

OVERVIEW

Join BMDMI Nepal on one of the most iconic adventures on Earth. Trek through lush and verdant valleys, across pine-covered ridges and over rocky and barren mountain passes high in the Khumbu region of Nepal on your way to Mt. Everest Base Camp, at 17,598 feet above sea level.

Mt. Everest stands at just over 29,000 feet above sea level - the highest point on Earth. A trek to the base camp of the famous mountain journeys through some of the most spectacular scenery in the Himalayas.

The trek will be led by Ben and Kimberly Benedict, BMDMI staff who have lived and worked in Nepal since March 2013. Along the way you will visit traditional Sherpa villages, ancient Buddhist monasteries, climb to the summit of Kala Pattar (18,100 feet), and see memorials to some of history's greatest adventures who have lost their lives trying to tame the mountains.

This trip will provide you an opportunity to learn about the work BMDMI is doing in Nepal - including earthquake relief, village development, health clinics and educational programs - all while testing your adventurous spirit, visiting one of the most remarkable places in the world, and raising money to benefit Nepali families in remote regions.

PRICING AND DATES

Dates: Sunday, Sept. 25 - Monday, Oct. 10 (in country)

Commitments for the trip are required by June 15, 2016. A \$1,000 deposit is required to reserve your spot on the team.

Group Size: 5 person min. / 10 person max.

Trip Price: \$2,000

Cost of the trip includes ground transportation, food and lodging in Kathmandu, domestic airfare from Kathmandu to Lukla (9,383 feet, the starting point of the trek), and food and lodging, guide and porter fees and trekking permits for the EBC trek. Cost also includes adventure insurance coverage.

Cost does not include incidentals during the trek such as showers, fee for battery charging at tea houses/lodges, additional bottled water, snacks and personal expenses, such as souvenirs.

Donation: \$1,000

This trip is a fundraiser for the Tentmakers Initiative, a ministry of Ben and Kimberly Benedict, who have been working in Nepal since March 2013. Tentmakers Initiative is a livelihood development project / microloan program designed to help Nepali families in rural and remote regions establish small businesses and cottage industries with the goal of self-sufficiency.

Airfare from U.S.: \$1,500 (estimate)

TOTAL COST: \$4,500 (cost will vary based on airfare to/from Kathmandu)

HOW DO I GET MORE INFORMATION?

Contact BMDMI at:
everest@bmdmi.org

TENTATIVE ITINERARY

DAY 1 (Sunday, Sept. 25)

Land in Kathmandu

DAY 2 (Monday, Sept. 26)

Day in Kathmandu / Trek Preparation

DAY 3 (Tuesday, Sept. 27)

Fly to Lukla (9,383 feet) / Hike to Phakding (8,563 feet)

DAY 4 (Wednesday, Sept. 28)

Hike to Namche Bazaar (11,286 feet)

DAY 5 (Thursday, Sept. 29)

Acclimation Day in Namche Bazaar

DAY 6 (Friday, Sept. 30)

Hike to Thengboche (12,500 feet)

DAY 7 (Saturday, Oct. 1)

Hike to Dingboche (14,271 feet)

DAY 8 (Sunday, Oct. 2)

Acclimation Day in Dingboche

DAY 9 (Monday, Oct. 3)

Hike to Lobuche (16,240 feet)

DAY 10 (Tuesday, Oct. 4)

Hike to Gorak Shep (16,929 feet) / Everest Base Camp (17,598 feet)

DAY 11 (Wednesday, Oct. 5)

Climb Kala Pattar (18,192 feet) / Hike to Pheriche (14,009 feet)

DAY 12 (Thursday, Oct. 6)

Hike to Thengboche (12,500 feet)

DAY 13 (Friday, Oct. 7)

Hike to Monjo (9,301 feet)

DAY 14 (Saturday, Oct. 8)

Hike to Lukla (9,383)

DAY 15 (Sunday, Oct. 9)

Fly back to Kathmandu

DAY 16 (Monday, Oct. 10)

Morning in Kathmandu / Leave Nepal

FAQs

What is the total round-trip mileage of the trek?

