

# Checklist: Everest Expedition Planning Guide

This checklist is designed for travelers and aspiring trekkers who are in the early stages of planning a visit to the Everest region. It helps organize the complex logistics of high-altitude travel to ensure safety and prevent common administrative oversights. Use this list before booking flights to ensure all requirements are met.

## Phase 1: Strategic Planning and Research

- **Select the specific country based on travel style.** Choose Nepal for cultural trekking routes or China for vehicular access and high-altitude plateau views.
- **Verify the seasonal weather windows.** Confirm that travel dates fall within the pre-monsoon (March–May) or post-monsoon (October–November) seasons to avoid heavy rain.
- **Research current visa requirements.** Check the latest entry protocols for Nepal or the specific Tibet Travel Permit regulations for China, as these change frequently.
- **Calculate the total budget including hidden costs.** Account for daily tips, hot showers, battery charging fees, and emergency contingencies.
- **Identify the target destination.** Decide whether the goal is reaching Base Camp, crossing high passes like Cho La, or simply viewing the peak from a distance.

## Phase 2: Physical and Medical Preparation

- **Consult a physician regarding high altitude.** Discuss the use of Diamox (Acetazolamide) and check for any underlying heart or respiratory issues.
- **Update all necessary vaccinations.** Confirm immunity against Hepatitis A, Typhoid, and other regionally recommended vaccines.
- **Purchase specialized travel insurance.** Ensure the policy explicitly covers helicopter evacuation up to 6,000 meters, as standard policies exclude this.
- **Start a cardio-focused training regimen.** Begin hiking with a weighted pack (15–20 lbs) at least three months prior to departure to build endurance.
- **Break in hiking boots thoroughly.** Wear the boots on multiple long hikes to prevent debilitating blisters on the actual trail.

## Phase 3: Gear and Logistics

- **Acquire a sleeping bag rated for extreme cold.** Ensure the rating is suitable for at least  $-15^{\circ}\text{C}$  ( $0^{\circ}\text{F}$ ) since teahouses are unheated at night.
- **Pack a comprehensive first aid kit.** Include blister pads, painkillers, rehydration salts, and water purification tablets or a filter.
- **Obtain sufficient local currency.** Withdraw enough cash in Kathmandu or Lhasa, as ATMs are non-existent or unreliable in the mountains.

- **Secure necessary permits in advance.** Arrange for the Sagarmatha National Park permit and local municipality cards if trekking independently.
- **Test all electronic gear.** Verify that power banks are functional and bring spare batteries, as cold weather drains them rapidly.

#### Phase 4: On the Trail Protocols

- **Hydrate frequently throughout the day.** Drink at least 3–4 liters of water daily to combat the drying effects of high altitude.
- **Adhere to the "climb high, sleep low" rule.** Ascend to higher elevations during the day for acclimatization but return to lower altitudes to sleep.
- **Monitor blood oxygen levels.** Use a pulse oximeter daily to track acclimatization progress and recognize early signs of altitude sickness.
- **Respect local cultural norms.** Walk to the left of Mani stones and prayer wheels, and ask for permission before photographing locals.
- **Manage waste responsibly.** Carry out all non-biodegradable trash to preserve the fragile Himalayan ecosystem.