

Lobuche East Peak Climbing - 20 Days (Join with 27+ Years of Sherpa Expertise))

3 Star Hotel Package

2870^{USD}
per person

*Including healthy meals

5 Star Hotel Package

3070^{USD}
per person

*Including healthy meals

Trip Style: Trekking & Climbing



Trip Difficulty: Challenging

Lobuche Peak – A Gateway to Himalayan Mountaineering

Lobuche Peak, standing at 6,119m, is one of Nepal’s top introductory Himalayan climbs—ideal for adventurers seeking a rewarding high-altitude challenge.

Designated as a “trekking peak,” it demands solid fitness and basic mountain skills, yet does not require advanced technical expertise. Our consistently strong summit record reflects both the climb’s achievable nature and the exceptional competence of our guiding team. For aspiring alpinists aiming for their first Himalayan summit, Lobuche East offers the ideal blend of challenge, accessibility, and high-altitude excitement.

Key Differences Between Lobuche East and Lobuche West

Lobuche Peak features two prominent summits: **Lobuche East (6,119 m)** and **Lobuche West (6,145 m)**. Though linked by a ridge, a deep notch and significant separation make them independent objectives. Lobuche East is designated by the NMA as a trekking peak, suited to climbers with basic mountaineering skills, while Lobuche West is classified as an expedition peak requiring advanced technical ability. Together, these twin summits form a renowned Himalayan pair, drawing climbers to the Everest region for their varied challenges and remarkable high-altitude panoramas.

Where the Lobuche Peak Climb Begins

Your **Lobuche Peak Climb adventure** starts with a restorative stay in Kathmandu (1,400m) before a scenic flight to Lukla (2,860m). From there, you follow the classic Everest trail, spending two acclimatization nights in Namche Bazaar (3,440m) and another two in Dingboche (4,410m), including a high-altitude hike to 5,100m. The route continues toward Everest Base Camp (5,364m) and Kala Patthar (5,545m) for essential acclimatization and breathtaking views. After descending to Lobuche (4,910m), you advance to **Lobuche Peak high Camp** (5,400 m / 17,717 ft)and prepare for your final summit ascent to 6,119m.

The Summit Views of Lobuche East

From the **summit of Lobuche East (6,119m)**, climbers are rewarded with spectacular 360-degree views of the Khumbu Himalayas, including Everest (8,848m), Lhotse (8,516m), Nuptse (7,861m), Pumori (7,161m), and Ama Dablam (6,812m). The panorama showcases glaciers, ridges, and high-altitude landscapes, offering both a thrilling adventure and a profound sense of Himalayan grandeur. Its balance of challenge and accessibility makes Lobuche East an ideal peak for trekkers and climbers seeking their first high-altitude summit. This combination of natural beauty, adventure, and breathtaking vistas makes it a must-climb in the Everest region.

Why Choose the Lobuche Peak Climb?

- **Breathtaking panoramas:** Take in unmatched views of Everest, Lhotse, Nuptse, and Ama Dablam from the summit.
- **Introduction to technical climbing:** Gain hands-on experience with crampons, ice axes, and glacier travel on rugged terrain.
- **Cultural journey:** Pass through vibrant Sherpa villages like Namche Bazaar and Tengboche, experiencing local traditions and hospitality.
- **Challenging yet rewarding:** Test your endurance on a physically demanding climb with a truly satisfying summit achievement.
- **Accessible Himalayan adventure:** Reach a high-altitude peak without committing to a lengthy expedition, perfect for first-time Himalayan climbers.

7 Irresistible Reasons to Climb Lobuche Peak with Mountain Sherpa Trekking

1. **Stay in Comfort, Even at High Altitude:** Begin and end your adventure in 4- or 5-star Kathmandu hotels. Along the trek, relax in the best Sherpa lodges with hot showers, clean bathrooms, and cozy amenities—comfort guaranteed, even in the heart of the Himalayas.
2. **Smartly Crafted Itineraries:** Every day is planned for safety, proper acclimatization, and maximum enjoyment. Contingency and rest days ensure a relaxed pace and the best chance to conquer the summit stress-free.
3. **Dine Your Way:** Enjoy full freedom to choose your meals from lodge menus daily. Eat what you love, stay healthy, and savor local flavors—no pre-set group menus here!
4. **Guides You Can Trust:** Our Sherpa guides are Everest-region experts who have summited Lobuche multiple times. With their experience, professionalism, and care, you're supported at every step of your climb.
5. **Make a Positive Impact:** Your trek helps the local community. We fund scholarships for over 140 underprivileged Sherpa and Rai students, so your adventure leaves a lasting legacy.
6. **Personalized, White-Glove Support:** With 27+ years in the Himalayas, we treat you like family, not a number. From planning to summit day, every detail is handled so you can focus on the adventure.
7. **Adventure on Your Terms:** Add extra days, tweak the route, or shorten the itinerary—your Lobuche Peak journey is fully flexible, tailored to your schedule, fitness, and personal goals.

DURATION: 20 days

Trip Facts

Trek & Climb Region

- Everest Region Nepal
- EBC Trek with Lobuche Peak

Maximum Altitude

- Lobuche Peak (6,119 m / 20,074 ft)

Service Level

- Experienced Sherpa guide
- 99% Success Guaranteed

Trip Durations

- 19 Nights/ 20 Days
- Can be modify If Needed

Suitable For

- Experienced trekkers
- Fit mountaineers or Intermediate climbers

Accommodations

- Luxury Hotels In City
- Lodge & Tented camp in Mountain

Meals

- Daily Breakfasts In City
- All Meals during Trek & Climb

Best Time to Travel

- March -May
- Mid September- December

ITINERARY

Day 01:: Arrival Kathmandu- Transfer to Hotel

On a crisp, clear day, your journey begins as you gracefully descend into Kathmandu. Through the airplane windows, you'll be greeted by the mesmerizing spectacle of snow-capped peaks, a prelude to the unforgettable experiences awaiting you. Touching down at Tribhuvan International Airport, a warm welcome from a representative of **Mountain Sherpa Trekking and Expeditions** awaits. They'll seamlessly guide you to your chosen hotel, ensuring a smooth check-in process. After settling into your rooms and rejuvenating, a concise briefing on our daily activities will set the tone for the adventure.

