Best Luxury Everest helicopter Trek - 12 Days (all-inclusive)

5 Star Hotel Package

6700USD per person

*Including healthy meals

Trip Style: Trek+Helicopter ride

Trip Difficulty: Moderate

Everest Helicopter Trek: One of the most captivating journeys in the Khumbu Valley that will leave you in awe.

Embark on the exhilarating **Luxury Everest Helicopter Trek,** a captivating adventure through the stunning Khumbu Valley! Your journey begins with a thrilling helicopter flight from Kathmandu to Lukla (2,840m / 9,315ft), the gateway to the Himalayas. From Lukla, you'll trek to Phakding and then to **Namche Bazaar (3,440m / 11,286ft)**, a vibrant Sherpa town where you can immerse yourself in local culture and enjoy breathtaking mountain views.

Spend two nights in Namche to acclimatize, with a day hike to Khumjung (3,780m / 12,402ft) to visit the famous Khumjung Monastery, home of the legendary Yeti scalp, and the stunning Everest View Hotel. Next, we'll trek to Deboche before reaching Dingboche (4,410m / 14,468ft), a picturesque Sherpa village nestled in the Imja Valley, where you'll acclimatize while soaking in panoramic vistas of towering peaks. This trek offers an unforgettable blend of adventure, culture, and breathtaking scenery!

From Dingboche, prepare for an exhilarating helicopter ride to **Kongde Lodge** (4,250m / 13,944ft), one of the best-view luxury lodges in the region, boasting 360-degree views of the Himalayas, including Everest, Lhotse, and Makalu. Each lodge you stay in during the trek is carefully selected for its comfort and quality, ensuring a five-star experience throughout your journey.

During our **Everest Helicopter Trek**, you will also experience a spectacular helicopter flight from Kongde Lodge to **Gokyo Valley** (4,790m / 15,700ft), where you'll explore the stunning Gokyo Lakes, renowned for their vivid turquoise colors. Following this, we'll soar to **Kala Patthar** (5,545m / 18,192ft), famed for its breathtaking views of Mount Everest and the Khumbu Glacier. After capturing these unforgettable sights, we'll return to Lukla by helicopter.

The next day, you'll fly back to Kathmandu and enjoy a captivating cultural tour of Nepal, visiting significant sites such as **Boudhanath Stupa, Pashupatinath Temple, Patan** and **Bhaktapur.** This **Everest Helicopter Trek** is a must-do adventure and a once-in-a-lifetime journey that will leave you with incredible memories and the best of the Everest region. Experience the extraordinary beauty and culture of the Himalayas like never before!

Everest Helicopter Trek: A Journey of Imagination

Why People Love This Trip:

1. **Luxury Accommodation:** Enjoy top-notch comfort in luxury lodges both in the city and along the trek.
2. **Scenic Helicopter Flights:** Experience breathtaking views with round-trip helicopter flights between Kathmandu and Lukla.

3. **Expertly Designed Itinerary:** Explore the most beautiful spots in the Everest region, ensuring an unforgettable adventure.
4. **Stay at Kongde Lodge:** Spend a night at the world's highest lodge, offering spectacular views of the Khumbu Valley.
5. **Stunning Helicopter Ride:** Marvel at the majestic Himalayas with helicopter visits to Gokyo Valley and Kala Patthar.
6. **Guided by Sherpa Experts:** Benefit from fully guided treks with expert Sherpa guides, including all meals and drinks.
7. **Cultural Exploration in Kathmandu:** Discover the rich culture and stunning sights of Kathmandu alongside the breathtaking mountains.

