



---

## **VVIP EVEREST EXPEDITION (8848.86M)**

VVIP MT. EVEREST EXPEDITION is a luxury service with an ultimate adventure experience that allows members to stand on top of the highest point in the world.

---

### **TRIP FACTS:**

COUNTRY	PEAK NAME	DURATION
NEPAL	MT. EVEREST	46 DAYS
ROUTE	GRADE	RANGE
S-COL; SE-RIDGE	VERY DIFFICULT	MAHALANGUR
MAX ELEVATION	WALKING PER DAY	BEST SEASON
8848.86 M	5-6 HOURS	SPRING

---

### **OVERVIEW:**

VVIP MT. EVEREST EXPEDITION is a luxury service that gives people an opportunity to stand on top of the highest point in the world for an extra added price. If you want to experience what it feels like to be on the highest point on the planet and have a strong economic background to compensate for your old age and your fear of risks, you can sign up for the VVIP MT. Everest Expedition service is offered by Seven Summit Treks. This service facilitates you to experience the feeling of accomplishment that one gets while succeeding in an adventurous sport, all while providing the highest levels of safety and comfort that can be imagined in such a difficult landscape.

We will take the Normal southern route to the summit. We will fly by helicopter from Kathmandu to Namche Bazaar (3440 M) and after 2 days of rest and hike we will fly from Namche to Dingboche (4940 M) by helicopter and after 2 nights of rest, we will trek from Dingboche till to Everest base camp in according to itinerary along with your UIAGM guide and private cook, who will cook food for you as according to your order whereas for sleep we will do in Lodges. After acclimatizing at



basecamp for several days we will approach the summit of Lobuche Peak (6119m) and after completion of Lobuche will return to Everest base camp. We will move on to **Camp I (6,065m)** where we will see the **Khumbu glacier**. From Khumbu Glacier, it's around 450m on a gradual slope to **Camp II (6,750m)** and around 610m to **Camp III (7,100m)**. Camp III is located at the head of Lhotse. From this point onwards, you will reach **Camp IV (7,910m)** after just crossing 8000 m elevations.

Our Airbus, Heli Everest will be supporting our team by supplying fresh - fruits, vegetables, meats, and other food items almost every day, and it's also always ready for your safety at your needs at any time.

" We await to serve you our service and share our experience with you "

#### IMP:

- ➔ 1 UIAGM Guide
  - ➔ 3 Personal Sherpa– Everest Summiteer Sherpa
  - ➔ One Personal Photographer
  - ➔ + Lobuche Peak climbing (6119m)
  - ➔ All climbing gears and equipment
-



## ITINERARY:

**DAY 01:**

ARRIVAL IN KATHMANDU (1400 M.) &  
TRANSFER TO HOTEL

---

**DAY 02:**

REST DAY IN KATHMANDU

---

**DAY 03:**

PREPARATION DAY

---

**DAY 04:**

FLIGHT FROM KATHMANDU TO LUKLA  
(2,860 M.)

---

**DAY 05:**

REST DAY IN LUKLA (ACCLIMATIZATION  
HIKE)

---

**DAY 06:**

HELICOPTER FLIGHT FROM LUKLA TO  
NAMCHE BAZAR (3,440 M.)

---

**DAY 07:**

FULL-DAY REST IN NAMCHE BAZZAR  
(ACCLIMATIZATION DAY)

---

**DAY 08:**

HIKE FROM NAMCHE BAZZAR TO EVEREST  
VIEW HOTEL (3,880 M.)

---

**DAY 09:**

HELICOPTER FLIGHT FROM EVEREST VIEW  
HOTEL TO DINGBOCHE (4,240 M.)

---

**DAY 10:**

REST IN DINGBOCHE: ACCLIMATIZATION  
HIKE CHHUKUNG (5,546 M.)

---

**DAY 11:**

TREK FROM DINGBOCHE TO LOBUCHE  
(4940 M.)

---

**DAY 12:**

TREK FROM LOBUCHE TO GORAKSHEP  
(5150 M.)

---

**DAY 13:**

TREK FROM GORAKSHEP TO EVEREST BASE  
CAMP (5300 M.)