With the rest of the day at your disposal, take the opportunity to explore and acquaint yourself with the surroundings. Come evening, our seasoned trek guide will gather the group, sharing insights and essential details about our upcoming trek. As the day winds down, the anticipation for the journey ahead lingers in the mountain air. Rest well, for tomorrow marks the beginning of an extraordinary expedition. Overnight stay at the hotel.

Day 02:: Kathmandu City tour sightseeing- Overnight Stay at Hotel (Breakfast included)

Begin your day with a hearty breakfast at the hotel, followed by an engaging half-day sightseeing program in Kathmandu. Explore the historical and spiritual wonders of the Kathmandu Valley, including UNESCO World Heritage sites like Durbar Square. Here, immerse yourself in the allure of Hanuman Dhoka Palace and Kumari Ghar, the residence of the Living Goddess Kumari. Wander through the vibrant temples that grace Kathmandu Durbar Square.

Continue your journey to Boudhanath, home to one of the largest stupas, and Swayambhunath, the renowned Monkey Temple perched atop a city hill. As the tour concludes, venture into the lively Thamel area to acquire or rent any necessary climbing and trekking gear, preparing for your upcoming expeditions.

Cap off your day with a special touch by joining a Welcome Dinner at our home, hosted by a **Sherpa family**, or at a cultural restaurant featuring a captivating cultural show. It's an evening designed to add warmth and cultural richness to the beginning of your extraordinary adventures.

Day 03:: Fly to Lukla (2,800m) & trek to Phakding (2,652m), 3-4 hrs walk- Lodge- all Meals included.

Today, we take to the skies destined for Lukla (2780m), the gateway to Everest Base Camp. As we land, the journey unfolds with the assistance of porters to carry your belongings, providing you the opportunity to witness the charming Sherpa settlement of Choplung. Following the path along the Dudh Koshi River valley, we pass through Ghat (2530m). The trail gently ascends, leading us to our day's final destination, the tranquil village of Phakding. Here, against the backdrop of the Himalayas, we settle in for the night.

Day 04:: Trek to Namche Bazaar (3,440m), 5-6 hrs walk- Lodge- all Meals included

Following a hearty breakfast, our journey takes us through the enchanting pine forest alongside the Dudh Koshi River. Crossing several suspension bridges and passing Sherpa settlements like Benkar, Manjo, and Jorsole, the trail leads to a serene viewpoint where the majestic Mt. Thamserku (6618 m) unfolds before you, just after the check post.

Continuing along the Dudh Koshi riverbed, you'll reach the confluence of the Bhote Koshi and Dudh Koshi rivers, offering a captivating panorama of Mt. Everest and the Nuptse-Lhotse ridge. After a thrilling 3-hour ascent through the breathtaking pine forest, our destination is Namche Bazaar—a vibrant trading and administrative hub. Overnight, find comfort at a lodge in Namche Bazaar, surrounded by the Himalayan allure.

Day 05:: Acclimatization day at Namche Bazaar- Lodge- all Meals included

Today, in Namche Bazaar, we prioritize acclimatization to adapt to the altitude of 3,440 meters. Following advice from both acute Mountain Sickness (AMS) experts and health professionals, an additional night is recommended for our well-being.

During our day in **Namche Bazaar**, we embark on a fascinating tour of Sagarmatha (Everest) National Park. This allows us to immerse ourselves in Sherpa culture while gaining insights into the diverse flora and fauna of the Everest region. An optional side trip takes us to the historic Sherpa village of Khumjung, offering breathtaking views of Ama Dablam, Thamserku, Khaantaiga, Mt. Everest, and more.

Today's hike to Sherpa villages like Kunde and Khumjung, coupled with a visit to the highest-placed hotel, Everest View, provides not only a rich experience of Sherpa culture but also stunning views of Everest and the surrounding mountains. This excursion aids in adjusting to higher altitudes and achieving better acclimatization. We return to Namche Bazaar for a comfortable overnight stay.

Day 06:: Trek from Namche to Phortse village 3,810 meters (12,500 feet) -Approx. 5-6 hrs Lodge [B/L/D]

Embarking on an enthralling journey today, we trek to Everest Base Camp through a less-traveled route, unveiling the hidden treasures of the charming Sherpa village of Phortse. This unique path not only promises diverse landscapes but also introduces the enchantment of lesser-explored Sherpa settlements, offering a more intimate and enriching experience.

Our adventure kicks off from Namche as we follow the Gokyo lakes route, immersing ourselves in breathtaking vistas. A night in Phortse, nestled in the heart of Khumbu, adds an authentic touch to our expedition before reaching Dingboche. The itinerary strategically incorporates two nights in both Namche Bazaar and Dingboche, allowing ample time to absorb local culture and acclimatize to the altitude.

The Phortse village route boasts stunning views of Thamserku and Amadablam, providing a less crowded alternative to the regular route. On our return journey, after experiencing Everest Base Camp and the Lobuche summit, we take the Tengboche route.

Day 07:: Phortse to Dingboche (4360m) (approx. 5-6 hours) - Lodge- all Meals included

Embarking on another splendid day from our cozy Sherpa lodge in Phortse Village, your journey commences around 7:30 AM. The trail from Phortse to Dingboche unfolds breathtaking views of the Khumbu valley, with the Imja Khola river flowing gracefully and the Tengboche Monastery standing prominently against the backdrop of Thamserku at 21,680 feet.

After approximately 3 hours of trekking, you'll arrive at the captivating Sherpa village of Pangboche, where a delightful lunch awaits. Your expert local **Sherpa guide** will lead you to one of the oldest monasteries in the Himalayas, a sacred structure with a history dating back 400 years, holding immense religious and cultural significance for the Sherpa community. Pangboche's charm extends to its traditional Sherpa houses, showcasing the architectural essence of the region.

Following a well-deserved break, your journey continues towards **Dingboche**, nestled at an elevation of 4,410 meters (14,469 feet). This leg of the trek involves a gain in elevation of approximately 543 meters (1,785 feet).

Just before reaching Dingboche, you'll encounter the quaint village of Shomare. This picturesque settlement provides stunning panoramic views of the surrounding mountains, with the majestic Ama Dablam taking center stage. The sight of these grand peaks against the canvas of clear blue skies offers a moment to pause, reflect, and capture the timeless beauty of the Himalayas.