DURATION: 12 days

Trip Facts

Arrival City
- Kathmandu, Nepal

Departure City
- Kathmandu, Nepal

Trip Durations
- 11 Nights & 12 Days

Trip Style
- Trekking and Cultural tour

Accommodations
- Luxury 5 Star Hotel in City
- Luxury Lodge during Trek

Meals
- Daily Breakfasts In City
- Delicious hot food & drinks:3 Times daily on Trek

Service Level
- Guided by Sherpa Guide
- 100% Quality Service Guaranteed

Best Time to Travel
- Mid September to December
- / March to May

ITINERARY

Day 01:: Arrival in Kathmandu (1,400m / 4,593ft) | 5 Star Hotel

On a clear day, your adventure begins with a breathtaking flight into Kathmandu. Through the plane windows, you'll catch your first sight of the Himalayas—gleaming snow-capped peaks stretching as far as the eye can see, giving you an unforgettable preview of the journey ahead.

Upon landing at Tribhuvan International Airport, a warm welcome awaits! A representative from **Mountain Sherpa Trekking & Expeditions** will greet you at arrivals with a friendly smile, ready to escort you to your hotel. After helping you settle in, you'll have a chance to unwind, explore your new surroundings, and soak in the vibrant energy of Kathmandu.

Later, you'll gather with the group for an exciting briefing. Led by your **expert senior trek guide**, this first meeting is all about the journey ahead—sharing insights, getting tips, and setting the tone for the incredible days to come. The evening is yours to wander Kathmandu's colorful streets, sample local flavors, or simply rest up for tomorrow's adventures.

Day 02:: Half-Day Kathmandu City Tour and Trek Preparations | 5 Star Hotel

After a well-deserved rest, you'll start the day with a delicious breakfast at your hotel. Once fueled up, we'll dive into an exciting half-day city tour of Kathmandu, exploring two of its most iconic cultural treasures.

Our first stop is the legendary **Swayambhunath**, also known as the Monkey Temple. Perched on a hill overlooking the city, this ancient stupa offers sweeping views of the Kathmandu Valley, colorful prayer flags fluttering in the

breeze, and countless monkeys adding to the lively atmosphere. It's a perfect introduction to Nepal's spiritual side.

Next, we'll head to **Kathmandu Durbar Square**, a vibrant historic hub brimming with ancient palaces, intricate temples, and fascinating courtyards. As we wander through this UNESCO World Heritage Site, you'll feel transported back in time, surrounded by Newari architecture and bustling local life.

After a morning filled with history and culture, we'll stop at one of Kathmandu's finest restaurants for lunch, giving you a taste of local and international cuisine in a relaxed setting. In the afternoon, we'll visit the famous Thamel area, a lively bazaar perfect for picking up any last-minute trekking gear or souvenirs. Explore colorful shops, meet local artisans, and soak in the energy of this backpacker's paradise.

Finally, we'll return to the hotel, where you can rest, organize your bags, and prepare for the thrilling journey that awaits tomorrow—the flight to Lukla and the start of your trek into the heart of the Himalayas!

Day 03:: Fly to Lukla & Trek Phakding (2,610m / 8,563ft) | Luxury Lodge

Begin your day with an exhilarating helicopter flight from **Kathmandu to Lukla (2,840m / 9,315ft),** which takes approximately 30-40 minutes. As you ascend, enjoy breathtaking views of the lush valleys and snow-capped peaks of the Himalayas, setting the tone for your trekking adventure.

Upon arrival in **Lukla,** you'll meet your trekking crew and begin your trek to **Phakding (2,610m / 8,563ft)**, which is about 8 kilometers (5 miles) away and typically takes around 3-4 hours. The trail descends gradually through stunning landscapes, passing through charming Sherpa villages and lush pine forests. You'll cross several suspension bridges over the Dudh Kosi River, where you can take in the beauty of the surrounding mountains.

Phakding, a picturesque village nestled along the river, serves as your stop for the night. Here, you will find comfortable teahouses offering warm hospitality and basic amenities. After settling in, you can explore the village, enjoy the peaceful ambiance, and prepare for the exciting days ahead in the Everest region. The trek to Phakding provides a perfect introduction to the beauty and culture of the Khumbu Valley.