---

**DAY 14-15:**

REST DAY AT EVEREST BASE CAMP

---

**DAY 16:**

TRAINING AT THE EVEREST BASE CAMP

---

**DAY 17:**

REST / TRAINING / PUJA AT BASECAMP

---



**DAY 18:**

DESCEND BACK TO LOBUCHE

---

**DAY 19:**

HIKE FROM LOBUCHE TO LOBUCHE HIGH CAMP (5400 M.)

---

**DAY 20:**

ASCEND FROM HIGH CAMP TO LOBUCHE (6119 M.) SUMMIT

---

**DAY 21:**

RESERVE / CONTINGENCY DAY

---

**DAY 22:**

TREK FROM LOBUCHE TO EVEREST BASECAMP

---

**DAY 23:**

REST AT EVEREST BASE CAMP

---

**DAY 24:**

ASCENT TO CAMP I (6,100 M.)

---

**DAY 25:**

ASCENT O CAMP II (6400M)

---

**DAY 26:**

ASCENT TO CAMP III (7100 M.) AND RETURN TO CAMP II

---

**DAY 27:**

DESCENT TO BASE CAMP

---

**DAY 28:**

HELI FLIGHT BACK TO KATHMANDU

---

**DAY 29-30:**

REST DAY IN KATHMANDU

---

**DAY 31**

FLIGHT BACK TO NAMCHE BAZAR (3440 M.)

---

**DAY 32:**

OVERNIGHT AT NAMCHE BAZAR

---

**DAY 33:**

HELICOPTER FLIGHT FROM NAMCHE TO EVEREST BASE CAMP

---

**DAY 34:**

REST DAY AT EVEREST BASE CAMP

---

**DAY 35:**

TRAINING AT EVEREST BASE CAMP; FINAL PREPARATION

---

**DAY 36:**

CONTINGENCY DAYS AT BASE CAMP DUE TO WEATHER WINDOW.

---



**DAY 37:**

ASCENT FROM BASE CAMP TO CAMP II

---

**DAY 38:**

ASCENT FROM CAMP II TO CAMP III

---

**DAY 39:**

ASCENT FROM CAMP III TO CAMP IV (7910 M.); START SUMMIT PUSH IN THE EVENING

---

**DAY 40:**

TAKE THE SUMMIT OF MT. EVEREST (8848.86 M.) AND RETURN TO CAMP IV

---

**DAY 41:**

DESCENT FROM CAMP IV TO CAMP II OR BASE CAMP

---

**DAY 42:**

REST DAY IN BASE CAMP; CLEAN-UP

---

**DAY 43:**

FLY FROM BASE CAMP TO KATHMANDU

---

**DAY 44:**

LEISURE DAY IN KATHMANDU

---

**DAY 45:**

SIGHTSEEING AROUND KATHMANDU CITY AND SHOPPING DAY.

---

**DAY 46:**

TRANSFER TO INTERNATIONAL AIRPORT FOR FINAL DEPARTURE

---



## INCLUDED:

- **AIRPORT PICK-UP & DROP:** Both International and Domestic airports pick up and drop.
- **ACCOMMODATION IN KATHMANDU:** All required Nights in a five-star hotel under Full Board Plan in Kathmandu.
- **WELCOME DINNER:** Dinner at a Nepalese or European Restaurant with Office Staff and Sherpas.
- **CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Custom Department, clearance cost is subject to a charge. \*before the expedition
- **PERMITS:** Expedition Royalty and permit of Nepal Government to climb Mt. Everest and Lobuche Peak, Sagarmatha National Park permit, TIMS CARD & Pasang Lhamu Rural Municipality Entry Permit and its fee.
- **SINGLE PERMIT:** Single Climbing Permit for Each Member.
- **LIAISON OFFICER:** 1 Government Liaison officer with full equipment, Daily salary, and insurance.
- **KHUMBU ICEFALL CHARGES:** Khumbu Ice Fall Climbing charge to Sagarmatha Pollution Control Committee (SPCC).
- **GARBAGE DEPOSIT:** Garbage deposit fee and rubbish collection cost.
- **TRANSPORTATION:** As per the itinerary, all the land transportation in Kathmandu is by private vehicles.
- **HELICOPTER FLIGHT:** All Helicopter flights as per the Itinerary. From Kathmandu to Namche, Namche to Dingboche, During the expedition return back to Kathmandu and after Expedition from Everest BC to Kathmandu.
- **STAFF INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff, Sherpas and UIAGM Guide during the trek and expedition.
- **TREKKING:** All logistic management, trek from Dingboche to Everest Base camp with UIAGM guide and private cook who will be cooking foods for a member, Overnight stay at the lodge and Member all personal belongings will be carried by porters.
- **PHOTOGRAPHER:** One Personal Photographer during the trip.
- **FOODS:** Hygienic foods during the trek and the expedition is of no limit.
- **DRINKS:** Hot water, tea, and coffee during the trek and Expedition are of no limit.
- **MEMBER LUGGAGE:** Up to 200 Kg of members' personal luggage during the trek carried by the porters.
- **BASE CAMP EQUIPMENT:** Personal the North Face / Kailas Tent for Member, Private Kitchen tent, Private Dining Tent, One Communication Tent, Private Shower tent, Private toilet tent, and Kitchen Utensils.