Day 08:: Hike to Nagarjuna Peak and Return to Dingboche - 4,410 meters/14,469 feet - Approx. 5-6 hrs

Today marks a crucial day for acclimatization, offering a balance between rest and engaging activities. A perfect opportunity unfolds to explore the village, interact with friendly locals, and gain profound insights into their

lifestyles, traditions, and culture.

Strolling through the village, we absorb breathtaking landscapes — majestic mountains, picturesque valleys, and pristine beauty — providing a visual feast and a chance to appreciate the wonders of the Himalayas. This tranquil setting also invites moments of relaxation, perfect for unwinding and catching up on reading amidst the serene surroundings.

The highlight of the day features a guided excursion led by our experienced Sherpa guide to **Nagarjuna Peak**, standing impressively at nearly **5,100 meters (16,733 feet)**. This hike not only treats us to stunning panoramic views but also aids in the vital acclimatization process.

Starting our ascent from the ridge north of the village, Nagarjuna Peak unfolds unparalleled vistas of the world's highest mountains. Majestic peaks like Lhotse, Makalu, and Cho Yu dominate the horizon, while Cholatse (6,440 meters/21,126 feet) and Taboche (6,542 meters/21,463 feet) grace the western side. Our **Sherpa guide** ensures safety and provides insights into the local environment, making this excursion both awe-inspiring and informative. A packed lunch fuels our energy, allowing us to savor a satisfying meal amidst the pristine surroundings.

Day 09:: Dingboche to Lobuche (4930m) (Trekking: approx.4 hours) - Lodge- all Meals included

Following the sunrise, we ascend to a small point at the rear of the village, overlooking the Pheriche Valley. From this vantage point, the majestic Tawoche and Cholatse (6440m) captivate us, seemingly leaning forward across the valley in the west. Turning our gaze northward, Lobuche Peak (6119m) and the snowfields of Cho La command attention. The terrain becomes predominantly flat, crossing wide-open fields, yet it's crucial to stay well-hydrated.

Our path leads us to the Khumbu Khola at Dughla (4620m), where we traverse the river and enjoy a light lunch at the base of the immense terminal moraines of the Khumbu Glacier. The panoramic view unfolds with Pumori (7145m) dominating the scene, and across the Tibetan border, Changtse (7550m) graces the horizon. Simultaneously, Everest disappears behind the colossal walls of Nuptse and Lhotse, creating a dramatic and awe-inspiring backdrop.

Day 10:: Lobuche - Gorak Shep (5160m) - Everest Base Camp -Gorak Shep- Lodge- all Meals included

Today unfolds a remarkable journey as we venture to the renowned Everest Base Camp, situated at a lofty elevation of 17,500 feet (5,334 meters). This day offers a glimpse into the challenging life of Everest climbers who reside at Base Camp and above for extended periods.

As we hike up the glacial moraine towards Base Camp, the reality sets in, distinctly different from cinematic portrayals. The challenges of living at altitude become tangible, and Everest Base Camp reveals itself as a famous yet temporary habitat nestled among glacial boulders and ice on the upper Khumbu Glacier.

While the full grandeur of the Khumbu Icefall comes into view within Base Camp, the day's hike is accompanied by the creaks and groans of the glacier, and the distant roar of avalanches echoing from the surrounding slopes. It's an immersive experience that brings the harsh beauty of the Himalayas to life.

As we return to our lodge at Gorak Shep, we carry memories that will endure a lifetime, enriched by the unique perspectives gained from our day at Everest Base Camp.

Day 11:: Hike to Kala Patthar (5545m) trek back to Lobuche 5 hrs- Lodge- all Meals included

Embarking on an exhilarating morning trek, we ascend to **Kala Patthar (5545m)** to witness the breathtaking sunrise unfold from this remarkable vantage point beneath Pumori. While the ascent is challenging due to the altitude, the panoramic views from the summit surpass imagination.

As we climb towards Kala Patthar, we pause at various outstanding viewpoints to capture the beauty through our lenses. After several hours of ascent, we reach the summit marked by Cairns and prayer flags. Seated on the rocks

of Kala Patthar, our eyes absorb the incredible Himalayan panorama, ranging from one mighty massif to another.

Every moment is frozen in time through the lens of our cameras, capturing memories that will last a lifetime. Descending slowly, we make our way back to Lobuche, ensuring a well-deserved night's rest after a remarkable day. Overnight, find comfort at a local lodge, surrounded by the awe-inspiring memories of our mountainous journey.

Day 12:: Trek to Lobuche High Camp (5,400 m/ 17717 ft)- 6-7 hours- Tented Camp- all Meals included

Embarking from Lobuche, our path unfurls across a quiet, level expanse, as if offering one final moment of calm before the mountains call us upward. Soon the terrain shifts—stones underfoot, the ground rising steadily—as we climb toward 4,940 meters (16,207 feet). Here, the trail threads itself along the immense sweep of the Lobuche Glacier, a corridor of ice and silence framed by the titans of the Khumbu.

Ama Dablam gleams with its iconic grace, while Pokalde, Cholatse, Thamserku, Kantega, and a procession of Himalayan giants accompany our ascent, each peak revealing itself like a guardian watching over our journey. The air grows thinner, the horizon sharper, and every step draws us deeper into the heart of the high Himalayas.

Tonight, we rest beneath a boundless canopy of stars at Lobuche High Camp (5,400 m / 17,717 ft). In our fixed tented camp, surrounded by the quiet majesty of the mountains, the night feels both humbling and extraordinary—an unforgettable pause in the great sweep of the expedition.

Day 13:: Summit Lobuche (6119m/20,070 ft) & back to Base Camp:9/10 hrs-Tented Camp-all Meals.

Summit day on Lobuche Peak is a profound journey—challenging, beautiful, and deeply moving. Every step brings you closer not just to the summit, but to an experience you will carry forever.

3:00 AM – Begin the Ascent

You wake before dawn, welcomed by warm tea and a comforting breakfast. Wrapped in your layers, you step into the quiet glow of headlamps and a sky full of stars. With your Sherpa guide by your side, the climb begins steadily across the glacier, each step supported, safe, and purposeful.