Just over 75 miles.

How difficult is the trek?

This is a strenuous trek. There is a lot of mileage, both daily and cumulative, and significant elevation gain. Due to the high altitudes, the trek can be difficult for even the most fit hiker. That being said, with a few months of preparation, this an adventure that is easily obtainable. Participants should be able to hike anywhere from 7 to 10 miles a day and should be comfortable hiking steep uphill and downhill sections and climbing stairs.

What medications should I bring on the trip?

Please be sure to bring any medication you use on a regular basis or need for specific, recurring symptoms/illnesses. Ibuprofen is recommended for sore muscles. Also recommended is a prescription for a travelers' diarrhea medication.

Women, please bring with you any personal hygiene items you may need during your time in Nepal. They will not be available in the villages along the trail.

How can I prepare for the high altitudes?

Unfortunately, unless you live at altitude, there is not much you can do to prepare for the thin air you will encounter in the Himalayas. We have arranged the schedule in such a way to give you ample opportunity for acclimation, but there is no way to know or predict how each person's body will react to the altitude. Altitude sickness is a very real possibility on this trip and can range in severity from headaches to pulmonary or cerebral edema, which would require evacuation. We recommend you speak with your primary care physician about Diamox (Acetazolamide), a medication that is used to prevent and reduce the symptoms of altitude sickness.

How much weight can I bring on the trail?

Each hiker's pack must weigh no more than 25 pounds.

Will I carry my own gear?

You will carry your own personal day pack with water, jacket, snacks, etc., but not the majority of your gear. We will employ porters to carry our packs for the duration of the trek. Trekking is what supports the local economy in the Khumbu region and porters are part of that equation. The guide service we will work with hires local porters and pays them a daily rate which allows them to provide for their families. Porters are a key component to an EBC trek and are wonderful additions to the hiking group. You will enjoy getting to know them and learning about their lives. Each porter will carry up to 50 pounds of gear.

Do I pack in a backpack or a duffle bag?

You may pack in a backpack or a duffle bag, either will work. However, duffle bags need to be waterproof and a rain cover should be provided for backpacks.

What kind of weather will we encounter?

Late September and early October should provide us with clear skies and great weather for a hike to Everest Base Camp. Monsoon season in Nepal usually tapers off mid-September, but there is a chance of encountering rain on the trek. Temperatures will start fairly moderate at Lukla and then drop the higher we climb. Daytime temperatures will most likely be warm and very pleasant for hiking at the lower elevations and slowly dropping the higher we climb. Temperatures at night will most likely be below freezing.

Is this a popular trek in Nepal?

The Everest Base Camp trek is incredibly popular, with roughly 40,000 people making the journey every year. This isn't a trek where you will feel the solitude of wilderness. However, trekkers are typically spread well across the trail and stay in a variety of villages and tea houses. While you will definitely see people on the trail, you will also have a true Himalayan trekking experience and there will be moments where you feel like its just you and the mountains.

What are accommodations like on the trail?

We will stay in tea houses along the trail. Tea houses are very basic hotels which feature one communal dining room, a number of guest rooms and one or two communal toilets and showers. Rooms are sparse, just two basic beds with thin mattresses. Each bed usually comes with a pillow and quilt but they are washed infrequently and we do recommend bringing your own sleeping bag. Bathrooms are shared among all the guests at the tea house and are either Western-style toilets or Nepali-style squatties. Cleanliness is not usually a priority. Depending on the tea house, showers may be available for a fee (usually anywhere from \$2 to \$5). There are not typically outlets in each room, but charging stations are often available in common areas, again for a fee. Also, the electricity in Nepal is 220V. Make sure your electronics will accept that voltage or bring a convertor. The dining area also serves as the common area for games and conversation and usually has a wood-burning or yak dung-burning stove for warmth.

