



Fitness Guide

A trek to Everest Base Camp (EBC) is an amazing, but serious undertaking. Although physical fitness is an important part, you do not need to be an athlete or marathon runner to complete or enjoy it.

Most first-time trekkers are worried that they are not in good enough shape, but remember, being in good “trekking” shape is not exactly the same as being very fit overall. If you do a lot of walking with your day pack and make sure it include hills or mountain hikes, you will be fine!

Also, it is important to trek at your own pace. It will allow you to enjoy the amazing scenery of the Himalayas and you will soon discover that at a steady pace, you can climb almost anything. Also, as we get higher, our guides will not let us walk very quickly because our bodies need to acclimate.

Of course the better shape you’re in, the less it will take out of you on a daily basis allowing, you to enjoy other activities rather than collapse at the end of each day!

PLEASE make sure that you buy your hiking boots NOW in order to break them in. If you already have the boots you will wear on the trek, be sure to wear them every time you walk or hike.

In general, there are four areas to concentrate on when preparing for a trek of this nature: aerobic and physical strength, mental strength and equipment.

Aerobic conditioning - the air is thinner and you’ll be climbing up quite a bit. With good aerobic conditioning you will be able to better use the available oxygen.

Physical strength, particularly legs. Your thighs will be the main muscles that will carry you up (and down) the hills. Many think that going uphill is going to be the most difficult, but often people find the downhill parts harder (knees). Upper leg strength will provide the protection to your knees.

Training. Everyone leads a different lifestyle, and we all have a different amount of time that we will be able to set aside for training. There is no set amount, though a google search may tell you that you have to be in “excellent physical condition” to do this trek. It’s just not true.

- Aim to exercise 2/3 times per week, 3-6 months prior to your trip.
- Walking, jogging, biking, swimming are all excellent forms of exercise and if you do any of those now, you’re half way there!

- Remember what your training is geared towards - walking. There is no better training other than to do just that - walk. Even better if it’s done with the exact footwear and small backpack that you’ll be using in Nepal. Don’t forget that you can also use the “Uphill” function on a treadmill!

- Try to get some long day walks in (with backpack), at least once a week
- Speed is not important. Work on endurance and leg strength.

Mental strength is also important. You are going into a remote region, with no road transportation, basic facilities and some cold weather. Some robustness is required and everyone will experience a bit of discomfort, due to the altitude. The ability to cope with some physical changes to your body for a few days is necessary

Equipment. Obviously, you should be correctly equipped but many fail to understand the potential severity of the conditions they may experience. It’s not necessary to spend a small fortune on the best clothing and equipment available, just make sure that what you do have is adequate. Check the gear list and be sure to ask questions!

Summary. There is no magic single formula to preparing for EBC. Good steady aerobic exercise (any type) with a focus on leg strength combined with a series of long walks with the boots and daypack you’re going to use is all that’s required. Step it up in the final month and get very familiar with whatever clothing/equipment you are taking.