5:00 AM – Sunrise Over the Himalayas

As the first light touches the peaks, the mountains feel almost alive. The sunrise paints the sky in colors that stay with you long after the journey is over. You move through the technical terrain with calm guidance, encouraged at every stage.

8:00–9:00 AM – Summit (6,119m / 20,075 ft)

Reaching the summit is a moment of pure emotion. The world opens around you—Everest, Lhotse, Nuptse, Ama Dablam, and endless Himalayan giants stand in quiet majesty. It's not just a view; it's a feeling of achievement, gratitude, and awe.

10:00 AM – Begin Descent

You make your way down with the same steady support, taking your time and soaking in the grandeur of the mountains that accompanied you on the way up.

1:00–2:00 PM – Return to Base Camp

Back at Base Camp, you are welcomed with warmth, rest, and a well-earned meal. The rest of the day is yours to reflect, relax, and simply breathe in the joy of what you've accomplished.

With more than **27 years of guiding experience**, our Sherpa team is fully dedicated to your safety, comfort, and peace of mind. Your journey is led by **expert Sherpa guides** who know Lobuche Peak intimately—guides who have summited it many times and understand every detail of the route. You can place your full trust in our care, experience, and heartfelt commitment to making your climb safe, meaningful, and truly unforgettable.

Day 14:: Contingency day for any unexpected delays due to weather, route conditions, team health, etc.

This additional day is strategically planned to accommodate unforeseen obstacles such as flight delays or adverse weather conditions during the climbing phase of our expedition to Lobuche Peak. By allocating this extra day, we ensure that even in the face of a one-day setback, the expedition remains on course, safeguarding a successful ascent of Lobuche Peak.

The day serves as a contingency, allowing flexibility to address any unexpected challenges. If all goes according to plan, the day can be utilized for additional acclimatization, rest, or to explore the surroundings. Our experienced team remains prepared to adapt to varying circumstances, enhancing the overall safety and success of the Lobuche Peak ascent.

Day 15:: Lobuche Base Camp to Pheriche- Lodge - all Meals included

Embarking from Lobuche Base Camp, the trek to Pheriche unfolds with an early start, setting out around 7:00 AM. The initial descent takes you back through the rocky path alongside the Lobuche Glacier, offering a last glimpse of the stunning Himalayan panorama. As the trail gradually descends, you'll traverse the flat terrain, navigating through rock formations and boulders.

Around mid-morning, the path levels out, leading to the picturesque village of **Thukla (also known as Dughla)**. Here, you'll find a cluster of teahouses, providing a perfect spot to rest and enjoy a light snack. The route from Thukla to Pheriche is relatively straightforward, following the valley floor with a gentle descent. The landscape transitions from rocky terrain to alpine meadows, dotted with hardy vegetation.

As you approach **Pheriche**, the mesmerizing views of the surrounding peaks, including Ama Dablam, Tawoche, and Cholatse, accompany your descent. The trek typically takes around 4 to 5 hours, depending on the pace and breaks. Upon reaching Pheriche, settle into your lodge or teahouse, take in the crisp mountain air, and reflect on the day's journey amidst the serene surroundings of this charming Himalayan village.

Day 16: : Trek from Pheriche to Namche- Lodge - All Meals included

Embarking on the trek from Pheriche to Namche Bazaar, the day begins with an early start, usually around 7:00 AM. The trail initially descends, leading you through the charming village of Pangboche. As you continue, you'll cross the Imja Khola River and trek upwards to reach Tengboche. This uphill section takes approximately 2 to 3 hours.

Upon reaching Tengboche, take some time to visit the renowned Tengboche Monastery, an iconic cultural site in the region. After the visit, the trail descends through a beautiful forested area, bringing you to the village of Phunki Tenga for lunch, which typically takes about 1.5 to 2 hours.

Post-lunch, the trail ascends once again, guiding you through rhododendron and pine forests. As you traverse the Dudh Koshi River, the journey becomes more gradual, and you'll eventually reach the vibrant town of Namche Bazaar. The total trekking time from Pheriche to Namche Bazaar is approximately 6 to 7 hours.

Throughout the day, the route offers breathtaking views of the Himalayan landscape, including glimpses of iconic peaks like Ama Dablam and Everest. The diverse terrain, from lush forests to picturesque river crossings, adds to the richness of the trekking experience. Upon arrival in Namche Bazaar, take in the lively atmosphere of the bustling market town, known for its vibrant blend of cultures and mountain charm.

Day 17:: Trek from Namche to Lukla- Lodge- all Meals included

Embarking on the final leg of our journey, we trek from Namche Bazaar to Lukla, concluding our memorable adventure in the Everest region. The trek begins early in the morning, around 7:00 AM, as we bid farewell to the vibrant **Namche Bazaar**.

The trail retraces our earlier steps, navigating the well-trodden path that winds through the charming Sherpa villages of Monjo, Benkar, and Phakding. As we traverse this familiar route, we relish the scenic beauty of the landscape, with the Dudh Koshi River accompanying us along the way.

Around midday, we reach **Phakding**, where we pause for lunch and enjoy a brief respite before continuing our journey. The trail from Phakding to Lukla takes us through picturesque pine forests, quaint suspension bridges, and serene meadows.

Approaching **Lukla**, the anticipation of completing our trek is met with a mix of emotions. The familiar sights and sounds of Lukla, the gateway to the Everest region, come into view. The trek concludes with a sense of accomplishment, marking the end of our remarkable adventure.

Upon reaching Lukla, we settle into our accommodations and take a moment to reflect on the incredible experiences and breathtaking landscapes we've encountered throughout our journey. Tonight, we celebrate our successful trek in the heart of the Himalayas, cherishing the memories of the majestic Everest region.

Day 18:: Fly back to Kathmandu and transfer to Hotel- Breakfast included

After a nourishing breakfast, we embark on a scenic flight back to Kathmandu, marking the conclusion of our remarkable mountain journey. The early morning flight treats us to aerial views of the Himalayas before landing in Kathmandu. Upon arrival, we head to our hotel to unwind and recharge.

With the day at our disposal, we have the option to rest or explore Kathmandu. Those interested can shop for gifts to take home, explore nearby shops, or venture into Thamel for authentic Nepalese goods. Mountain Sherpa's guides are available to assist in this short excursion, or you can explore independently.

