

Everest Trip Planner: Location & Logistics Master List

This practical checklist is designed for travelers who want to turn their geographical knowledge of Mt Everest into an actionable travel plan. It ensures you understand exactly where you are going, how to navigate the terrain, and what logistics to handle before you fly. Use this list before you book your tickets to ensure you haven't missed a critical step.

Phase 1: Location Mastery & Mapping

- Identify your preferred side of the mountain based on your travel style: the trekking-heavy South (Nepal) or the road-accessible North (China).
- Download a reliable offline topographic app like Gaia GPS or Maps.me before leaving home.
- Verify that your digital maps include the specific coordinates 27°59'17"N 86°55'31"E to avoid navigating to false peaks.
- Practice reading contour lines on your map to understand the difference between a walkable ridge and a sheer cliff.
- Locate critical landmarks on your digital map, including Lukla Airport, Namche Bazaar, and Base Camp.
- Check the current political status of the border crossing if you plan to travel near the Nepal-China divide.

Phase 2: Bureaucracy & paperwork

- Determine which specific visa you need based on your chosen country of entry (Nepal or China).
- Apply for the TIMS Card (Trekking Information Management System) if heading to the Nepal side.
- Secure the Sagarmatha National Park Permit in Kathmandu or Monjo.
- Confirm the current requirements for the Pasang Lhamu Rural Municipality Entrance Permit.
- Purchase travel insurance that specifically covers high-altitude helicopter rescue above 5,000 meters.
- Print physical copies of all permits and insurance policies in case your phone battery dies or technology fails.

Phase 3: Physical & Gear Preparation

- Start a cardio training regimen at least 3-4 months before your trip to build endurance.
- Test all your hiking boots and socks on long walks at home to prevent blisters on the trail.

- Pack a solar charger or power bank, as electricity becomes expensive and scarce the higher you go.
- Invest in a high-quality down jacket and sleeping bag rated for temperatures well below freezing.
- Bring a basic medical kit containing diamox (for altitude sickness), painkillers, and water purification tablets.

Phase 4: On The Ground

- Acclimatize properly by following the "climb high, sleep low" rule every single day.
- Drink at least 3-4 liters of water daily to combat the dehydrating effects of high altitude.
- Respect local culture by walking to the left of Mani stones and prayer wheels.
- Monitor weather reports daily, paying close attention to wind speed at higher elevations.
- Listen to your body and descend immediately if you experience severe headaches or dizziness.