

Girlshigh

Trips

Everest Base Camp – 5,364m: My Most Powerful Journey Yet

If you've ever dreamed of trekking to Everest Base Camp, this post has everything you need — from personal stories and real emotions, to practical tips, budget breakdowns, and packing checklists.

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Overview of What's Inside:

1. **Why I Chose to Do EBC** (and how I trained with simple routines)
2. **Real Stories from the Trail** (altitude sickness, emotional moments, dry shampoo diaries 😂)
3. **Day-by-Day Trekking Itinerary** (from Kathmandu to the final steps at EBC)
4. **What I Packed (and what I'd skip)** – Girl-tested essentials only!
5. **Full Budget Breakdown** (real numbers & tips to save)
6. **What No One Tells You About EBC** (the truth beyond the Instagram photos)
7. **Porter Tips & How Trekking Logistics Work**
8. **Best Seasons to Go + Planning Tips**
9. **My Favorite Memories & Personal Takeaways**
10. **Fun Facts About EBC, Lukla, Everest, and Sherpa Life**



Why EBC



"HEY, WANNA TREK TO EVEREST BASE CAMP?"

THAT'S WHAT MY FRIEND HOOI

CASUALLY ASKED ONE DAY.

And just like that, a spark lit up in my mind.

Yes, I love hiking.

Yes, I wanted to see Mount Everest with my own eyes.

But deeper than that, I realized something more personal...

I don't know how life will look years from now —

Will I still have the strength?

The freedom?

The financial flexibility?

Will there still be a tomorrow?

What I do know is this:

Right now, at **28**, I'm strong, healthy,

and bold enough to chase something like this.

So... why not?

Let's do IT

How I Trained

Three months before the trip, I didn't go hardcore — I just stayed **consistent**:

Weekly 5km runs

One leg/back
workout per week

Two mini hiking
adventures a month
in KL

The day I flew to Nepal, I
felt confident.

Yes. Start small. You're not too late.



Real Stories from the Trail

(altitude sickness, emotional moments,
dry shampoo diaries 😂)



You'd think reaching Base Camp would be the most emotional part.

But for me, it wasn't about standing at the destination.

It was the **tiny, weird, funny, and beautiful** moments along the way:

💩 Doing my business behind a big rock with the most breathtaking Himalaya view (open-air toilet, nature's best 😂)

🍲 Sipping the best curry soup ever in a cozy teahouse

🏔️ That one clear-sky day when the whole mountain range lit up in front of me — unreal

😂 Laughing till I couldn't breathe as my new trek buddies shared hilarious stories at 4000m altitude

It's those things I remember most.

And when I finally got to Base Camp?

No tears.

No big dramatic cry.

Just... peace.

It was calm. Quiet.

I felt proud, grounded, and steady.

back to myself.

Everest Base Camp

The **EBC trek itself was 11 days**: about **8 days up** and **3 days down** — just the right amount of challenge, views, and adventure!

Day 1 – March 1

Arrive in Kathmandu,
check into hotel and rest

Day 2 – March 2

City walking tour: Monkey
Temple and Shree
Kamaladi Ganesh Temple

Day 3 – March 3

Fly to Lukla (2,827m), trek
to Phakding (2,600m)

Day 4 – March 4

Trek to Namche Bazaar
(3,440m)

Day 5 – March 5

Rest and acclimatization
day in Namche

Day 6 – March 6

Trek to Tengboche
(3,810m), visit the
monastery

Day 7 – March 7

Trek to Dingboche
(4,410m), surrounded by
mountain views

Day 8 – March 8

Rest day in Dingboche

with short hike or café
time

Day 9 – March 9

Trek to Thukla (4,620m),
pass climbers' memorial
park

Day 10 – March 10

Trek to Lobuche (4,910m)
and hike to Everest Base
Camp (5,364m)

Day 11 – March 11

Trek down to Pangboche
(3,930m)

Day 12 – March 12

Trek back to Namche
Bazaar

Day 13 – March 13

Final trekking day to Lukla
(2,827m)

Day 14 – March 14

Fly back to Kathmandu

Day 15 – March 15

Free day in Kathmandu
for shopping and
exploring

Day 16 – March 16

Relax, journal, and enjoy
final moments in Nepal

Day 17 – March 17

Final departure from
Kathmandu





Trip Duration Summary

EBC Trekking Days: 11 Days

Kathmandu City / Travel Buffer:

6 Days

You can also do it in 12–13 days total if you skip buffer days or shorten the city stays.



