



Mt. Everest

Everything You Need To Know



OVERVIEW

Embark on the ultimate adventure with Jason Black Mountaineering to conquer **Mount Everest**, known locally as Sagarmatha in Nepal and Chomolungma in Tibet. Standing at **8,848 meters** (29,029 feet), Everest is the world's highest peak, straddling the border between Nepal and Tibet. Jason Black leads expeditions that prioritize safety and provide a pure climbing experience, ensuring every climber's journey is both challenging and rewarding.

With Jason Black as your International Expedition Leader, a veteran of successful summits on Mount Everest and K2, you'll benefit from his exceptional safety standards, deep mountain knowledge, and extensive adventure travel experience. His small group approach ensures personalized attention with a 1:1 guide to client ratio, fostering a strong team dynamic that enhances camaraderie and support throughout the expedition.

Joining Jason Black Mountaineering on Everest isn't just about reaching the summit—it's about forging lifelong bonds with fellow climbers, enjoying the thrill of the climb, and experiencing the awe-inspiring Himalayan landscape. Whether you're a seasoned mountaineer or embarking on your first high-altitude expedition, Jason Black's team is dedicated to making your Everest ascent both safe and unforgettable, promising an adventure that will challenge your limits and leave you with enduring memories.

TRIP FACTS



COUNTRY

Nepal



DURATION

42 days



GRADE

Very Difficult



MAX ALTITUDE

8848 m
29032 ft

DAILY ACTIVITY

Approx
7-10 hrs

SEASON

Spring
& Summer

DESTINATION

NEPAL

Nepal, home to Everest's southern face, offers more than just a gateway to this iconic peak. Its vibrant culture and welcoming Sherpa communities enrich the expedition experience, providing insights into the region's traditions and spiritual connection to the mountains. With Jason Black leading the expedition, climbers not only tackle the physical and mental challenges of high-altitude mountaineering but also form lasting friendships within a close-knit team atmosphere. This journey isn't just about reaching the summit; it's about embracing the Himalayan spirit, conquering personal goals, and creating unforgettable memories amidst Nepal's awe-inspiring landscapes.

REQUIRED EXPERIENCE

There's no doubt that an attempt of Mount Everest is a significant endeavor for anyone, but with our expert guidance, achieving this goal may be closer than you think.

We would expect anyone joining our Everest expedition to have summited multiple 6,000m and 7,000m peaks.

We'll look at your previous experience, and analyse key performance data, that we'll ask you to share when you sign up. We can then recommend preliminary climbs in the years and months leading up to this expedition, to give you the best possible chance of reaching your goal.

ROUTE MAP – MT. EVEREST



ESSENTIAL TRIP INFORMATION

- This expedition starts in Kathmandu on day one.
- Due to the demands of travelling at high altitudes a passenger self assessment form is required for this trip.
- A single supplement is available if you'd prefer not to share a room on this trip.
- You must bring an emergency fund of USD 500 in cash or Visa with you on this trip, which you may need to use in case of delayed or cancelled flights, as itinerary changes will be at the travellers expense.
- We advise allowing a few extra days in Kathmandu at the end of your trip should your return flights from Lukla be delayed due to weather conditions.
- The minimum age for this trip is 15 at time of travel.
- Your health and safety is our priority. Your expedition leader may delay or stop your ascent based on your medical conditions and AMS symptoms.
- Please ensure your insurance includes coverage for activities above 3000m, mountain rescue, and helicopter evacuation costs.
- Without adequate insurance cover, helicopter evacuation requires upfront payment
- Please be aware that in the event of an emergency evacuation, we will require your insurance companies approval for the paid extraction