Day 04:: Trek to Namche Bazaar (3,440m / 11,286ft) | stay Luxury lodge

Today's trek takes us from Phakding to the famous Namche Bazaar, the bustling heart of the Khumbu region. The journey begins with a scenic trail along the **Dudh Koshi River**, crossing several impressive suspension bridges, including the iconic Hillary Suspension Bridge festooned with fluttering prayer flags. As we ascend, the trail winds through dense pine forests and past charming Sherpa villages like Monjo, where we enter **Sagarmatha National Park,** a UNESCO World Heritage site. Here, we'll stop for permits and catch our first glimpses of Everest in the distance. The trek becomes steeper as we approach Namche, but the rewarding views keep us energized. Finally, we reach **Namche Bazaar (3,440m / 11,286ft)**, a vibrant town with colorful buildings stacked along a mountain slope, surrounded by breathtaking peaks. Tonight, we'll unwind and rest in a luxury lodge, enjoying comfort and mountain views to prepare for the days ahead.

Day 05:: Acclimatization Hike to Khumjung Village and Everest View Hotel

After breakfast, our Sherpa guide will lead us on an acclimatization hike to the picturesque Khumjung village. The hike gradually takes us higher, helping our bodies adjust to the altitude—a crucial step for a successful trek. Along the way, we'll stop at the famous E**verest View Hotel (3,880m / 12,729ft),** where we'll be treated to panoramic views of Everest, Lhotse, and Ama Dablam, making this a truly memorable experience. Continuing to **Khumjung (3,780m / 12,402ft)**, we'll explore the charming village, visit the Khumjung Monastery, and see the legendary "Yeti scalp" preserved here. We'll also visit the Hillary School, founded by Sir Edmund Hillary to support education in the region. After soaking in the scenery and local culture, we'll return to Namche Bazaar. The night is spent in our luxury lodge, resting and further acclimatizing for the journey ahead.

Day 06:: Trek from Namche to Deboche (3,820m / 12,533ft) | Luxury Lodge

Today, we set off from Namche Bazaar on a scenic trek to Deboche, gradually gaining elevation as we head deeper into the Khumbu region. The trail begins with a relatively gentle path, offering spectacular views of Everest, Nuptse, Lhotse, and Ama Dablam along the way. We pass through the charming village of **Tengboche (3,867m / 12,687ft),** home to the famous Tengboche Monastery, the largest in the Khumbu area, where we can pause to appreciate its serene setting and stunning backdrop. After spending some time at the monastery, we continue on a downhill path through lush rhododendron and pine forests, which add a vibrant contrast to the rugged mountain scenery. Our journey concludes in the peaceful village of **Deboche (3,820m / 12,533ft)**, known for its tranquil setting and close proximity to towering peaks. We'll settle into our lodge, enjoying the calm environment and a warm meal to recharge. Resting here tonight allows our bodies to further acclimate as we prepare for the higher altitudes ahead.

Day 07:: Trek from Deboche to Dingboche (4,410m / 14,468ft) | Luxury Lodge

Today, we journey from Deboche to Dingboche, climbing steadily as we move further into the heart of the Himalayas. The trail first leads us through beautiful rhododendron and pine forests, crossing suspension bridges over the Imja Khola river, with Ama Dablam towering impressively on our right. We pass through **Pangboche (3,985m / 13,074ft)**, the highest year-round settlement in the region and home to the ancient Pangboche Monastery. As we ascend, the landscape begins to change, with trees giving way to alpine shrubs and rugged, open terrain, emphasizing the high-altitude environment. After a final uphill push, we reach the spacious village of **Dingboche (4,410m / 14,468ft)**, nestled in a scenic valley with awe-inspiring views of Lhotse, Island Peak, and other towering peaks. Dingboche is also known for its traditional stone-walled fields, which protect crops from the harsh mountain winds. We'll spend the night here, giving our bodies valuable time to acclimate at this higher elevation in preparation for the days ahead.

