



# ISLAND PEAK

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

COUNTRY

**Nepal**

ACTIVITY

**Trekking**

ACCOMMODATION

**Hotel/Lodge/Tent**

WALKING

**4-6 hrs**

MAX ALTITUDE

**6,189**

m

DURATION

**19**

Days

DIFFICULTY

**Hard**

Difficult

GROUP SIZE

**-5**

People

## Expedition Overview

Island Peak is a mountain in the Solu-Khumbu region of Nepal, and is located in the Mahalangur Himalayas, near Mount Everest. It is also known as Imja Tse, and is one of the most popular trekking peaks in Nepal. At an elevation of 6,189 meters (20,305 feet), Island Peak offers stunning views of the surrounding peaks, including Mount Everest and Lhotse.

The trek to Island Peak typically begins in Lukla, and follows the classic route to Everest Base Camp. From there, trekkers head to the Imja Valley and make the ascent to Island Peak. The trek is considered moderately challenging and offers a unique blend of cultural and natural beauty, with traditional Sherpa villages, monasteries, and glaciers along the way.

### INCLUDES

### EXCLUDES

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
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# 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

Paracetamole

## 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