COST INCLUDES

- **ARRIVAL AND DEPARTURE** : Airport – Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- **HOTEL ACCOMMODATION IN KATHMANDU** : 4 nights hotel in Kathmandu (4-star category) – single room on bed and breakfast plan.
- **WELCOME DINNER** : One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
- **CARGO CLEARANCE** : Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
- **PERMITS** : Expedition Royalty and a permit fee of Nepal Government to climb Mt. Everest, Sagarmatha National Park, and Pasang Lhamu Rural Municipality entry permit and fee.
- **ICEFALL FEE** : Khumbu Icefall climbing charge to (SPCC) Sagarmatha Pollution Control Committee.
- **LIAISON OFFICER** : 1 Government Liaison officer with full equipment, salary, and accommodation.
- **GARBAGE MANAGEMENT** : Stool Shipment Transfer & Garbage Deposit fees.
- **INSURANCE** : Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- **DUFFLE BAG** : One Jason Black Mountaineering Duffle Bag.
- **MEMBER TRANSPORTATION** : – (Domestic Flight) Fly from Kathmandu – Lukla – Kathmandu.
- **EXPEDITION STUFFS TRANSPORTATION** : All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Lukla (by air cargo) to Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo).
- **MEMBER LUGGAGE** : Up to 70 Kg per member for personal baggage during the trek to be carried by porters or Yaks.
- **FOOD AND LODGING** : 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Basecamp. Hygienic and fresh green vegetables, fresh meat, fruits, soft drinks, and juice will be served regularly during the entire expedition using helicopter flights. Well-managed base camp set up for members & Staff.
- **PORTER** : Porters per member up to the basecamp and from the basecamp (both ways).
- **BASE CAMP STAFF** : Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
- **STAFF SALARY AND ALLOWANCE** : All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.

COST INCLUDES

- **BASE CAMP TENT** : Each member will have an individual box tent in Base Camp.
- **BASE CAMP EQUIPMENT** : Single Tent, foam mattresses and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staffs, Store tents, Tables & chairs & all necessary cooking gears.
- **HEATER** : Heater at base camp in each Dining and other necessary camps.
- **SOLAR/GENERATOR/LIGHT** : 1 Solar panel and Generator for lights at base camp, battery charge, for laptop and other electronic devices.
- **MEDICAL CHECKUP** : Twice Medical checkup of each climber at the base camp before the summit attempt.
- **TRAINING** : Oxygen, Mask Regulator, Ice wall, and Ladder training at basecamp by UIAGM Guide.
- **HIGH ALTITUDE CLIMBING SHERPA** : 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
- **ASSISTANCE** : Climbing Sherpa to assist in carrying your gear to the high camps.
- **CLIMBING SHERPA SALARY & ALLOWANCE** : Climbing Sherpa Salary, Equipment, Food, and Clothing.
- **BONUS** : Carry Bonus of Sherpas and Route Fixing Charges.
- **OXYGEN BOTTLE (O2)** : Summit Oxygen cylinder: 5 oxygen bottles (4 ltrs.) for each member and 3 oxygen bottles for each high-altitude Sherpa. **
- **OXYGEN MASK & REGULATOR** : 1 Set of Summit Oxygen masks & regulators for each member and high-altitude Sherpa. **
- **BACK-UP OXYGEN** : Oxygen Cylinder, mask, and regulator (with appropriate charge).
- **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS)** : High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2) (C3) and (C4). Group climbing gears, fixed, and dynamic rope during the climbing period as required.
- **HIGH CAMP KITCHEN AND DINING** : We will have one cook, kitchen, and dining tents in Camp I and Camp II.
- **HIGH ALTITUDE TENT** : Members will share tents in high camps (2 members: 1 tent).
- **ROPE FIXING TEAM** : The team of experienced Sherpas will fix the route to the summit of Everest (no extra charge will be applied to members).
- **SATELLITE PHONE** : for an emergency communication carried by Sherpa, also available for members with appropriate charge.
- **WALKIE-TALKIE** : for communicating from Base Camp to Mountain and Mountain to Base Camp.
- **PERMITS** : Satellite Phone/walkie-talkie permit for all members and staff.
- **INTERNET SERVICE** : Internet facility (1 Mbps) will be available at the Base Camp (subject to a charge).
- **WEATHER FORECAST** : report regularly from Meteotest, Bern (Switzerland) during the entire expedition.
- **MEDICAL KIT** : Comprehensive Medical kit for members and staff.
- **CERTIFICATE** : Everest climbing certificate issued by MoCTCA (after climbing Mt. Everest successfully).

