per the challenge activity
- Drinking water on challenge days
- An English speaking first aid trained challenge leader and full local support team
- Full back-up support including first-aid qualified staff and first-aid supplies
- Three meals a day (unless otherwise stated in the itinerary)
- Entrance fees to national parks or other places of interest visited on the itinerary
- A Charity Challenge T-Shirt
- International flights to and from the UK, in economy class (see air tax exclusion below)

WHAT'S NOT INCLUDED

Before you go

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On your challenge

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- Visa (if required)
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)
- Contribution towards air taxes and fuel element (please see the section below on "Air Tax and Fuel Element Contribution")
- Tips

THE DETAILS

Registration fee in instalments

The first instalment of £247.5 is due at the time of booking. The second instalment of £247.5 will automatically be debited from your credit/debit card 31 days after you book. We can only accept payment for your registration fee by instalments if you book and pay online. Please note that when paying your registration fee in instalments, a £10 admin fee will be added to your first registration fee payment. Please note that your booking will not be processed (and we will not send an authorisation request to your charity) until we receive the payment for your second instalment. Your place on the challenge will only be held until 31 days from your initial booking. If we are unable to take your second instalment, your booking will be cancelled and normal cancellation terms will apply.

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 12 weeks before departure (by 24/06/2027), and the remaining 20% within 4 weeks of completing the challenge (by 31/10/2027). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Air tax and fuel element contribution

The air taxes, and fuel element, that make up part of the flight costs can fluctuate significantly before a challenge takes place. As such, we exclude part of these taxes from the initial cost of the challenge and we will invoice you for it 10 weeks before departure. This applies to all participants on all payment options. For the challenge you are booked on this payment will be capped at £250 and we will absorb any amount above that. Please be sure to factor this cost into your budgeting for the challenge.

Typical group size	The typical group size is 15 - 30 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 15 participants. We can run this trip with 10-15 people, but there will be a small group supplement of £95. This is payable by you if you book as a Self Funder or your charity under the Minimum Sponsorship or Flexi payment option if you have raised the necessary minimum fundraising target. For Self Funders, we will notify you 12 weeks before departure if this is necessary, and it will be added to your final balance of challenge costs invoice.
Optional extras	Business class upgrades* Single room supplements* Travel insurance (*subject to availability)
Travel insurance	Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. Charity Challenge has chosen to partner with specialist travel insurance providers Campbell Irvine (for UK residents) and Rise & Shield* (for non-UK residents). Both companies can arrange cover for an extensive number of activities, such as high-altitude trekking and cycling events, which include emergency medical treatment and repatriation expenses. Please note that Charity Challenge is not able to advise on matters relating to individual travel insurance policies and does not accept any liability for policy matters or claims. Full details including costs may be found at https://www.campbellirvine.com/charitychallenge and https://riseandshield.com/partners/charity-challenge/ * Rise and Shield do not provide cover to Cuba.

Level of Difficulty

Extreme: "Extreme" challenges will involve altitude, and a great deal of endurance. These trips are not to be taken lightly, and will take place in extreme environments, without home comforts. They are usually undertaken by someone with previous experience in a mountain setting, but who wants to take their experience to the next level physically and mentally. Training is essential to ensure you are suitably prepared for the challenge.

You can tell your supporters that on your Everest Basecamp Challenge you will be:

- Trekking for 12 days consecutively, without access to showers or proper washing facilities.
- Trekking at altitudes of up to almost 6000m
- Suffering temperatures below zero degrees
- Staying each night in locations with very basic facilities

Typical day

During the trekking days we rise early and have breakfast. We then trek, carrying only daypacks, for 6-8 hours. Lunch is prepared and had on route in dining halls associated with the local tea houses; if it is possible then a picnic lunch will be provided. These stops will give you time to relax and view the remarkable scenery. The trek zone is remote and rare flora and fauna will be seen. The evenings are spent in teahouses, where the food and facilities are simple.