Day 08:: Helicopter Ride to Kongde Lodge 4250m/ 13,944 ft | Best view Lodge

Today, we embark on an exhilarating helicopter ride from **Dingboche** to the exclusive **Kongde Lodge,** situated at 4,250m (13,944ft) and renowned for offering some of the most breathtaking views in the Everest region. This scenic flight takes us over deep valleys, lush forests, and past iconic Himalayan peaks, providing a rare aerial perspective of the Khumbu landscape. As we approach Kongde, we're greeted by panoramic vistas of towering giants like **Everest**, **Lhotse, Makalu,** and **Ama Dablam** stretching across the skyline. The lodge itself is one of the highest **luxury lodges** in the world, combining comfort with unrivaled access to these spectacular surroundings. Upon arrival, we'll have time to explore the area, soak in the views, and capture photos from the lodge's prime viewpoint. This peaceful, remote setting is ideal for both relaxation and altitude acclimatization as we settle into our unique accommodation. The evening brings a cozy, memorable night at **Kongde Lodge**, surrounded by the magnificent beauty of the Himalayas.

day 09:: Heli Ride to Gokyo & Kala Patthar: Return to Lukla | Luxury Lodge

Get ready for an exhilarating day as we embark on a **helicopter ride** to **Gokyo Lake** and then to **Kala Patthar**, returning to Lukla afterward! After an early breakfast at the Kongde Lodge, we'll board the helicopter, soaring above the breathtaking landscape of the Khumbu region. Our first destination is the stunning **Gokyo Lake**, located at 4,790m (15,700ft), renowned for its vibrant turquoise waters surrounded by towering mountains and glaciers.

After taking in the mesmerizing views and capturing some photos, we'll continue our journey to **Kala Patthar (5,545m / 18,192ft)**, famous for offering one of the best panoramic views of Mount Everest and the surrounding peaks. Upon arrival, you'll have a chance to step out and experience the crisp mountain air while soaking in the spectacular vista that includes the iconic **Everest, Lhotse, Nuptse,** and the **Khumbu Icefall.**

This stop is a photographer's paradise and a highlight for trekkers, as it provides an unparalleled view of the world's highest peak in all its glory. After relishing the awe-inspiring sights, we'll hop back into the helicopter for the return flight to **Lukla**, where we'll land and take a moment to reflect on the incredible landscapes we've just witnessed. Tonight, we'll unwind in a **luxurious lodge in Lukla**, celebrating our thrilling adventure in the heart of

the Himalayas. This day promises to be a perfect combination of breathtaking scenery and unforgettable experiences!

day 10:: Fly back to Kathmandu by Helicopter | stay luxury 5 star hotel

Today, we'll experience a **luxurious helicopter flight** back to Kathmandu, providing a stunning aerial view of the majestic Himalayas one last time. After breakfast, we board the helicopter, and as we ascend, we'll fly over the breathtaking landscapes we've trekked through, including the iconic peaks and serene valleys. This flight offers a unique perspective on the towering mountains, with opportunities to spot some of the world's highest peaks, including Everest and Lhotse, glistening in the morning light.

Upon our arrival in Kathmandu, we'll be greeted by the bustling city's vibrant energy, contrasting beautifully with the tranquility of the mountains. We'll transfer to a luxurious 5-star hotel, where you can unwind in style and comfort after our adventurous journey. The hotel offers top-notch amenities, including exquisite dining options, a relaxing spa, and stunning views of the city or surrounding hills. Enjoy a leisurely evening, reflecting on the unforgettable experiences of your trek, and prepare for your departure or further exploration of Nepal's rich cultural heritage.

day 11:: Full Day Cultural Tour of Kathmandu, Patan & Bhaktapur | Luxury Hotel

Get ready for an enriching full-day cultural tour exploring the vibrant heritage of Kathmandu, Patan, and Bhaktapur! Our adventure begins at the iconic **Boudhanath Stupa**, one of the largest stupas in Nepal and a UNESCO World Heritage site. As you approach, the colossal mandala and the serene gaze of the Buddha eyes watching over the city will leave you in awe. Stroll around the stupa, where you can witness locals performing their daily rituals, and take in the atmosphere filled with spirituality and devotion.