COST EXCLUDES

- **AIR FARE** : International flight airfare (from and to Kathmandu).
- **NEPAL ENTRY VISA FEE** : Nepalese Visa fee is **\$125** for 90 Days.
- **LUNCH & DINNER** : Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- **EXTRA NIGHTS IN KATHMANDU** : Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **INSURANCE POLICY** : Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high altitude rescue & air evacuation, medical treatment, repatriation, etc.) *Mandatory
- **PERSONAL EXPENSES** : Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- **PERSONAL CLIMBING EQUIPMENT** : Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
- **FILMING** : Special Filming, Camera, and Drone permit fee.
- **INTERNET SERVICE** : Not included during the trek into base camp.
- **SUMMIT BONUS** : Summit bonus for climbing Sherpa- **\$1500**.
- **TIPS** : Calculate some tips for basecamp and high camp staff – **\$400**.
- **EXTRA** : Any other services or activities, which are not mentioned in the itinerary and other items not listed in the "Cost Includes" section.

ADDITIONAL SERVICES

- Single hotel room supplements **€80** per night
- Nepal - Helicopter transfers
 - Kathmandu - Lukla **\$ 2500.00** (5 passangers)
 - Basecamp - Lukla **\$ 1300.00** (5 passangers)
 - Basecamp - Kathmandu **\$ 3500.00** (5 passangers)

TRAVEL INSURANCE (MANDATORY)

TRAVEL INSURANCE (MANDATORY)

It is your responsibility to ensure that you have sufficient personal for this expedition. Your policy must provide cover for:

1. Medical injury or sickness
2. Mountaineering above 5,000 metres
3. Helicopter evacuation in an emergency situation
4. Repatriation to country of residence.



We recommend <https://partner.globalrescue.com/jasonblackmountaineering/index.html>

ITINERARY

Days	Itinerary
Day 1	Arrival in Kathmandu (1400m) & Transfer to the Hotel
Day 2	Rest in Kathmandu, Expedition Briefing and Preparing
Day 3	Fly from Kathmandu to Lukla, and trek to Phakding (2,800m)
Day 4	Trek from Phakding to Namche Bazaar (3,440m)
Day 5	Acclimatization at Namche Bazaar
Day 6	Trek from Namche Bazaar to Dibucho (3,870m)
Day 7	Trek from Dibucho (3,870m) to Dingboche (4,243m)
Day 8	Trek from Dingboche to Lobuche (4,930m)
Day 9	Trek from Lobuche to Everest Base Camp (5,364m)
Day 10 - 32	Rest and acclimatise then start acclimation rotations from Basecamp – Camp 1, Camp 2 and Camp 3- Basecamp to rest and recover.
Day 33	Begin summit push. Climb from base camp to Camp 2
Day 34	Rest in Camp 2
Day 35	Climb to Camp 3 (use O2)
Day 36	Climb to Camp 4 (use O2)
Day 37	Rest in Camp 4 (use O2)
Day 38	Everest Summit attempt. We make an alpine start for our summit attempt (use O2) and return to Camp 4
Day 39	Descend to Camp 2
Day 40	Descend to base camp
Day 41	Begin trek to Lukla or fly from base camp to Lukla – Kathmandu
Day 42	Depart for home

PACKING LIST

Travel Documents

- Passport 6mts Valid
- Debit/Credit Cards
- Insurance Papers
- Photocopy of passport

Base Layers

- Merino Wool Underwear (4 pcs)
- Merino long sleeve base layer (2 pcs)
- Merino long pants base layer (2 pcs)
- Merino Short Sleeve T Shirt (2 pcs)

Mid Layers

- Tech Fleece (2pcs)
- Tech fleece with hood (1pcs)
- Heavyweight Hiking Pants (2pcs)
- Lightweight Hiking Pants (2pcs)

Windproof/Rain Layers

- Hard Shell Jacket (1pcs)
- Hard Shell Pants (1pcs)

Insulation Layers

- Heavyweight Insulated Down Jacket with hood: we primarily wear this when climbing below Camp 2
- Insulated Pants: worn primarily when climbing below Camp 2
- Down Suit: worn when climbing above Camp 2

Headwear

- Warm Hat (2pcs)
- Balaclava (1pcs)
- Baseball Cap (1pcs)
- Bandana or Buff (2pcs)

Eyewear

- Cat 4 Glacier Glasses
- UV Nose protector
- Cat 4 Ski Goggles

Gloves

- Lightweight Synthetic Base Layer Gloves: for wearing on a hot day
- Soft Shell Gloves: to wear for moderate cold/wind
- Shell Glove with Insulated Liner: to wear for severe cold/strong wind
- Expedition Mitts: large enough to fit a liner glove inside
- Heated Gloves (optional): Battery-powered heated gloves