Plan based on your fitness, altitude adjustment, and how much you want to chill or explore in Nepal.



My Guide's Contact Details

During my EBC trek, I was accompanied by an experienced local guide who has also summited Mount Everest before — which was pretty inspiring to hear along the journey!

If you're curious, planning a trip, or just want to know more from someone local, here are his details:

Name: Bhimsen Shah

WhatsApp: +9779841263438

Packing Tips & What Helped Me Survive the EBC Trek

Pack light, but pack smart. You don't need to overprepare, but you do need the right essentials.

(Quantities may vary depending on your preference. I also checked a lot of ideas on Xiaohongshu before finalizing mine!)

Clothing – Layer Up

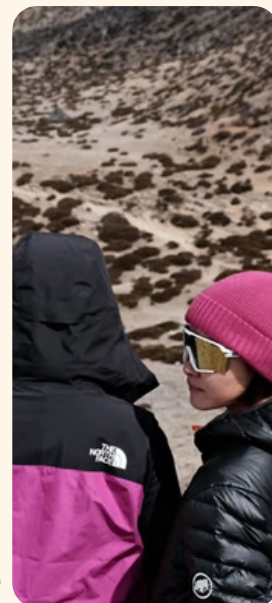
- [] Thermal base layers (top & bottom)
- [] Breathable quick-dry T-shirts (2–3)
- [] Light fleece or down jackets (x2)
- [] Waterproof windbreaker / shell jacket (x2)
- [] Heavy down jacket (for -10°C and below)
- [] Wool or thick hiking socks (4–5 pairs)
- [] Warm gloves (1 pair)
- [] Waterproof gloves (1 pair)
- [] Warm hat (beanie)
- [] Sun hat or cap
- [] Buff / neck gaiter (1–2 pieces)
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-
-
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Trekking Essentials

- [] Trekking poles (x2)
- [] UV-protection sunglasses
- [] Headlamp + spare batteries
- [] Reusable water bottle or hydration bladder
- [] Water purification tablets (optional)

Toiletries & Self-Care

- [] Toothbrush & small toothpaste
- [] Face wash or cleansing wipes
- [] Quick-dry towel
- [] Sunscreen (SPF 50+)
- [] Lip balm (SPF + moisturizing)
- [] Wet wipes (lots!)
- [] Minimal skincare (moisturizer, face mist, etc.)



Electronics

- ☐ Phone + charging cable
- ☐ Power bank (x2, 20,000mAh recommended)
- ☐ Camera + spare battery
- ☐ Plug adapter (Nepal = Type D/M)



Pants

- ☐ Hiking pants (quick-dry)
- ☐ Thermal leggings / base layer
- ☐ Waterproof pants / shell pants (x2)
- ☐ Down pants (for sleeping)

Medications

- ☐ Altitude sickness pills (Diamox – ask your doctor)
- ☐ Headache, cold & stomach meds
- ☐ Diarrhea pills (Imodium)
- ☐ Band-aids, disinfectant wipes
- ☐ Pain relief spray / patch (Yunnan Baiyao is great!)
- ☐ Muscle recovery patches or gels

Snacks & Supplements

- ☐ Energy bars or chocolates ☐
- Instant coffee / ginger tea ☐
- Electrolyte powder / glucose sticks

