

There are many training programs available on the internet to prepare you for trekking to Everest Base Camp, but I think we can help simplify things and still make sure you're in shape for this trek. Feel free to put in additional work, look up other programs or even make your own training regimen, as everyone is at a different fitness level, have different expectations on how to experience EBC and have different physical/time constraints.

Increasing your physical preparedness will only make your trek more enjoyable.

## START WALKING

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### A GOOD GOAL: 100 MILES

First, Everest Base Camp is a mostly non-technical trek. Since you'll be trekking almost 40 miles you'll want to make sure your feet are prepared, first and foremost. So, I recommend finding your hiking boots or trail shoes early, putting them on and walking in them for as many miles as you can. Do this wearing the sock you plan to wear on the mountain. This will not only help to break in your chosen footwear and allow you to test them out for any unusual rubbing or discomfort, but also help to prepare your feet. Even if it's on a treadmill or your sidewalk...this process will pay dividends on the mountain. Nobody wants to worry about sore feet and blisters if they can help it.

**READINESS TEST:** Walk 3 miles on a treadmill with a 10% incline, target pace 2.5-3 mph. Aim to keep your heart rate below 85% max.

## CARRY A PACK

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### A GOOD GOAL: 10-15 POUNDS

Thankfully we'll have Sherpas to carry all but a few items up. But you will be carrying your daypack during our trek. If you're not used to carrying a pack now's a good time to start getting your shoulders ready. Load up your pack with some clothes or water or rocks and hit the road. It's a good opportunity to get familiar with your pack, make sure it fits and is adjusted to suit you and feel what a few pounds feels like on your back. A liter of water weighs 2.2 lbs. and you'll be carrying between 2-4 liters daily.

**READINESS TEST:** Hike 6 hours with 10-15lbs in your pack. Keep breaks between 5-10min. Complete without excessive fatigue the next day

## HIT THE TRAILS

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### A GOOD GOAL: HIKE 8-10 MILES

So, you've put in the miles and you've carried around your daypack...not so bad. The longest day on the mountain will cover about 10 miles. It sounds daunting, but at a slow pace, with breaks (and even a meal) it's not as bad as it sounds. And by that day you'll already be a veteran of the mountain with over 20 miles behind you. But, it's a good idea to know what that many miles can feel like all at once. Find a trail, strap on a light pack and go for a long stroll...even near sea level on flat ground, this is still good preparation.

**READINESS TEST:** Complete 2 consecutive days hiking for 4+ hours each. Maintain same pace and effort each day.

## GET SOME ALTITUDE

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### A GOOD GOAL: 14,000 FEET

If you've never been at altitude before, it wouldn't hurt. And hey...2 big hikes in 1 year is something many don't accomplish. On our trek we will take acclimatization days to properly allow your body to adjust to the the lower levels of oxygen. But, that doesn't mean you won't feel some symptoms of altitude sickness. If you have an opportunity to get some altitude it'll help you know what your body might do and how you'll feel. And it's a fantastic time to test the recommended Diamox.

**READINESS TEST:** Climb 15 flights of stairs (up and down) with a 20lb pack. Complete in under 20min without feeling overly breathless.