Footwear

- Liner Socks (3 pairs)
- Wool or Synthetic Socks (6 pairs)
- Heated Socks (optional)
- Mountaineering boots 8000m
- Hiking Boots/Shoes: comfortable boots or shoes for the trek to base camp
- Camp boots: comfortable boots for wearing in camp
- Shower shoes/sandals (optional)
- Lodge Slippers (optional): comfortable slippers for wearing about trekking lodges
- Gaiters (optional)
- Booties (optional)

Sleeping Equipment

- Sleeping Bag (for high camps): rated to at least -40°C. Goose down
- Sleeping Bag (for base camp): rated to at least -30°C Goose down
- Self-inflating Sleeping Pad: full length is preferred
- Closed-cell Foam Pad: to be used in conjunction with the inflating pad for warmth and comfort when sleeping
- Earplugs

PACKING LIST

Mountaineering Gear

- Large 120ltr Duffel Bag
- Expedition Backpack: approximately 75 – 105L
- Compression Stuff Sacks: for reducing the volume of the sleeping bag, down parka, etc., in your pack
- Trekking Backpack: to carry on the trek to base camp. Simple and light.
- Trekking Poles with Snow Baskets: adjustable poles
- Ice Axe: general mountaineering tool (65cm)
- Crampons: general mountaineering crampons
- Climbing Helmet: must be able to fit over your warm hat
- Ascender: 1 right or left-hand ascender
- "Y" Rig or Petzl for ascender and safety carabiner
- Accessory Cord: 30 feet (9m) of 6mm accessory cord
- Alpine Climbing Harness: mountaineering harness
- Carabineers: 3 regular and 3 locking
- Carabineer for progression lanyard (locking)
- Belay/Rappel device
- Headlamps 600-700 lums (2pcs)
- Pack Liner (2 pieces)

Travel Items

- Small hotel Duffel Bag
- Travel Clothes
- Cash
- Visa Card
- ATM card

Additional Food Items

- Small hotel Duffel Bag
- Travel Clothes
- Cash
- Visa Card
- ATM card

Medical

- Personal First-aid kit
- Compeed blister packs
- Sutures & steri strips
- Ibuprofen
- Paracetamol
- 250mg Diamox 20days
- Medicated throat lozenges
- Medicated throat spray
- Antibiotic Azithromycin 500mg
- Laxatives
- Imodium
- Mosquito repellent
- Menstrual products
- Electrolytes
- Nail cutter
- Duck tape - Repair Kit
- Hand & Feet chemical warmers

Toiletries (Personal)

- Toilet Paper
- Toothpaste & Toothbrush
- Bio Baby wipes (2pcs)
- Soap
- Shampoo
- Shaver
- Towel
- Small nail-brush
- Sunscreen: SPF 50
- Lip Screen: SPF 30
- Aftersun

Additional Items

- Compression Stuff Sacks
- Plastic Cup (high camps)
- Plastic Bowl (high camps)
- Plastic Spoon (high camp)
- Water Bottles 1- litre (3pcs)
- Thermos 1- litre
- Pee Bottle 1- litre
- Female Urination Device (FUD)
- Knife or Multi-tool (optional)

PACKING LIST

Optional Electronics

- Country-appropriate power adapters
- Avalanche Transceiver
- Adventure Sports Watch
- GPS/ Garmin inReach Mini
- Sherpa 100AC Power Bank
- Phone camera
- Batteries
- Charging leads

Additional Personal Items

(Add your own personal items here)

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TRAINING PLAN

Here is our suggested 6000–8000m 12 week training program to climb Mt. Everest:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
1	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
2	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
3	Run 30 min Zone 2	Strength Training	Hill repeats: 7 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
4	Run 35 min Zone 2	Strength Training	Hill repeats: 7 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
5	Run 35 min Zone 2	Strength Training	Hill repeats: 8 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
6	Run 40 min Zone 2	Strength Training	Hill repeats: 8 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
7	Run 40 min Zone 2	Strength Training	Hill repeats: 10 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
8	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
9	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
10	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
11	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
12	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains

Every training session must include 15min warm up and 15 to 20 min of cool down after training.