For those keen on further exploration of Kathmandu, it's crucial to manage time today. In the evening, a delightful celebration dinner awaits, hosted by **Mountain Sherpa Trekking and Expeditions**, commemorating the successful completion of the Lobuche East Peak expedition.

The night is spent in Kathmandu, reflecting on the incredible journey and savoring the achievements of the Lobuche East Peak expedition

Day 19:: Reserve day (In case of flight cancellation due to Bad Weather) Hotel [B/B]

Consider this day a contingency, wisely kept in case of potential flight delays from Lukla to Kathmandu—a scenario that, though unfortunate, can occasionally occur. However, if all goes smoothly, which is fortunate, this becomes an unexpected gift.

Today, you have the freedom to shape your day at a pace that suits your preferences. Perhaps you'd like to explore local markets for unique souvenirs; we offer **complimentary guide services** to navigate these markets and share insights on buying Nepali products at local prices. Alternatively, you can opt for a day tour to the beautiful cities of Patan and Bhaktapur.

Starting your day early, you can venture into the vibrant local markets, immersing yourself in the lively atmosphere. The guide will provide information on the best wholesale markets, ensuring you make the most of your time and budget. Engage with locals, discover authentic Nepali products, and perhaps even haggle for a few treasures to take home.

For those opting for the day tour, you'll embark on a cultural journey through the rich history and local culture of Nepal. The guide will accompany you to the UNESCO World Heritage sites of **Patan and Bhaktapur**, offering profound insights into their significance. The journey may include visits to ancient temples, intricate architecture, and vibrant squares, providing a comprehensive experience of Nepal's cultural tapestry.

The day tour is designed for a leisurely exploration, allowing you to absorb the historical richness and engage with the locals. Your guide will ensure a seamless experience, from transportation to narrating the stories behind each landmark. After a fulfilling day of exploration and cultural immersion, you'll return to your accommodation, cherishing the memories of this unexpected day of adventure.

Day 20: : Drive to Airport and fly to home after epic trip in Nepal

After a hearty breakfast, our dedicated representative and office vehicle will be ready at our hotel, standing by to smoothly transfer us to the airport for our connecting flight home. The pleasure of serving you has been truly incredible. At **Mountain Sherpa Trekking and Expeditions**, we deeply appreciate the bonds formed during your time with us. Thank you for selecting us as your travel partner and for exploring the wonders of Nepal with our team.

As you depart, we trust that the trekking and climbing adventures in the stunning Sherpa land of the Khumbu region will leave you with lasting memories of a well-enjoyed vacation. Until we meet again, ciao, friends!

Please note that while we strive to adhere to the provided itinerary, local trail conditions or weather may necessitate slight adjustments. The climbing itinerary and timing may also vary based on the acclimatization rates of our trekkers. Given the wild terrain above the timberline, flexibility is crucial for the safety of your trip. We appreciate your understanding and flexibility throughout the journey. Thank you for choosing Mountain Sherpa Trekking and Expeditions.

Cost Includes

Transports & Accommodations

- Private Transfers upon arrival and departure (4 Times)
- Kathmandu-Lukla-Kathmandu Round-trip flight
- 4 Night hotels in city as specified in Itinerary
- 13 nights local Sherpa lodge accommodations during trek
- 2 nights tented camp accommodations during climb

Meals & Drinks

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trip (Breakfast, Lunch & Dinner)
- Black Tea, lemon tea, milk tea or Coffee as per choice
- Welcome dinner at best local restaurant with cultural show
- Energy bars or local cookies for Brunch

Gear & Equipment

- Necessary Climbing equipments including tents
- Duffel bag, Trek Map & group medical Kit
- Sleeping bags and down Jackets if required
- Hot water bag to warm your feet inside the sleeping bag

Support

- Experience local Sherpa Climbing guide for 100% summit
- Hardworking and trustworthy porters (1 porter for 2 People)
- Free extra luggage storage service
- Free help to get SIM Card, renting or buying gears
- Call support for anytime 24/7 for Emergency

Pays & Permit

- Lobuche East Peak Climbing Permit
- Pay and insurance for sherpa guide and support staff
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments
- Garbage Deposit and other required government fees

Additional 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 climbing gears at wholesale price
 - We help our clients to hire climbing gears at reasonable price.
 - We show you around local areas, recommend to eat etc
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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, Water and deserts in Trek
- Gratitude for Sherpa Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation
- Climbing Gears Full Set US\$ 150-200 for renting

Vital Information

Why Book With MST

10 reasons to choose Mountain Sherpa Trekking for the Lobuche East Peak Climbing

1). Top-notch Sherpa Guides

Our whole guides & staff are 100% Local Sherpa people from the Everest region. As you know “Sherpa’s are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest”

We have extremely professional, reliable, and experienced climbing Sherpa’s working with us. We have four expert Sherpa guides for each group of ten trekkers on the trail in order to make sure all of our teams have the best chance at safe success in their goals. Since we will employ experienced Sherpa guides, they will take care of everything and will make your trip easy and wonderful.

2). Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, [Mountain Sherpa Foundation](#) has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

[Mountain Sherpa Trekking](#) donates up to 15% of its annual revenue to [Mountain Sherpa Foundation \(MSF\)](#) Nepal’s projects, which cover regular maintenance of school buildings, Suitable-learning supplies for children in remote areas, providing necessary medical equipment to health posts of the lower part of Everest and so on.

3). Quality Run Journeys

Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in

Nepal, which means you can select any food from the lodge menu as per your taste. Our guides will provide you with enough meals on their trek as part of the trip price. A lot of times people are only given the same food each day for every meal, and we don't do this. You are allowed to pick what you eat for each meal in all the lodges we stay in.

Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your treks and climbs in the Himalayas which is most important for a successful trip.