Next, we'll head to **Pashupatinath Temple**, another UNESCO World Heritage site, revered as one of the holiest Hindu temples in the world. Here, you'll witness fascinating rituals along the banks of the sacred Bagmati River, where cremation ceremonies take place, and feel the profound spirituality that permeates the area. Our journey continues to Patan, known for its stunning medieval architecture and rich artistic heritage. Explore the charming streets and visit the **Patan Durbar Square,** adorned with ancient temples and intricate woodwork, and take a moment to admire the craftsmanship at the Patan Museum.

Finally, we'll make our way to **Bhaktapur**, where time seems to stand still in this well-preserved medieval city. Marvel at the magnificent **Bhaktapur Durbar Square**, featuring the 55-Window Palace and the iconic Vatsala Temple. Take a leisurely stroll through the narrow alleyways, discovering traditional pottery shops and local artisans at work. Enjoy some authentic Newari cuisine for lunch, experiencing the unique flavors of this rich culture. After a day filled with exploration and inspiration, we'll return to our luxurious hotel, where you can relax and reflect on the incredible cultural treasures of Kathmandu Valley. This tour is a perfect blend of history, spirituality, and art, ensuring unforgettable memories of Nepal's rich heritage!

day 12:: Transfer to Kathmandu International Airport and fly back home

As your incredible journey through the heart of the Himalayas comes to an end, it's time to transfer to Kathmandu International Airport for your flight home. Bid farewell to the majestic peaks and vibrant culture of Nepal, taking with you cherished memories and unforgettable experiences. The drive to the airport offers a final glimpse of the stunning landscapes, bustling streets, and friendly locals that have made your adventure so special.

Upon arrival at the airport, you'll check in for your flight, reflecting on the thrilling hikes, serene helicopter rides, and rich cultural encounters that have filled your days. As you board your plane, take a moment to soak in the atmosphere and the excitement of returning home with tales to share. The journey may be ending, but the spirit of Nepal will remain with you, inspiring future adventures and wanderlust. Safe travels, and may your heart always yearn for the mountains!

Cost Includes

Transports & Accommodations

- Enjoy seamless private transfers upon your arrival and departure in Kathmandu, ensuring a comfortable and stress-free experience.
- Round-trip Helicopter Flight Kathmandu to Lukla (2,840m / 9,315ft) and back
- Stay in a luxury 5-star hotel in Kathmandu, providing exceptional comfort and amenities. During the trek, enjoy accommodations in the best luxury lodges, ensuring a relaxing and enjoyable experience in the heart of the Himalayas.
- After trekking to Dingboche (4,410m), take a helicopter to Kongde Lodge (4,250m). Enjoy excursions to Gokyo Lake (4,790m) and Kala Patthar (5,545m) for stunning views of Mount Everest. Return to Lukla by helicopter to complete your adventure.

Meals & Drinks

- Daily Hygienic Breakfast: Enjoy a nutritious breakfast each morning in the city, as specified in the itinerary.
- Healthy Meals During Trek: Relish healthy and hygienic meals throughout the trek, including lunch at luxury lodges to ensure maximum comfort.
- Beverage Options: Savor your choice of black tea, lemon tea, milk tea, or coffee to keep you refreshed.
- Welcome Dinner: Experience a delightful welcome dinner at one of the best local restaurants, featuring a captivating cultural show to immerse you in the rich traditions of the region.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole
- Quality Sleeping bags and down Jackets if required
- Duffel bag, Trek Map & group medical Kit
- Pulse oximeter for oxygen saturation as well as heart rates

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Pays, Trek Permit & Entrance Fees

- Pay and insurance for guide and support staff
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- Full day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments

Additional MST Service

- We help you, if an airline loses your luggage, or delayed
- International flight ticket Reconfirmation service if required
- We help our clients to buy souvenirs at wholesale price

- We show you around local areas, recommend to eat etc
- Dinner with local sherpa people

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

Vital Information

Accommodation

The Ultimate Luxury Everest Helicopter Trek: A Journey of Comfort and Spectacular Views

Our **Best Luxury Everest Helicopter trek** is all-inclusive luxury trek, where comfort and exclusivity blend seamlessly with the awe-inspiring Himalayas. Your journey begins in Kathmandu, where you'll unwind and indulge in 4 nights at a **lavish 5-star** hotel (2 nights before your trek start and 2 nights after your trek) immersing yourself in the city's vibrant culture and sophisticated charm. As you trek towards the Everest region, we ensure every step is in luxury, with **7 nights spent in the finest available lodges,** offering unmatched comfort, breathtaking mountain views, and world-class amenities.