Evacuations

In the event of a medical emergency, depending on weather and service availability, an evacuation by helicopter may be the quickest and safest choice. Your Challenge Leader and the Expedition Doctor will discuss this with you, with the final decision resting with the doctor.

We appreciate that having to descend from the mountain will be a disappointment, having trained and fundraised for the challenge. However, the doctor will make the decision based on their professional assessment of your health and the impact of potentially continuing to ascend with lower levels of oxygen. Your safety is, and always will be, Charity Challenge's number one priority.

We will organise the logistics of the helicopter evacuation and in most cases, you would be taken to a hospital in Kathmandu. We will make the arrangements as quickly as possible to get you to safety, but it will be your responsibility to cover the costs for the helicopter evacuation before leaving Nepal. Therefore, Charity Challenge requires you to have access to a minimum of USD \$8,000 (about £5,500) of available funds and we would highly recommend that you have sufficient funds on your credit card before you leave home. Whilst Charity Challenge can initially open an insurance claim on your behalf, you will need to process a claim on your return home to recover any costs as a result of the evacuation. In order to process the claim further down the line, and as a minimum, insurance companies will require the helicopter invoice, a receipt of payment and a medical report from the doctor/hospital.

Charity Challenge will help you make all necessary arrangements for your accommodation in Kathmandu, your return flight (if you return home earlier than the scheduled return date) and to advise you of the next steps depending on your particular situation. Once again, you will need to pay for additional services and keep receipts in order to recover costs once you return home.

Some airlines may require a "Fit To Fly" certificate, especially if the medical emergency was as a result of an altitude

related condition. Please refer to the Insurance tab for further information.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, an advanced and thorough safety management system. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount.

In terms of your Everest Basecamp Challenge, there are a couple of important points that you should be aware of:

- You will be trekking for 12 days at high altitude, with its associated risks
- Smoke alarms are not a legal requirement in Nepal, and as such, much of the accommodation used will not have these in place. Your tour leader will explain the fire safety precautions to you.
- Temperatures may go down to below zero at night and you should have adequate clothing to cope with this
- You will be using a domestic airline to fly in and out of Lukla, and as of 05th December 2013, the EU banned Nepalese airlines from operating in EU airspace. We recommend that you read the FCO's travel advice for Nepal to read more about air safety in Nepal before you travel.

Responsible Tourism

At Charity Challenge we are committed to sustainable and [responsible tourism](#), and work closely with bodies such as the [International Porter Protection Group](#) and [Climate Care](#) to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment.

Flights

You will be making a return journey from London Heathrow indirectly to Kathmandu, Nepal. The flight takes approximately 16 hours. Your flight ticket will be emailed to you before your departure.

Timings of the group flights are subject to change so please take this into consideration when booking domestic travel arrangements to reach your departure airport i.e. book flexible tickets where possible. We are unable to take responsibility for the consequences of missed international flights due to delayed travel arrangements to the airport. We therefore advise you, when booking transport and making any arrangements, to plan to get to the airport in plenty of time allowing for any possible delays which may occur on the day (bad weather, break down, cancellations etc). If you book a domestic flight, in order to get to your international departure airport, please do consider that this flight ticket cannot be linked to the ticket we are organising for you; you will need to collect your luggage, possibly change terminal and check-in again as normal.

Internal flights

Please note: The flight to Lukla can be subject to delay or cancellation due to weather conditions. The itinerary is put together with several acclimatisation/rest days so that if your flight was delayed for up to three days, you should still be

able to complete the challenge. If flights are unable to take off after three days, we would implement an alternative Himalayan trekking itinerary. Your challenge leader will have the final say over how any delay impacts the order of the itinerary based on the time available, the strength of the group and weather conditions on the mountain.

The welfare and safety of all our participants and crew is our number one priority and we only use the safest airlines. In the event of delays, we will continue to apply our stringent safety standards and rearrange alternative flights on these same airlines. Your patience will be appreciated as this may be at odds with other travellers who do not adhere to the same standards.