Bags & Storage

- ☐ Main backpack (with rain cover)
- ☐ Small daypack (for water, snacks, essentials)
- ☐ Dry bags / zip pouches (keep gear dry & organized)

Sleeping Gear

- ☐ Sleeping bag rated for -10°C to -20°C
- ☐ Sleeping bag liner (optional for extra warmth)

Footwear

- ☐ Camp shoes or flip-flops (for broken-in)
- ☐ Waterproof trekking boots (rest time)

Wi-Fi & Data Tips

You'll have basic 3G/4G signal in most places below 4000m. You can buy a local **SIM card at Kathmandu airport** or enable roaming. Above 4000m, signal becomes very weak — teahouses usually offer Wi-Fi.

Wi-Fi charges: around **NPR 1000 for 24 hours**. Charging fees start at **4410m+ altitude** — often **NPR 1000 per device per 24 hours**.



Wait... Do I Really Have to Carry All That?

Short answer: Nope! That's what porters are for — and they're absolute legends. 🙌

When I first finished packing, I looked at my pile and thought:

"There's no way I'm hauling 15kg of gear up to Everest Base Camp... I'm not a superhero!"

But that's when I learned how **essential and incredible porters** are on treks in Nepal.


What's a Porter?

A **porter** is someone who helps carry your main backpack during the trek.

They're usually included in your EBC trekking package.

You'll only carry your **small daypack** (camera, snacks, water, jacket) —The rest goes on your porter's back.

How Much Can a Porter Carry?

 1 porter can carry 25–40kg comfortably, some even up to 50–80kg

Usually, 1 porter serves 2 trekkers
Each trekker is expected to limit their load to around 10–12kg

So you don't need to bring everything yourself. Just pack wisely for your porter and don't overload — they are strong, but they're also human.

Tips for Packing for Your Porter:

- Use a duffel bag or large backpack (clearly labeled)
- Keep it under 12kg (they carry multiple people's loads)
- Put your daily must-haves in your own daypack
- Pack snacks, electronics, meds, valuables with you — not in the porter bag





💡 **Fun Fact:**

Porters are often locals from the nearby villages, used to high-altitude trekking since childhood.

Their strength, stamina, and kindness are out of this world. Respect them, tip them well, and always greet with a smile and a “**Namaste** 🙏”



How much I really spent — from start to finish

If you're planning an EBC adventure, here's my full and honest budget from March 2025. Everything below includes flights, insurance, gear, trekking package, snacks, and daily costs in Nepal.



Total Spent: RM13,820

(Approx. USD 2,900 for 17 full days – all in!)

- 1. Return Flights (KL ↔ Kathmandu): RM 2,700**
Budget airline, round trip with 20kg checked in luggage
- 2. Trekking Package (All-Inclusive): RM 8,350 (USD 1,850)**
Includes Kathmandu + mountain stays, Lukla flights, guide, porter, permits, and all meals on trek
- 3. Personal Expenses in Nepal: RM 1,480**
Wi-Fi, battery charging, tips, snacks, city meals, and souvenirs
- 4. Gear Purchase (before trip): RM 480**
Basic trekking gear: jacket, gloves, poles (bought in KL)
- 5. Snacks from Home: RM 50**
Energy bars, ginger candy, and other



My Actual Budget for Everest Base Camp Trek (17 Days Total)

personal trail snacks

6. **Airport Transport (in Malaysia): RM 200**

Grab rides and van transfer to/from KLIA airport

7. **Travel Insurance (with altitude coverage): RM 560**

Essential coverage for emergency evacuation

Trekking Package Details

 **Cost per person: USD 1,850** (For group of 3–4 pax)

This was arranged through a local Nepali guide — super friendly, reliable, and experienced.

Cost Includes:

- Hotel in Kathmandu with B/B (bed & breakfast)
- Domestic flights (Kathmandu – Lukla – Kathmandu)
- All land transport (airport pickup/drop-off)
- Trekking guide, assistant guide, and porter
- Trekking permits (Sagarmatha National Par + TIMS)
- 3 meals a day during the trek (breakfast, lunch, dinner)
- Lodge/guest house stays along the trail



What No One Tells You About Trekking to EBC

Altitude Hit Me Hard...