4). More Acclimatization

Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the expeditions before going higher. As you know given sufficient time, your body will adapt to the decrease in oxygen at a specific height. This process is known as acclimatization. It normally takes one to two days at any given altitude. This is why having the right itinerary is so essential high altitude trips like Island Peak Climb. Our EBC trek with Island Peak Climbing itinerary includes two nights in **Namche Bazaar at 3,500m/ 11,500 feet**. Trek to **Everest and Kala Patthar at 5,645m/ 18,520 feet** earlier to get to Lobuche East Peak high Camp. We sleep one night at Lobuche **High Camp (5,400m/17,720ft)** before the summit. We also include two nights in **Dingboche** at 4,350m/ 14,271 feet, giving you the best chance of success! This will assist to give your body the time it needs to adjust properly.

We also have additional contingency days in case of bad weather conditions or unanticipated reasons. Most companies are not doing this and we have seen over the years that it is the main reason why more people on our expeditions are making it safely to the summit of Island Peak!

5). Climb with an expert local Sherpa Guide

An expert local Sherpa guide leads all of our Lobuche east Peak Expeditions. You can walk through the region with someone who has wide-ranging experience in the mountains and lead groups to safe and unforgettable experiences.

Most of our Sherpa guides have led many trips on Lobuche east Peak, Island peak, Mera Peak, Chulu east, Tent Peak, Pisang Peak, Saribung expedition, Ama Dablam, and Mount Everest and so many more.

If you book far enough in advance, you will be a part of a professionally led trip on our unique itinerary. All of our guides hold current Wilderness First Aid Certificates and climbing guiding qualifications.

6). Over 27 Years of Experience

We have years of experience operating and organizing Mera Peak successfully. Our expert Climbing guides like Mr.Lhakpa Sona Sherpa, Mr. Dawa Sherpa, and Mr. Jangbu Sherpa have climbed Mera Peak over 70 times and climbed other peaks numerous times including Island Peak & Lobuche Peak, and many other peaks. All our guides are from the Everest region where all the highest peaks including the world's tallest peak Mt. Everest are

located.

On our Mera Peak climbs, we use quality Tents. We use quality tents on all our camping trekking and climbing trips in Nepal. All our mountaineering gear is stored in Lukla and we carry it into Mera Peak every season. Our own cook Dilli or Kaji will trek with the team to Mera peak in bigger groups.

Porters will carry the majority of our gears and personal packs up the mountain, allowing trekkers time to fully appreciate the surrounding environment.

7). Five-Star Hotel in Kathmandu

We include four nights in a five-star hotel in Kathmandu. Two nights before your trip and two nights after the trip. All of our trips are on a shared basis, but if you prefer a single room, this can be offered at an additional cost. We use the Marriott Kathmandu - Located at Naxal, Kathmandu. Combine the modern design with local creativity or Yak and Yeti Hotel - A centrally located Luxury 5-star hotel in Kathmandu. Which is just a 5-minute walk from the main tourist district of the city

8). Small Group Sizes

Climb Mera in an open group: this is great for those who want the company of others while they climb Mera. Our group climbs start every day. They are limited to a maximum of 10-12 and are guaranteed to run with a minimum of 2 people. We also organize solo private Mera Peak expeditions, if you are traveling alone, don't worry we will organize your solo trip as well.

Some of our groups are even fewer people with only 4 or 6 team members. This will therefore give you are more personalized experience on our exceptional trek up to Khare and climb Mera Peak. You can move as a team and experience more of these world-class trails in a smaller group.

9). More Summit Attempts

We have 2 extra days in our 20 Nights & 21 days itinerary since there is no guarantee that we will have good weather on our planned day for the summit. Therefore, this day is set aside as a contingency in case we are unable to summit the Lobuche Peak on the desired day due to bad weather conditions or any other unanticipated reason. We can use that day for summit attempts. The program is designed with this in mind so the guides can manage the team, safety, and summit attempts while having good options. You may need this flexibility.

10). Specialists and Experts:

All our Sherpa team know everything about how to climb Lobuche East Peak safely, after having done it so many times and they know the Nepal mountains and Himalayas route from first-hand experience.

Hotels & Food

Experience the perfect blend of comfort and adventure with our **Lobuche East Peak 2026** packages. Our package includes **four nights of deluxe accommodations in Kathmandu** at carefully selected, luxurious hotels, ensuring your Himalayan journey begins and ends in style and relaxation.

We offer two **exclusive package options**—one based on a **5-star hotel** and the other on a **4-star hotel**—designed to suit different preferences and budgets, while maintaining the same high standard of comfort, convenience, and personalized service. Start your adventure in the vibrant heart of Kathmandu, unwind in plush rooms, and immerse yourself in the city’s rich culture before embarking on the climb of a lifetime. We have two different package options available as outlined below.

4-Star Hotel Packages option:

Our 4 Star Hotel Package starts from \$2870 USD Per Person only

- **Mulberry Hotel (Kathmandu, Thamel)** – A modern 4-star hotel in the heart of Thamel, offering comfortable rooms, stylish décor, and easy access to shops, restaurants, and city attractions.
- **Lo Mustang Hotel (Kathmandu, Thamel)** – A cozy 4-star property in central Thamel, featuring clean, well-appointed rooms and warm hospitality, perfect for travelers exploring Kathmandu.

5 Star Hotel Packages option:

Our 5 Star Hotel Package starts from \$3070 USD Per Person only

- **Yak and Yeti Hotel (Kathmandu, Durbar Marg)** – A historic luxury hotel in central Kathmandu, offering elegant rooms, fine dining, a spa, and easy access to Durbar Marg shopping and cultural sites.
- **Dusit Princess Hotel (Kathmandu, Lazimpat)** – A modern 5-star hotel in Lazimpat, featuring stylish rooms, international cuisine, a rooftop pool, and close proximity to government offices and city attractions.

During Trek & Climb

1. Sherpa Mountain Lodges/ Teahouse (13 Nights Included)
2. For the 2 Nights during climbing, you will be provided full support by tented Camp Service.

WHAT KIND OF FOOD I CAN EXPECT DURING LOBUCHE

PEAK CLIMBING?

Morning Breakfast between 6:30-8:00 AM

- Tea or Coffee, Hot chocolate, lemon tea, hot milk, or green tea
- Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,
- Bread items- Toast, Pancakes, Chapati & Tibetan Bread
- Porridge with Honey

Afternoon Lunch between 12:30 – 1:00 PM

- Nepal Dal Bhat, Curry with Rice, Pasta or Noodles item,
- Fried rice, fried Potatoes, Mo.Mo
- Evening Dinner between 6:00-8:30 PM
- Garlic Soup Sherpa Stew, vegetable Soup, mixed Soup, Potato Shop
- Dal Bhat Tarkari – a soup of lentils with rice and a vegetable curry
- Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mashed potatoes with Cheese, etc

Note: Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal which means you can select any food from the lodge menu as per your taste. Mountain Sherpa trekking provides enough meals on their trek as part of the trip price.