If your flight back from Lukla to Kathmandu at the end of the itinerary is delayed, we will aim to get you back to Ramechhap as soon as the right flights are operational. However, this may mean that you miss your international connection and we will do everything we can to help you reschedule your flight at the earliest opportunity.

Visa

You do require a visa to enter Nepal and must have an original passport with at least 6 months validity. We will send you further advice at 3 months prior to your departure. For all other visa information, please go to the Nepalese Embassy Website <http://www.nepembassy.org.uk/tourist-visa/>

The validity of visa dates are counted from the date of arrival in Nepal. You should apply about 12 weeks before departure for a single-entry tourist visa. Do not apply too early, otherwise it will run out before you leave for Nepal. It is valid for six months from the date of issue.

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge.

If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy. This should include protecting the charity in the event of your cancellation 56 days or less prior to departure; the specific activities on your challenge including trekking at high altitude (up to 6000 meters); medical (emergency, evacuation and repatriation) specifically for this trip covering helicopter evacuation.

If you choose not to purchase the Charity Challenge recommended travel insurance policy when you book, we will send you a disclaimer which you should complete and return.

Vaccinations, Medication & Altitude

Vaccinations

For up to date vaccination information, please check the NHS Government website <https://travelhealthpro.org.uk/country/159/nepal>.

Malaria - The risk in Kathmandu and mountainous areas of similar or greater altitude is very small. However, if you are planning an extension to your trip, especially to the lowlands, you may need to take anti malarial medication. Check with your doctor or nurse about suitable anti-malarial tablets

Medication

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check. You can find further information at <https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

Altitude

Anything over 2500m is classified as being ' high altitude' in that it starts to have some effect on the body.

One of the benefits of booking with Charity Challenge, is the support and training you will receive from our partners at The Altitude Centre - the UK's leading altitude training specialists. Check out the High Altitude section in your [account area](#) for more information, free online group consultations and discounted training plans.

For additional advice on altitude sickness, please see <https://travelhealthpro.org.uk/factsheet/26/altitude-illness>

Climate & terrain

March is the tail end of the dry season and early March is particularly devoid of rain. However, the days can be particularly cold and you should come prepared for all weather, including snow. In the upper regions, temperatures will usually be between 0c and 5c during the day. In the evenings, the temperature will drop until the morning and can be as low as -15c.

September is the start of the dry season, but you should still be prepared for some showers. In the upper regions, temperatures will usually be between 5c and 10c during the day. In the evenings, the temperature will drop until the morning and can be as low as -10c.

Early morning hours, when most climbers set out, are very cold. During the day, temperatures can be warmer than those quoted if the sun is out. However, at night it will always be well below zero. You must be prepared for the worst, as mountain weather conditions can be extremely unpredictable.

The terrain is on uneven mountain paths with steep ascents and descents each day. You will also be crossing numerous swing bridges so you should tell your leader if you have a fear of heights. The itinerary is built up in a way

that we have allowed plenty of time for you to acclimatize to the altitude.

Training

This challenge is graded 'Extreme', which means that a good level of fitness is definitely required! We recommend that you have significant experience of trekking within the UK before departure. Don't forget, the temperature and the altitude are different from the UK. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack and gradually add weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills or on small mountains. Weigh your pack with water containers and pour out the water before your descent to minimise knee stress. For more information and advice, see our [Fitness Training page](#).

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

Luggage allowance & valuables

On your international flight your luggage allowance is 23kg. You will be able to leave clothing and belongings that you do not want for the trek at the hotel in Kathmandu. You can then pick them up on your return to the hotel at the end of your challenge. We advise against bringing valuables on the trip but if you do, please do not leave them at the hotel.

On the internal flight to and from Lukla, your luggage allowance is 15kg including hand luggage. This is also the weight allowance that the porters are able to carry on the mountain. Whilst trekking, the yaks will transport your personal kit to the next teahouse so you will only need to carry your daypack.