PASSPORTS, VISAS ENTRY REQUIREMENTS

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites.

Nepalese Visa fee is \$ 125 for 90 Days.

MEDICAL AND HEALTH INFORMATION

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

AIR POLLUTION

Air quality in Nepal can be poor, especially in winter. Some towns, including Kathmandu, experience very high levels of seasonal smog and heavy particulate pollution. Seek medical advice if you're concerned about the effects of air pollution.

FOOD AND DIETARY REQUIRMENTS

FOOD IN NEPAL

We know from experience that the altitude and physical exercise can mean trekker's appetites differ quite widely. The menus in the teahouses are varied, ranging from traditional Nepalese dhal bhat to pizza and apple pie. Vegetarians are well catered for in Nepal.

ALCOHOL & CAFFEINE

Alcohol and trekking don't mix. We highly recommend that you limit your alcohol consumption in Kathmandu prior to your trip. Celebrate your achievements after your trek. Both alcohol and caffeine increase dehydration. Limit your intake of both when hiking at high altitudes.

ACCOMODATION

Kathmandu Hotel, Mountain Teahouse

HOTEL

Our expedition is 3 star standard. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements are available on most trips for those who prefer their own room with an additional single supplement. Please advise us during booking.

TEAHOUSES

Accommodation at local lodges - better known as teahouses - are simple but comfortable. Toilets and washing facilities are shared and rudimentary, and the food is plain and filling. In a teahouse, travellers are provided with small twin share rooms with twin beds, mattresses and pillows. At times, in high seasons, and in places where there are limited number of teahouses, travellers may have to make do with dormitories. In some places, teahouses don't have access to electricity, depending on solar powered lighting instead. In more remote regions, teahouses don't have running water and toilets can mean just a hole in the ground. Hot shower facilities are available in some teahouses for a price but occasionally a hot shower means a bucket of hot water, enough to wash your body. Electricity to charge devices as well as WiFi is usually for an additional fee when available.

WiFi / CONNECTIVITY

Most hotels and cafes have WiFi in Kathmandu, or you have the option of buying a local SIM card for a data connection. In the mountains you can pay for WiFi in most lodges and higher up there is a network which allows you to connect.

A local Nepal SIM will not get you connectivity in the mountains.

You can pay to charge devices at the lodges and I would suggest you bring a power bank, but do keep all devices warm as cold will reduce your batteries.

To charge your phone you must bring a two pin round plug adaptor.

The output is 110V.

MOUNTAINEERING AT HIGH ALTITUDES

OVERVIEW

Our treks include strenuous activities at altitudes over 2500m and are suitable only for those in excellent health and fitness. With over 30 years of experience, we maintain a strong safety record. Proper training and preparation is crucial.

ALTITUDE SICKNESS (AMS)

Trekking above 2500m poses a risk of Acute Mountain Sickness (AMS), which can be life-threatening if untreated. Common symptoms include:

- Sleeplessness
- Loss of appetite
- Vivid dreams (2500–3800m)
- Shortness of breath
- Periodic breathing
- Blocked nose, dry cough, mild headache

If you experience nausea, dizziness, or other severe symptoms, inform your group leader immediately. Pre-existing conditions or medications may affect your ability to acclimatize. Consult your doctor before booking and discuss the use of Diamox for Acclimatisation.

SAFETY MEASURES

Our trips adhere to strict altitude safety measures, and our leaders are trained in First Aid. Descent will be arranged if continuing is deemed unsafe. Be aware that some ascents may exceed recommended rates, but our safety protocols ensure acceptable risks.

MEDICAL AND INSURANCE

Ensure your travel insurance covers high altitudes and helicopter evacuation. Carry proof of insurance for verification by your group leader.

MOSQUITO-BORNE ILLNESSES

Malaria, dengue fever, and Japanese encephalitis are risks in Nepal. Use insect repellent and wear appropriate protection, especially in areas like Chitwan National Park and Kathmandu.

MEDICAL FACILITIES

Medical care in Nepal is limited, with quality services available mainly in Kathmandu, requiring up-front payment. Ensure you have adequate health insurance and accessible funds for potential medical expenses, including evacuation.

For any concerns or further information, consult your medical professional prior to your trip.