Drinking-Water:

For many of us, the perfect choice may be to go for mineral water. After all, it's sealed and safe to drink, plus it provides an income for the local traders – right? Regrettably, things are never quite that simple. Mineral water produces a vast number of knock-on problems for mountain societies.

While it does provide an income to local people it also generates an extraordinary, heart-breaking amount of waste and spoiling. Most places simply do not have the resources to do anything with the empty plastic bottles – and they burn them, releasing toxic gases into the air, or leave them in piles just out of sight of travelers, where they take more than 450 years to decompose.

Take, for example, Lobuche Peak Climbing. The recommended amount of water intake on a high-altitude trek like this is 3-4 liters a day. The trek is 15 days long. That's more than 45 liter and 45 plastic bottles, which won't decompose until the year 2466 – per person.

For a full MST group of 12 people, just one trip will result in more than 480 mineral water bottles. And the salt in the wound is that plastic doesn't decompose at high altitudes, so those 480 or more bottles will be up there

forever. But what can you do? You have to drink, so how can you get around the problem?

The Alternatives: The great news is that there are really various options that will help you out of the bottled water trap. Here are just four of the best. All you have to do is pick which one is right for you.

Striped- Steripen is the most trusted model on the market. This technique uses exactly the same process as most mineral water undergoes before it is bottled. It's UV filtering, exactly the same treatment as the majority of bottled water undergoes to be purified, but on the go. The technology has been around for much longer than you think, but it's only recently been competitively priced enough to be on the market. SteriPen is an American company; other UV filters are also available.

Flight & Extra Cost

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are canceled due to mountain weather conditions, **Mountain Sherpa Trekking & Expeditions** will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilized. US cash, traveler's cheque, or credit cards (Visa, MasterCard & American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance.

The minimum cost will be US\$350 and the maximum US\$650 depending on the number of group members. The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx. 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg), and sleeping bag liner (0.5kg) that you are provided.

EXTRA COSTS:

Our Lobuche East Peak Climbing package is all-inclusive, designed to cover all major aspects of your trek. We kindly suggest budgeting an additional \$300–\$400 for personal expenses, including tips. It is also recommended to have some extra cash or a credit card available in case you need to arrange a helicopter transfer due to unforeseen flight cancellations.

Please note that any unforeseen costs arising from flight delays, weather conditions, or other circumstances—such as additional hotel nights or meals in Kathmandu or Lukla—will be the responsibility of the traveler. This ensures you are fully prepared and can enjoy your Himalayan adventure with peace of mind.

Nepal entry visa (\$40 USD).

Meals:

All the meals are included on the trek however we only include breakfast while you are in the city. you can budget \$10-15 per day for lunch and dinner in Kathmandu.

Gratuities:

Tipping is always appreciated and should be based totally on your satisfaction. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your trips.

Wifi, Batteries Charging, and hot Shower are also not included in the trek package. Wifi is available in some teahouses for \$3 to \$5 an hour. Hot Showers are also available in a few of the teahouses for between \$4 and \$6. You can also charge your electronic devices in the lodges and charging costs between \$1 and \$3 an hour.

Gears & Equipments

Gears & Equipment for Lobuche Peak Climbing

HEADGEAR / EYEWEAR

1. **Bandana:** Bandanas are large kerchiefs, usually colorful, and used either as headgear or as a handkerchief, neckerchief, bikini, or sweatband. Wearing a multi-functional bandana will keep your neck warm and help retain moisture in the mouth. We recommend that you carry a thin bandana and one with fleece lining which can be used at higher elevations. This will avoid you from receiving the dreaded Khumbu Cough. You can also use it as headwear to ward off the dust on the trails.
2. **Sun hat and sunglasses:** Baseball caps and sombrero-style sun hats keep the sun away from your ears, and necks and prevent sunburns. Likewise, we suggest you bring high-quality sunglasses and ski goggles with UV protection to protect your eyes from the sun and wind protection at high altitudes.
3. **HEADLAMP:** Having a good quality headlamp is necessary when climbing peaks in the dark. Please do not forget to bring freshly installed batteries pulse spare batteries. A headlamp will be very useful for you to see where you are going and keeps your hands free to climb.
4. **Fleece Lined Hat:** A fleece-lined hat protects your head from the cold in the chilly mornings and evenings. You can wear them at night and while roaming in and around the lodges and tents. You can also wear them under your helmet during your climbing period.

For Hands

1. **Gloves:** A high-quality Gloves are compulsory while climbing Mera Peak. They keep your hands warm. We strongly suggest you carry a pair of warm shell gloves with insulated removable liners. As climbing requires moving your hands frequently with ropes and equipment, a glove with a good handgrip is

necessary.

2. **Sleeping Bag:** A warm and quality sleeping bag is necessary for Mera Peak, regardless of the season, you plan to climb. You can guarantee freezing nights on the high camp of Mera and without a warm sleeping bag, you will be uncomfortable and cold. If you don't have your own sleeping bag, you can buy or rent a quality sleeping bag in Kathmandu at a reasonable price.
3. **Eye Mask & Ear Plugs:** Good sleeping when on the mountain is very important to enjoy the trip and lack of it can make easy days very challenging. Some of the Teahouses have very thin walls and some don't have curtains for the windows. Chances are, people will be noisy and sunlight will wake you before you're ready to get up.

