

Mount Everest Expedition Readiness Checklist

This essential checklist is designed for aspiring trekkers and climbers aiming for the Everest region. It ensures you address critical logistical, physical, and environmental factors before your boots hit the trail. Use this list to track your progress from the initial planning phase through to your daily routine on the mountain.

Phase 1: Strategic Planning and Logistics

- **Confirm your budget feasibility** Ensure you have accounted for permits, insurance, travel, and a contingency fund of at least 10% for emergencies.
- **Select the right season** Choose the pre-monsoon window for climbing vibes or post-monsoon for clearer trekking views.
- **Verify entry requirements** Check current visa regulations for Nepal or Tibet and ensure your passport has six months of validity.
- **Purchase specialized insurance** Buy a policy that explicitly covers high-altitude helicopter rescue up to 6,000 meters.
- **Book a reputable operator** Research companies with ethical porter treatment records and verified safety history.

Phase 2: Physical and Mental Preparation

- **Commit to a 12-month training cycle** Prioritize cardio endurance and leg strength using weighted packs on inclines.
- **Simulate discomfort** Practice cold showers and long hikes with low calorie intake to build mental resilience.
- **Schedule a full medical exam** Check your dental health and cardiovascular system to prevent issues at altitude.
- **Test your gear beforehand** Break in your hiking boots completely on local trails to prevent debilitating blisters.

Phase 3: Gear and Packing Essentials

- **Layer with merino wool** Pack base layers that wick moisture and avoid cotton entirely to prevent hypothermia.
- **Invest in a rated down jacket** Ensure your insulation layer is rated for at least -20°C for evenings at high camps.
- **Secure water purification tools** Pack iodine tablets or a UV filter to avoid buying plastic bottles on the trail.
- **Prepare a personal medical kit** Include blister pads, Diamox (if prescribed), painkillers, and broad-spectrum antibiotics.

Phase 4: On-Mountain Protocols

- **Hydrate aggressively daily** Drink at least 3-4 liters of water every day to help your body acclimatize.
- **Follow the climb high, sleep low rule** hike to higher elevations during the day but return to lower altitudes to sleep.
- **Manage your waste responsibly** Carry a dedicated trash bag and pack out every wrapper or battery you bring in.
- **Respect the Puja ceremony** Participate in the blessing ritual and treat local shrines and prayer flags with reverence.
- **Monitor oxygen levels** Use a pulse oximeter every morning and evening to track your acclimatization progress.