What sort of food is available on the trail?

At the tea houses you will order your meals from a menu, which is pretty much the same at every village and tea house along the trek. Standard Nepali dishes are available (lentils, curried vegetable and rice), along with other options such as chow mein, boiled eggs, fried rice, fry bread, popcorn, and soup. Meals are simple but filling. Please bring snack foods with you for along the trail and anything you may want to enjoy in the evenings.

What water resources are available along the trail?

At every tea house you can purchase bottled water, but it is expensive (average of a couple dollars a liter). There are plenty of resources at tea houses to fill your own water bottles, however, the water must be purified before you drink it. You may choose to bring iodine tablets or a water purification device, such as a personal Sawyer water filter / Steripen / water pump.

Will there be internet and telephone service on the trek?

It depends on the tea house and village. Some tea houses offer wifi connection for a fee. Cell coverage is spotty at best.

Do I need to get a visa before coming to Nepal?

You will apply for a 30-day visa at Tribhuvan International Airport upon arrival in Nepal. The visa will cost somewhere around \$40 and can be paid for in U.S. dollars.

Do I need specific vaccinations before traveling to Nepal?

There are no vaccinations required for entry into Nepal, however certain vaccination are recommended. Please consult your doctor to decide what vaccinations may be best for you.

We strongly recommend you make sure you have a current tetanus shot.

Visit the CDC's website for health information regarding travel to Nepal:

http://wwwnc.cdc.gov/travel/destinations/traveler/none/nepal?s_cid=ncezid-dgmq-travel-single-001

GEAR LIST

Note: The following list comprises recommendations based on our trekking experiences and recommendations from guide services. Use your best judgement when packing for your trip. You know what you will use more than we do.

Clothing

Layering is extremely important when trekking in the Himalayas. Pack clothes that will dry quickly if wet, pack well and are versatile.

- 2 trekking shirts (short sleeve)
- 2 quick-drying long sleeved shirts
- 1 mid-weight fleece shirt or jacket
- 2 pairs trekking pants
- 1 pair shorts / capris (for lower elevations)
- 1 pair long underwear/ thermal underwear
- 3-4 pair non-cotton socks

Underwear (non-cotton is best; use your best judgement on how many pair to pack, knowing you can do a quick wash in a sink at a tea house)

Outer Layers

- 1 Poncho or Rain Jacket and pants
- 1 Beanie / wool hat
- 1 sun hat
- 1 outer coat (down is recommended)
- 1 bandana / headband / buff
- 1 pair of gloves

Footwear

- 1 pair of shower and bathroom shoes
- 1 pair of trekking shoes (You may choose to wear hiking boots or low hikers / trail shoes. Just be sure you are comfortable with your choice and your shoes are broken in)
- 1 pair of down booties or light slippers (optional but useful in the tea houses)

Gear

- 1 headlamp
- 1 sleeping bag (we recommend a warm bag, 10 degrees or lower)
- Sunglasses
- Day pack (for you to carry your personal items each day)
- Water bottle or camelback
- Trekking poles

Personal Items

- Sunscreen
- Chapstick
- Toilet paper (you will be surprised how many places don't have it)
- Soap
- Toothbrush
- Deodorant
- Lotion
- Travel wipes (good for a quick cleaning)
- Small Towel

Pillow case (to cover up the tea house pillows)
3 copies of your passport
3 extra passport-sized photos
2-3 plastic grocery bags / trash bags
Medications / First Aid (band aids, moleskin, etc.)

Misc.

You can't bring everything you want to on your trip, but here are a few things that may make life a little easier.

Camera (OK - this is pretty much a requirement. It is the HIMALAYAS)
MP3 player / iPod
Extra batteries or solar charging devices
Energy bars / snacks
Books / Kindle
Playing cards