Practical Clothing

1. **UNDERSHORTS & GARMENTS:** We suggest bringing two to three pairs or as per your personal preferences. It is suggested that you carry a sufficient number of undergarments or a few of them and wash the used ones along the way. We suggest bringing comfortable athletic styles based on your needs and preferences. Be sure to carry an extra plastic bag to store your used garments. You don't want to mix your used clothes with fresh ones.
2. **BASELAYER BOTTOM & TOP:** We suggest buying Wool, wool blend, polyester, or other synthetic fabrics Baselayer bottom which works well. Be sure your baselayer pants are not made from cotton. We advise lighter weight baselayers rather than heavier fleece-type layers. The base layer is to keep you warm in cold temperatures. You can use them while sleeping in the camps or even on the summit night under your Gore-Tex pants and tops. The base layer (top) with a hood is recommended.
3. **LONG SLEEVE SUN SHIRT:** You can carry 2 – 3 normal t-shirts to wear while trekking in the lower regions. You can wash these T-shirts on the trail and one long-sleeved base layer top, which will help you to keep warm in cold temperatures. Non-cotton materials such as merino wool or polyester are highly suggested.
4. **SOFTSHELL PANTS:** We highly recommend bringing Stretchy, comfortable, non-insulated softshell pants that should fit comfortably with or without your base layer bottoms.
5. **HARDSHELL PANTS:** Fully waterproof shell pants that fit comfortably over your baselayer bottoms are highly recommended. You can carry them in your backpack so that it is easy to take them out when needed. They prove to be handy on rainy days.
6. **HARDSHELL JACKET:** We highly suggest bringing a fully waterproof and non-insulated shell jacket with a hood. This should fit comfortably over your mid-layer, baselayer, and softshell.
7. **INSULATED DOWN PARKA/DOWN JACKET:** A very good quality hooded down jacket is must essential during your Mera peak expeditions in Nepal. A normal down sweater or light puffy jacket will not be enough. The good down jackets keep you warm and are easy to carry because they can fit into a compact bag and are light in weight.

Footwear:

1. **LINER SOCKS**
2. **WOOL OR SYNTHETIC SOCKS:** We highly suggest bringing appropriate pairs of socks for the Mera Peak trip. As you go from warm temperatures to the cold and then back to warm again, ranges of trekking socks are necessary. You can have a mix of liner socks, light socks, and thick socks. A minimum of two pairs of thin socks and two pairs of thick socks are recommended. Keep a spare pair of fresh socks to switch into after arriving at the camp or teahouse.
3. **DOUBLE BOOTS:** Climbing boots are essential during the climb to the summit. These boots must be light and warm so as to prevent your feet from frostbite. Get the size that fits you right and you are comfortable walking with those on. If you want to rent these boots our Sherpa guide will organize them at Khare, this means you should not have to carry this heavy boots from Kathmandu.
4. **GAITERS**
5. **LIGHT HIKING BOOTS OR TREKKING SHOES:** Trekking boots are for your walk in the lower parts of the trail. Get the hiking boots that are lightweight, high comfort, plenty of room in the toe box with sturdy soles and ankle support. These boots help you balance the varied terrains of Nepal.
6. Trail shoes/ Running shoes/ Sandals: You can either bring your running shoes or sandals. This shoe is for you to change back to after arriving at the camps or tea houses.

Bags

1. **Main rucksack or Travel bag (70 liters):** Porters are not allowed to carry more than 15 kg in total Per person and this allowance needs to include space for their own belongings. So make sure your bag does not exceed the weight of 15kg. Mountain Sherpa Trekking will provide you with a quality duffel bag during your trip, which remains yours even after you return from the trip. You can transfer all your necessary clothes to our company duffel bag when you are in Kathmandu and you can leave your extra city clothes in the hotel with your main rucksack or Travel bag.
2. **Day pack (30-40 liters):** We highly recommend 30-40 liters (8 gallons) to carry every day on your back, so make sure it has room for essentials such as water bottles, spare layers, and waterproofs, cameras, etc. Please make to bring a rain cover for your daypack. This **MUST** have a hip belt for support/weight loading and should have an inner frame for comfort on your back.
3. **Dry bags / tough poly bags:** Make sure all your contents are wrapped in waterproof bags to keep them dry. Use them also to store used clothes during the trek. We have various sizes for rent.

EQUIPMENT RENTAL or BUYING IN NEPAL

You can buy or hire sleeping bags, down Jackets as well as all climbing equipment in Kathmandu or Khare, Nepal at a reasonable price. For details information regarding Mera Peak climbing gears and equipment. Please contact us by e-mail. You can also add when booking, or inquiry message.

Medicine

1. Antibiotics
2. Painkillers, Paracetamol, Ibuprofen, Aspirin, Advil
3. Cough Lozenges
4. 1 – Triangular Bandage
5. Foot Powder. Important for keeping your feet in good condition
6. Anti-inflammatory Tablets. For any inflammation
7. Skin-blister repair kit
8. Anti-diarrhea pills
9. Altitude sickness Tablets: Diamox or Acetazolamide to prevent AMS (You can buy in Kathmandu)
10. Water purification tablets or water filters – Purification tablets to purify the water along the trails. These can be purchased in Kathmandu. We do not recommend buying water on the trail as there are no facilities to recycle the plastic bottles in the mountains.
11. Prescriptions, in case you need to purchase your medications.
12. Moisture-wicking fabric
13. Sunscreen– We recommend having a Factor 50 + to protect you from the extreme rays at altitude.
14. Lip Balm – This is essential to protect you against the fierce sun.
15. Insect Repellent, containing DEET
16. Hand Sanitizer – This is essential to keep your hands clean on the trail.
17. Wet Wipes/Baby Wipes (recommended) – While there are options to shower along the trail, we recommend always bringing a pack of Baby Wipes to keep yourself clean in the wilderness.

Please note that you can easily get most of the medications in Kathmandu including antibiotics and Diamox. Our experienced guide will help you and show you trekking shops and pharmacies in Thamel to buy all the necessary medicine for your trip if you have not brought it from your home country.

Toiletries

Small Personal First Aid Kit: This is just a guide of what we recommend you bring, you may have other personal items you need to add to your kit

1. Medium-sized quick-drying towel– A small sports towel that is quick-drying is recommended.
2. Toothbrush/paste (preferably biodegradable)
3. Multipurpose soap (preferably biodegradable)

4. Deodorants
5. Nail clippers (optional)
6. Toilet Paper – This is for when you are on the trail and have to go to the bathroom. You will either carefully burn the toilet paper or take a small plastic bag to dispose of toilet paper when you arrive at the lodge.
7. Face and body moisturizer
8. Female hygiene items
9. A small mirror (optional)