Two days before reaching base camp, I got hit with altitude sickness — and yes, it was rough.

It started the day we trekked up to around **4,600m**. I was full of energy, bouncing around, laughing too hard at my friend's silly stories (literally jumping on rocks like a mountain goat 🐐)... and after 4–5 hours, **boom** — my body said “nope.”

I felt **dizzy, low energy, and had a pounding headache**.

Panadol, painkillers, altitude meds — I took them all (and maybe cried a little too 😭).

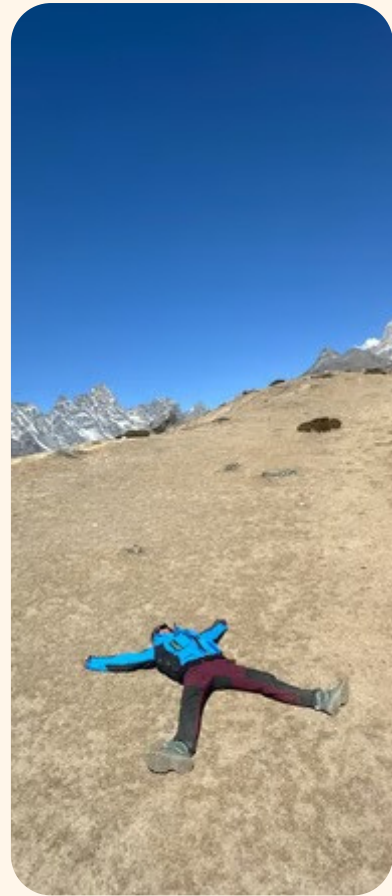
But what saved me?

- My guide, who kindly offered to **carry my personal backpack**
- My friend, who shared **sweets and snacks** to help boost my energy
- And rest. Just lots of hydration, deep breaths, and slowing down.

By the time I reached the peak, I was feeling much better — thank god 🙏

Did I Cry or Want to Quit?

Honestly... **yes**.



The day we hit the endpoint (Everest Base Camp), we had already reached **Lobuche**, and after a quick lunch, we immediately continued trekking upwards — no long break, just go.

The trail was made up of **loose crushed rock**, and we were already at **crazy high altitude**. My body felt so heavy, my legs questioned every step, and my mind kept asking:

“Should I stop here?”

Can I really finish this?”

But I didn’t want to miss the **perfect weather window** — the sky was clear, the sun was out, and my friends cheered me on. That support, plus the fact that I’d come so far already, gave me the strength to say:

“LET’S DO THIS.”





For the Girls: The *REAL* Hardest Part

Let me be real:

The actual hardest part for me wasn't the altitude.

It was going six whole days without washing my hair. 🥹

Above 4,000m, there's limited water supply, and showering — especially with cold water — can make you very sick.

So yeah... no hair-washing for almost a week.

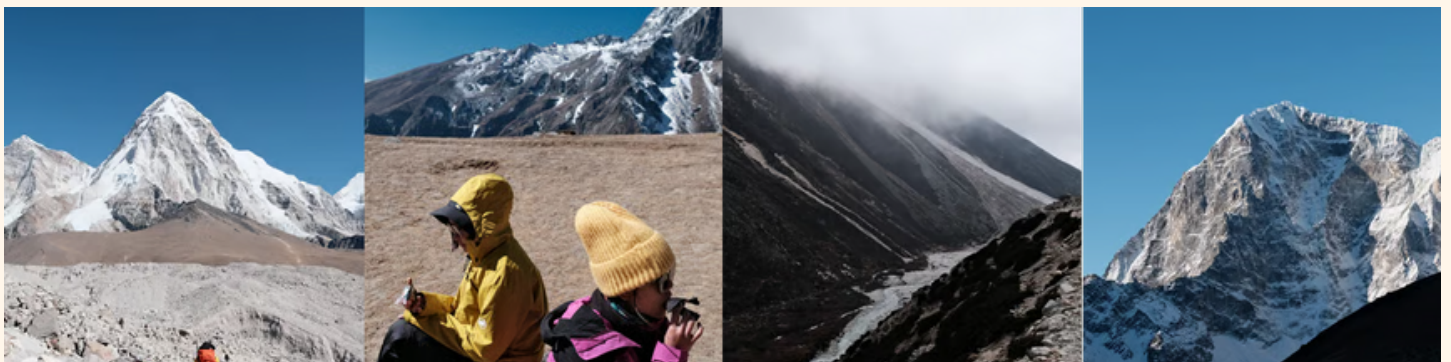
My savior? → Dry shampoo.