We will do everything to provide adequate safety for the group and security for your possessions. The general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance, passport, visa etc.) in case they get lost or damaged.

We advise that you wear your walking boots on the plane and take a set of trekking clothing (especially your jacket) in

your hand luggage. In the unlikely event that your hold bag should go missing, you will be able to begin the challenge until you are reunited with your luggage.

Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support guides and staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

Group Size

Each Group is intended to be a minimum of 16 people in order to run and a maximum of approximately 30 people. We will be able to run this challenge for 10 to 15 people by charging a small group supplement of £95 which will be added to your final balance invoice (self-funders) or charged to your charity (minimum sponsorship or flexi).

Clothing & equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some good quality walking socks. You don't need a clean pair every day, but make sure you have enough to have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are; a high quality Gore-Tex waterproof and windproof jacket and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings and the summit day/night.

Portable chargers or power banks containing a lithium ion battery must be packed in carry-on bags. Specific regulations regarding power banks may vary depending on the airline, the country you're traveling to, and the type and capacity of the power bank. It's always a good idea to check with the airline and the destination country's regulations before your flight to ensure that you comply with their specific rules regarding power banks.

Please click [here](#) for a full kit list for this challenge. As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including [Outdoorhire](#), [Cotswold Outdoor](#), [Snow + Rock](#), [Water to Go](#), [The Altitude Centre](#), [Sporttape](#) and [Nomad & MASTA](#).

Accommodation & toilets

The hotel in Kathmandu will be three star and located at the centre of town. Rooms are usually en-suite. During the trek and outside Kathmandu, you will sleep in local tea-houses.

If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

Toilet facilities are available at the teahouses along the route.

Food & Drink

The food in Kathmandu is varied. During the trek, the food will be cooked by the tea houses you stay in and will be simple. Boiled drinking water will be provided 3 times per day. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Money

Currency: Nepal uses the Nepalese Rupee. This is a closed currency which means that you will not be able to purchase your Rupees before the trip. British Pounds, Euros and USD can be exchanged at Kathmandu airport and in the city.

Credit Cards: Whilst these are accepted in all major hotels, banks and stores in Kathmandu, you will need to have cash along the trekking route.

The only method of evacuation on Everest is by helicopter. For this, you will need a credit card with a limit of \$8000 in order to pay for the evacuation, before being reimbursed by your travel insurance.

ATMs: Working ATMs are not always readily available. We would recommend that you exchange cash at the airport or use the ATMs there rather than relying on the city.

How much to bring: You will not need a large amount of money during this trip and other than at the start and end of the challenge, you will be in the mountains away from any foreign exchanges or banks. Along the trekking route, you will be able to charge your electronics and use the showers in the tea houses for a small fee (approx £3). You will also need money for tips, additional food & drink and gifts & souvenirs. On average, we recommend around £250 and a credit card for emergencies as mentioned above.

Tipping: Tipping is personal and at your sole discretion. We recommend approx. US\$10 per person per challenge-day (Total \$150 in dollars or Rupee) This should be given to the challenge leader who will distribute it among the support team, including guides, assistant guides, cooks and porterstrip.

NB: you may be approached by local porters at the airport. Their tips are not included; if you agree for them to take your bags to the transfer vehicle, please be prepared to tip them a small, nominal amount (\$1). However, our team will be there to help you with baggage.

Phone and WiFi

There is increasingly better wifi and phone signal along the trek and in the tea houses. However, take the opportunity to take a break from the electronic world and concentrate on the beauty of nature.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.



A must-do! The views are breath-taking, the people are wonderful and the trek itself is the most rewarding experience of my life!

Iona Nelson



Walking to Everest Base Camp is one of the most enjoyable things you will ever do. Beautiful scenery, beautiful people and a lot of satisfaction gained when you have made it to the camp and to the summit of Kala Pattar.

Ciarán Harkin



The mountains create the adventure, but the people in the group make the trip.

Paul Mills

CH>RITY CH>LLENGE

Any more questions?

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