

Everest Expedition & Trekking Readiness Checklist

This checklist is designed for aspiring trekkers and climbers aiming for the Mt Everest region. It ensures critical steps—from logistical paperwork to physical conditioning—are executed in the correct order to minimize risk and maximize the experience. Use this list starting six months before the planned departure date.

Phase 1: Strategic Planning (6+ Months Out)

- **Confirm the destination side.** Decide between the South Face (Nepal) for trekking culture or the North Face (China) for road access and views.
- **Check passport validity.** Verify that the passport remains valid for at least six months beyond the planned return date.
- **Research visa requirements.** Identify specific visa protocols for Nepal (often on arrival) or China (requires advance group visa processing).
- **Secure comprehensive insurance.** Purchase a policy that explicitly covers high-altitude helicopter evacuation up to 6,000 meters.
- **Book international flights.** Reserve tickets early to secure favorable routes into Kathmandu or Lhasa.
- **Schedule a medical checkup.** Consult a physician to clear cardiovascular health and discuss high-altitude implications.

Phase 2: Physical & Gear Preparation (3–5 Months Out)

- **Start cardiovascular training.** Begin a regimen of hiking, running, or stair climbing to build lung capacity and endurance.
- **Strengthen core and legs.** Focus on weight-bearing exercises to prepare for carrying a backpack on uneven terrain.
- **Purchase footwear early.** Buy trekking boots well in advance to break them in completely and avoid blisters.
- **Test the layering system.** Ensure thermal base layers, down jackets, and shells fit comfortably together.
- **Acquire navigation tools.** Buy a physical topographic map and a compass as backups to digital devices.
- **Review vaccination needs.** Check the CDC or local health authority guidelines for recommended travel vaccinations.

Phase 3: Final Logistics (1 Month Out)

- **Obtain necessary permits.** Apply for the TIMS card and Sagarmatha National Park permit if organizing independently.

- **Prepare a medical kit.** Pack Diamox (Acetazolamide), painkillers, blister pads, and water purification tablets.
- **Withdraw local currency.** Plan to carry enough cash (Nepali Rupees or Chinese Yuan) for daily expenses, as ATMs are rare in the mountains.
- **Copy important documents.** Print duplicates of the passport, insurance policy, and permits to keep in separate bags.
- **Inform emergency contacts.** Share the detailed itinerary and contact numbers of the agency or lodges with family members.

Phase 4: On The Mountain (During the Trip)

- **Follow the hydration rule.** Drink at least four liters of water daily to combat altitude sickness and fatigue.
- **** adhere to acclimatization schedules.**** Respect rest days and never ascend more than 500 vertical meters per day above 3,000 meters.
- **Eat only cooked meals.** Avoid raw vegetables and tap water to prevent gastrointestinal issues.
- **Respect local customs.** Walk clockwise around stupas and prayer wheels as a sign of respect for Sherpa culture.
- **Pack out all trash.** Carry a dedicated waste bag to ensure no rubbish is left behind on the trails.
- **Monitor health daily.** Be honest about symptoms like headaches or nausea and communicate them to the guide immediately.