Bless that little spray bottle. 😂

The Moment That Made It All Worth It

For me, the most meaningful part of the trek wasn't the destination —

It was the **long, quiet walks** every day.



Choose Your Season Wisely: Spring and autumn offer the best conditions for trekking.

Book Flights Early: Domestic flights to Lukla fill up quickly during peak seasons.

Acclimatize Properly: Include rest days in Namche Bazaar and Dingboche to adjust to the altitude.

Stay Hydrated: Drink plenty of water to help prevent altitude sickness

Pack Smart: Bring essential medications, including those for altitude sickness, even if you're fit.

Train Ahead: Prepare with cardio and strength training to handle the trek's demands.

- **Respect Local Customs:** Learn about and honor the traditions of the Sherpa people.
- **Leave No Trace:** Carry out all trash and minimize your environmental impact.



Bonus Tips for Future Trekkers

Spring (March to May)

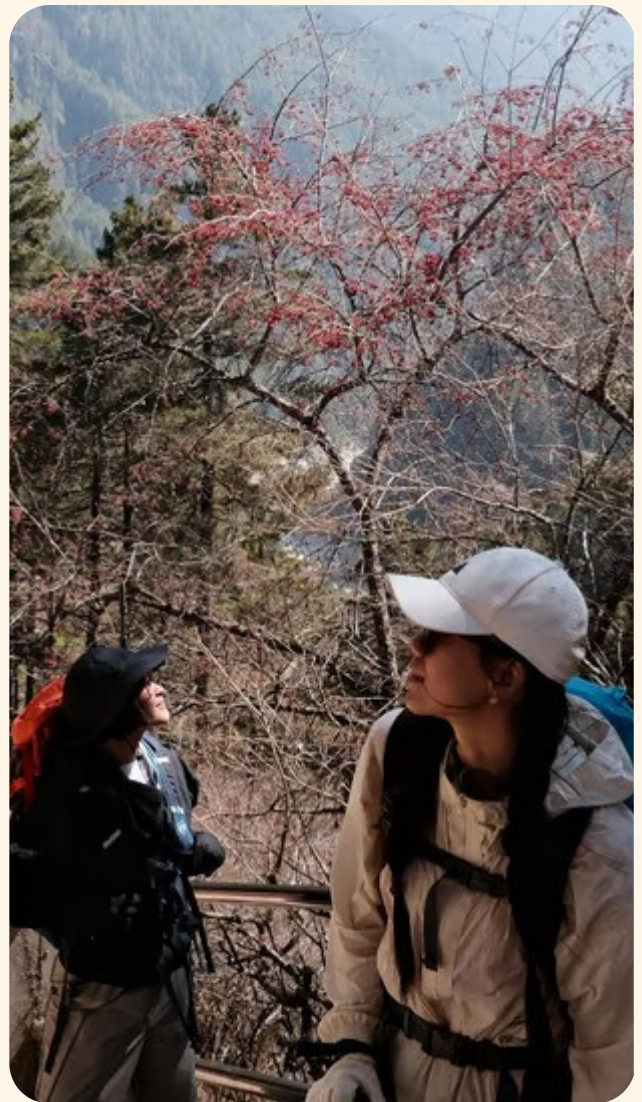
Weather: Mild temperatures with increasing warmth as the season progresses.

