

# Climb Mt. Everest | Everest South Col SE-Ridge Expedition

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

Nepal

## ACTIVITY

Mountaineering

## ACCOMMODATION

Lodge/Tent

## WALKING

5-7 Hours

## MAX ALTITUDE

8,849  
m

## DURATION

52  
Days

## DIFFICULTY

Hard  
Difficult

## GROUP SIZE

15  
People

## Expedition Overview

Your safety is our top priority, and we promise to provide personalized service every step of the way. With Tashi at the in-charge of our expedition, overseeing everything from base camp to the summit, and our expert sherpa team guiding you, you'll be in capable hands. Our impressive safety record will give you peace of mind, ensuring you feel secure and well-looked after throughout your journey.. Whether you choose our VIP treatment or a standard package, your climb will be remarkable. With 14 Peaks Expedition, you're not just climbing Everest, you're going above and beyond.

## INCLUDES

- **1. Arrival & Accommodation** – Airport Transfers: Pick-up and drop-off by a tourist vehicle. Hotel in Kathmandu: 4-5 nights in a star-category hotel, single room with bed and breakfast. Welcome Dinner: Dinner at a tourist-standard restaurant with office staff and guides.
- **2. Permits & Fees** – Expedition Permit: Royalty and permit fee for Mt. Everest, Sagarmatha National Park, and Pasang Lhamu Rural Municipality entry. Liaison Officer: Government liaison officer with full equipment, salary, and accommodation. Garbage Management: Stool shipment transfer and garbage deposit fees.
- **3. Logistics & Transportation** – Duffle Bag & Gear: Two duffle bags (120L trekking & 150L expedition), cap, buff, and jacket. Member Transport: Helicopter flights from Kathmandu to Lukla and return from Base Camp to Kathmandu (shared basis). Luggage Allowance: 15kg during trek and 60kg for expedition (carried by porters/yaks). Expedition Equipment Transport: All necessary expedition gear transported from Kathmandu to Lukla/Base Camp and back.
- **4. Food & Accommodation** – Meals & Lodging: 3 meals per day (breakfast, lunch, dinner, tea, coffee) at hotels/lodges and Base Camp. Fresh Supplies: Green vegetables, fresh meat, fruits, soft drinks, juice, and snacks delivered via helicopter. Base Camp Tents: Individual box tent with a proper bed for each member. Base Camp Facilities: Dining tent, kitchen tent, communication tent, toilet & shower tent, storage tent, tables, chairs, and cooking gear. Heating & Power: Heater in dining tents, solar panel, generator for lighting, battery charging, and electronic devices. Bakery & Coffee Lounge: Bakery, coffee lounge, and bar at Base Camp.
- **5. Staff & Support** – Insurance: Medical and emergency rescue insurance for all Nepalese staff. Porters: 1 porter per 2 members for trek and expedition. Base Camp Staff: Experienced cook and kitchen helpers. Salaries & Allowances: Wages, salary, food, clothing, and equipment for staff, Sherpas, and porters.
- **6. Climbing Support** – Training: Oxygen mask, regulator, ice wall, and ladder training at Base Camp by Climbing Sherpa Guide. Climbing Sherpa: 1 climbing Sherpa per member from Base Camp to summit and back, plus 1 assistant Sherpa for logistics. Oxygen Supply: 7 bottles oxygen cylinders (4L) per member, 3 per high-altitude Sherpa, and 1 summit oxygen mask & regulator per member and Sherpa. High Camp Service: High-altitude tents, EPI gas, cooking pots, and high-altitude food at Camps I-IV. Tent Sharing at High Camps: 2 members per tent. Rope Fixing: Experienced Sherpa team (Expedition Operators Association) fixing the summit route at no extra charge.

- **7. Communication & Safety** – Satellite Phone: For emergency communication (available for members at an additional charge). Walkie-Talkies: Communication between Base Camp and mountain teams. Weather Forecast: Regular updates from Meteotest, Bern (Switzerland). Medical Kits: Comprehensive medical kits for members and staff.
- **8. Certification & Documentation** – Everest Climbing Certificate: Issued by the Department of Tourism (DOT) upon successful summit.
- **9. Note:** – All expedition equipment must be returned post-expedition. Lost or damaged items will be charged accordingly.

## EXCLUDES

- **1. Travel & Accommodation** – Airfare: International flight tickets to and from Kathmandu. Nepal Entry Visa Fee: \$125 USD for a 90-day visa. Lunch & Dinner: Meals during the stay in Kathmandu. Extra Nights in Kathmandu: Additional hotel accommodation due to early arrival, late departure, early return from the trek/expedition, or domestic flight cancellations.
- **2. Insurance & Medical** – Insurance Policy: Coverage for medical treatment, high-altitude rescue & evacuation, trip cancellation, interruption, repatriation, etc. (mandatory).
- **3. Personal Expenses** – Personal Expenses: Costs for telephone calls, internet, toiletries, battery recharging, hot showers, laundry, soft drinks, beer, and alcoholic beverages (except soft drinks provided at Base Camp). Personal Climbing Equipment: Clothing, packing items, personal medical kit, trekking, and climbing gear
- **4. Special Permits & Additional Costs** – Filming Permits: Special permits for filming, cameras, and drones.
- **5. Tips & Bonuses** – Guide Bonus: Minimum \$2,000 USD for Climbing Sherpa. Tips: Minimum \$500 USD for Base Camp and High Camp staff.
- **6. Miscellaneous** – Additional Services: Any other services or activities not mentioned in the itinerary or the "Includes" section.
- **7. \*Important Notice\*** – Our helicopter rescue team and medical doctor are always on standby for safety during any expedition in Nepal. If a medical rescue evacuation is necessary, the costs must be covered by your insurance company.

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu(1,400)	B/L/D	Hotel	
2-3	Preparation Day in Kathmandu	B/L/D	HOTEL	
4	Kathmandu-Lukla-Phakding(2,640)	B/L/D	Lodge in Phakding	
5	Trek to Namche Bazar(3,446m)	B/L/D	Lodge In Namche	
6	Acclimatization at Namche Bazaar(3,446m)	B/L/D	Lodge In Namche	
7	Trek to Deboche(3,820m)	B/L/D	Lodge in Deboche	
8	Trek to Dingboche(4,410m)	B/L/D	Lodge In Dingboche	
9	Acclimatization Day at Dingboche	B/L/D	Lodge in Dingboche	
10	Trek to Lobuche(4,900m)	B/L/D	Lodge in Lobuche	
11	Trek to EBC(5,364m)	B/L/D	TENT	
12-45	Climbing Period of Mount Everest ( 8848m)	B/L/D	TENT	
46	Cleaning up Basecamp	B/L/D	TENT	
47	Back to Pheriche(4,371m)	B/L/D	LODGE	
48	Back to Namche Bazar(3,446m)	B/L/D	LODGE	
49	Back to Lukla(2,800m)	B/L/D	LODGE	
50	Back to Kathmandu(1,400m)	B/L/D	HOTEL	
51	Leisure Day at Kathmandu	B/L/D	HOTEL	
52	Back to Home	B/L	HOTEL	

# Trekking Gear List

## Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate   Summit Down Suit – 8000M

## Medicine / First Aid Kits

Paracetamol

## Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

## Lower Body

Trouser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

## Foot Wear

Summit Boot - 8000m   Sport Shoes

## Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

## Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter  
Snow Goggles   Balaclava

## Eating & Drinking

Water bottle   Thermos

## Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

## Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera   GPS Tracker