The highlight of your adventure is a night at the legendary **Kongde** Lodge, perched at one of the highest points in the Everest region, where you'll be treated to a **panoramic view of the Everest massif** that is nothing short of spectacular. After each day’s trek, relax and rejuvenate with **gourmet meals, cozy rooms**, and impeccable service, making each moment unforgettable. This journey is not just about reaching Everest Base Camp, but about experiencing the best of both worlds – the rugged beauty of nature combined with the luxury of world-class accommodations. With every detail taken care of, all you need to do is immerse yourself in this once-in-a-lifetime adventure.

Nepal Visa

A tourist visa can be obtained on arrival at Tribhuvan International Airport, Kathmandu. The current fee for a multiple-entry visa valid for **15 days is USD $30**. A multiple-entry visa valid for **30 days is USD $50.** All fees are subject to change without notice and must be paid in cash in U.S. dollars. Carrying two passport-size photos is also recommended.

'On Arrival' visa procedure is very quick and simple. You can expect some queues during peak Tourist season. If you wish to skip those queues, you can also consider getting Visa from Nepalese Diplomatic Missions stationed abroad prior to your arrival. The choice is yours.

Once you arrive at the airport, please follow these simple procedures for Tourist Visa on Arrival.

1st Step

Fill in ' Arrival Card '

Fill in the Online Tourist Visa form (you can fill it out prior to your arrival by visiting the official website of the Department of Immigration / fill it up using Kiosk machines upon your arrival at the airport). If you fill it in from the website, you will get a submission Receipt with a barcode, please print it out and bring it along for acquiring a visa. It works for fifteen days and becomes invalid then after. If so, you will have to fill it up again.

2nd Step

Make payment at the bank according to your visa requirement (15/30/90 Days) Get the receipt

While you can use different modes of payments (at the visa fees collection counter), we advise you to carry some cash to be on the safe side.

3rd Step

Proceed to the Immigration Desk with your online form, payment receipts, and your passport. Hand in your documents to the immigration officer for visa processing. He/she issues a visa to you upon his/her satisfaction.

On Arrival Visa Fee

15 Days – 30 USD

30 Days – 50 USD

90 Days – 125 USD

CASH & CREDIT CARDS:

Nepal: Cash transactions can generally be made in either U.S. dollars or local currency. U.S.dollars should be recently issued bills in smaller denominations. Major credit cards are accepted mainly in the larger shops, hotels, and tourist category restaurants. Access to ATM machines is available in bigger cities like Kathmandu & Pokhara but is limited in rural areas.

Packing List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries
3. Sunglasses with UV protection
4. Neck gaiter or bandana (for sun protection)
5. Face Masks
6. Sun protection (including total bloc for lips, nose, etc.)

Core Body

1. Base layer shirts

2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Underwear (2-3 pairs)

Lower Body – Legs

1. Hiking Pants (Convertible, Quick-Dry, Lightweight)
2. Rain Pants (Lightweight, Waterproof, Breathable)- optional

Feet

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 2 pairs recommended

Food & Snacks

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes

9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring $30 (15 Days) or $50 (30 Days) USD for Visa Application
- Money ($200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Toilet paper (you can buy this in the lodges
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial handwash

Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

Additional info:

As you pack for the Everest Helicopter trek, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffle bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We

provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 20-25 kg of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg/26.5 lbs.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the Nepal trek. You need to carry your own backpack (with waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don’t have your own down jacket & sleeping bag, don’t worry. We will provide you with 4 season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude trek.