Visibility: Clear skies offering stunning mountain views.

Flora: Blooming rhododendrons add vibrant colors to the trails.

Base Camp Activity: April and May coincide with Everest's climbing season, so the base camp is bustling with climbers and tents.

Considerations: Late May can bring occasional clouds and heat haze



Autumn (Late September to November)

Weather: Stable and dry conditions with crisp air.

Visibility: Exceptional clarity, offering panoramic views of the Himalayas.

- **Crowds:** Popular among trekkers, so trails and teahouses can be busy.
- **Considerations:** Early October is ideal to avoid the peak

Seasons to Approach with Caution

- **Monsoon (June to Mid-September):** Heavy rainfall can lead to slippery trails and leeches; clouds often obscure mountain views.
- **Winter (December to February):** Extremely cold temperatures, especially at higher altitudes; some teahouses may be closed due to snow.

Best Seasons to Trek Everest Base Camp



As a girl who loves to **snap photos, collect memories, and turn little clips into stories**, this trip was a goldmine of heartwarming moments I'll treasure forever. Here are a few that still live rent-free in my mind:

Meeting kind, funny, inspiring people on the trail — from fellow trekkers to local porters

That first magical glimpse of **Mount Everest**, peeking through the clouds — I gasped and froze, then took 300 photos in 10 minutes 😊

Having morning tea with **unreal mount** feeling like the main character

Laughing at myself for **almost crying over dal bhat** because I was cold, tired, and somehow emotional over rice

- Filming silly little moments with my friends — like sliding down frozen paths, pretending to model on mountain rocks, and doing dramatic slow-mos under the prayer flags
- That feeling of pressing the shutter, hearing the click, and knowing:

"i really wanna be your friend, but i have no idea how to start a conversation, so... lets hike together then"

My Favorite Moments

Everest Base Camp Highlights & Stories You Might Not Know

Trekking to Everest Base Camp isn't just about hiking — it's about stepping into one of the most legendary, spiritual, and breathtaking places on Earth. Here are some stories and fun facts that made me fall in love with EBC even more:

Fun Fact: Nepal = Never End Peace And Love

A lot of locals and travelers like to say that **NEPAL stands for: "Never End Peace And Love."** And after spending time there, you'll feel why — the energy, the people, the simplicity... it's something special.

What (and Where) is EBC Exactly?

Everest Base Camp (EBC) sits at an altitude of **5,364 meters (17,598 ft)**

It's the starting point for climbers attempting to summit **Mount Everest**, the tallest mountain in the world at **8,848.86m (29,031.7 ft)**

- The route starts from **Lukla**, and it takes **8 days up, 3 days down**
- The **total round-trip distance** is approximately **130 km (80 miles)**
- On average, trekkers spend **5–6 hours trekking per day**, so expect **60–70 hours** on your feet in total!

Why is Everest So Famous?

Everest is not only the world's highest point — it's also a **symbol of human ambition, endurance, and awe.**

Since **Sir Edmund Hillary and Tenzing Norgay's first successful summit in 1953**, it has become the ultimate bucket-list dream for adventurers worldwide.



Yaks & Donkeys: The Silent Workers of the Himalayas

Along the trail, you'll often share the path with **yaks and mules** carrying supplies.

Since there's **no road access to EBC**, all food, gear, drinks, and materials are transported by these animals — or carried on the backs of porters.

Yaks usually take over above 3,500m (they're more cold-tolerant), while donkeys operate in lower altitudes.

Give way when they pass — they're doing important work 🐾



The Legendary Sherpa Community

The **Sherpas** are an ethnic group native to the Himalayas, known for their strength, endurance, and mountain knowledge.

Many of them serve as **high-altitude porters and guides**, and some have summited Everest **over 20 times**.