TRANSPORT

LUKLA FLIGHTS

Flights going to and from Lukla may be operated out of Ramechhap Airport, in an effort to alleviate congestion at Kathmandu's Tribhuvan International Airport by the Civil Aviation Authority of Nepal. Lukla is the gateway port to the Everest region and flights throughout Nepal – particularly in high mountain areas – are often delayed or cancelled due to poor weather conditions. In order to maximise our chances of boarding a flight to Lukla, any departures affected will need to wake up quite early on Day 2 to drive the 130 kilometres (approximately 5-hours) from Kathmandu to Ramechhap Airport. A private vehicle transfers will be provided at no additional cost. In addition, flights back from Lukla may also land at Ramechhap Airport, therefore sufficient time is needed for land transport back to Kathmandu. Travellers have on occasion missed international connections as a result of this. Ensure you have adequate travel insurance and contact numbers for your airlines before departure.

ROAD TRAVEL

Roadworks and infrastructure projects can cause significant delays on major roads within cities and highways between destinations. Road travel can also be disrupted due to demonstrations and bandhs (strikes) without warning. Major roadworks are currently ongoing in and around Kathmandu and the roads to Chitwan National Park. Delays, heavy traffic, poor road conditions and dust are a reality of road travel in Nepal.

MONSOON

The monsoon season is from June to September and weather conditions can disrupt travel during this time due to flooding and landslides. Disruption of air travel and airport closures are also possible. Be prepared that the itinerary may need to change at short notice.

SAFETY

GENERAL SAFETY

Check your government's travel advice before departure and ensure your travel insurance covers all destinations and activities. Use a neck wallet or money belt for valuables, and leave jewelry at home. Many hotels offer safety deposit boxes. Secure your luggage with a lock.

GROUP ACTIVITIES

Your group leader will accompany you on included activities, but you'll have free time for personal pursuits. Optional activities are not part of the itinerary, so use good judgment when selecting them. The group leader can amend or cancel parts of the trip for safety reasons.

STRIKES AND DEMONSTRATIONS

Strikes and protests are common and can lead to curfews or roadblocks. Businesses may close, and vehicles might be restricted. Avoid demonstrations and political gatherings, and follow local advice.

PETTY THEFT AND CRIME

Pickpocketing is common, especially in tourist areas. Be cautious at night, avoid walking alone, and don't carry large sums of cash. Use hotel safes for valuables. Bars and restaurants close at midnight. Increased police presence aims to reduce crime in tourist districts. Contact police if affected by crime.

MONEY MATTERS

CURRENCY AND MONEY MANAGEMENT IN NEPAL

- **Official Currency:** Nepali Rupee (NPR), symbol Rs. USD is also widely accepted.
- **ATMs:** Available only in Kathmandu, Pokhara, and Bhaktapur. Carry sufficient cash when traveling outside these cities.
- **Money Exchange Facilities:** Available in Kathmandu, Namche, Pokhara, Chitwan (outside the park), and Bhaktapur. Credit cards are not widely accepted.
- **Important Note:** The import, export, and use of 500 and 1000 Indian rupee notes are banned in Nepal. These notes will be confiscated, and you may be fined.
- **Currency Conditions:** Establishments in Asia, including Nepal, typically do not accept old, torn, or faded notes. Ensure you carry new, clean notes.
- **Trekking Preparation:** Ensure you have enough Nepali currency in smaller denominations for meals and drinks. Larger notes (e.g., 1000 NPR) can be difficult to change, and there are no ATMs on treks.
- **Blocked Currency:** Nepali Rupee cannot be exchanged outside Nepal. Exchange any leftover currency before leaving.

SPENDING MONEY AND CONTINGENCY FUNDS

- **Budgeting:** Consider your spending habits and budget for optional meals, drinks, shopping, activities, and laundry. Review the itinerary and inclusions to understand what is covered.
- **Contingency Funds:** Have access to an extra **\$500** for emergencies (e.g., severe weather, natural disasters, civil unrest) or unavoidable itinerary changes (e.g., transport strikes, airport closures).

Key Tips

- Carry sufficient cash outside main cities.
- Avoid 500 and 1000 Indian rupee notes.
- Use new, clean currency notes.
- Prepare enough small denomination NPR for treks.
- Exchange leftover NPR before leaving Nepal.
- Budget for optional expenses and have contingency funds.
- Tip appropriately for good service.

EXPEDITION GUIDE

All Expeditions to Mt. Everest are guided by Jason Black personally and all trips are supported our Jason black mountaineering high altitude group guide(s).

We aim to take the hassle out of your travels and to help you have the best trip possible.

Jason Black Mountaineering provides the services of one of the worlds leading high altitude expedition guide to give you the best chance of summit success and safety on the mountain. We will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects.

At Jason Black Mountaineering we aim to support guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group guide can recommend a local guide service in most of the main destinations of your trip.

COMMUNITY GUIDELINES

At Jason Black Mountaineering, we uphold a zero-tolerance policy towards violence, harassment (physical, verbal, or sexual), and disrespect towards fellow travelers, team members, or local communities. Group leader decisions are final for the wellbeing of all participants. Any behavior that disrupts the itinerary, breaks local laws, or violates these guidelines may lead to the denial of your booking or removal from the trip. For any concerns during your travels, contact your group leader immediately or email Jason@jasonblack.ie.

TRAVELLING ON A GROUP TRIP

Group trips offer unique pleasures and potential frustrations. Your group will likely be diverse in nationality and age. We ask for patience and understanding towards the varying needs and preferences of your fellow travelers. Timeliness and respect for group dynamics contribute significantly to a positive travel experience. Due to privacy reasons, we cannot provide contact details or personal information about fellow travelers before departure.

SOLO TRAVELLERS

Our travel style is ideal for solo travellers looking to meet like-minded people. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements are available on most trips for those who prefer their own room with an additional single supplement. Please advise us during booking.

DRESS CODE

In tourist areas of Kathmandu and Pokhara, dress codes are relaxed, but more conservative attire is expected in other parts of the country. Remove shoes before entering certain temples and holy places, and be aware that non-Hindus may not be permitted at some religious sites. Dress modestly, avoid causing offense, and consult your group leader or local representative if unsure about appropriate attire.

BOOKING & DEPOSITS

Our deposits are low with a percentage refund time policy to protect both parties. We are very flexible with final payment dates on a case by case basis (if required please contact us).

We want to reassure clients that any money which is paid to the company for a trip is kept in a client account and not touched until the trip is due to depart.

Cancellation of bookings must be notified to us by letter or email by the party leader as soon as possible. You're notice of cancellation will only be effective when it is received in writing by us.

Except as set out in paragraph 8 below, the following cancellation charges will be payable.

For more information about our refund terms, please visit [this link](#)

MEET YOUR GUIDE

Jason Black– International Expedition Leader, Professional Mountain Guide and one of the world's leading high altitude mountaineers. His Leadership, Mountain knowledge and Adventure survival experience is exceptional.

Jason Black's love for the Irish mountains started as a young boy heavily influenced by cubs and scouts. The Irish mountains was to be his perfect preparation playground for the greatest mountains on the planet. Jason's personality is light hearted and fun filled. His unfaltering determination hard work and commitment from a very early age to find purpose remove obstacles and find solutions has been his greatest success in life.

Ireland's National 7 Summits was developed to encourage outdoor enthusiast to celebrate our Irish mountains, inspire a belief that everything is possible and empower others to follow.

With one of the most ground-breaking mountaineers of a generation at your side, you'll be in the very best company to reach beyond what you thought was impossible, achieve your goals and become an Ireland 7 Summit Summiteer.



WHY JASON BLACK MOUNTAINEERING?

Jason Black Mountaineering is a boutique mountain guide service specialising in leading expeditions to climb the world's most famous peaks, notably "**Mount Everest**", "**Ama Dablam**" and all the worlds "**Seven Summits**".

As a part of our guided climbs, Jason Black Mountaineering provides the education and training for climbers who aspire to become self-sufficient, aware, and respectful of the local mountain culture, carers of the environment, and for whom safety is the number one priority in all climbing endeavours.

Our safety standard, mountain knowledge and adventure travel experience is exceptional. Our small group approach has huge advantages, including better guide to client ratio, reduced environmental impact and stronger team dynamic.

MORE INFORMATION

For trekking dates, and all the latest information about this expedition please visit:

[**Mt. Everest Page**](#)

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