- **HEATER:** Heater at base camp in each tent for members.
- **SOLAR / GENERATOR / LIGHT:** 1 Solar panel and Generator for lights at base camp, battery charge, for laptop and other electronic devices.
- **BASE CAMP STAFFS:** 1 Experienced Base camp cook, kitchen helper, and 1 base camp manager.
- **HIGH CAMP SERVICE:** High Altitude Tent, Necessary cooking EPI gas, cooking pot for a member, High food for a member, Sherpa, all climbing and cooking crew at (C1) (C2) (C3) (C4). All climbing gears, fixed and dynamic rope during the climbing period as required.
- **LOBUCHE HIGH CAMP:** High Camp Service at Lobuche Peak High Camp.
- **ROPE FIXING:** The team of experienced Sherpas will fix the route On Everest (no extra charge will be applied to members).
- **TRAINING:** Ice wall and Ladder training at basecamp by UIAGM Guide.
- **SPECIAL CARE BY DIRECTORS:** Guidance and instruction by Mingma Sherpa 1ST 8000 M summiteer of South Asia, Chhang Dawa Sherpa world's youngest 8000 M summiteer and Tashi Lakpa Sherpa Multiple Everest Summiteer and many more 8000 M Mountain Summiteer.
- **GAMOW BAG:** 1 Rescue sled (Gamow bag) for an emergency.
- **RESCUE TEAM:** A team of Sherpa at Camp II, for emergency and rescue purposes.
- **REST IN NAMCHE:** Helicopter flight from Kathmandu to Namche (rest in Namche) and Namche to Dingboche (1 time).
- **REST IN KATHMANDU:** Helicopter flight from Everest base camp - Kathmandu - Everest Base camp via Namche (1 time).
- **UIAGM GUIDE:** 1 UIAGM guide will be with you from Kathmandu to Kathmandu all the time for your Guidance.
- **WELL EXPERIENCED SHERPAS:** 3 well experienced, veteran and strong climbing Sherpa who has summited Everest multiple times will be with Member and one UIAGM guide from base camp to summit, they will be helping in each step during the ascent and carrying all the member belongings, Oxygen Bottles and necessary stuff for high camps till to the summit and back to the base camp.
- **UIAGM AND CLIMBING SHERPA ALLOWANCE / SALARY:** Transportation, lodging, food, Full Equipment, Daily Salary, Bonus, high camp set up, and route fixing cost.
- **OXYGEN AND MASK REGULATOR FOR MEMBER:** 12 Bottles of (4 Liters) Oxygen to members and 2 sets of tested brand-new masks and regulators.
- **OXYGEN AND MASK REGULATOR FOR STAFFS:** 4 Bottles of Oxygen to each climbing Sherpa and UIAGM guide and 1 set of masks and regulators for each of them.
- **UNLIMITED INTERNET SERVICE:** THURAYA IP+ or Available Internet



---

service at base camp on an unlimited use basis.

- **WEATHER FORECAST:** Weather forecast report from Meteotest, Bern (Switzerland) during the entire expedition.
- **SATELLITE PHONE TO CALL:** Provision of a Satellite Phone to call family, friends, and Relatives for 1 hour a day.
- **BAR AND BAKERY FACILITY:** Free bar and Free Fresh bakery at base camp for members privately.
- **FRESH FOODS:** Fresh fruits, Fresh Vegetables, Fresh Meat, and Foods will be off dropped by helicopter every week at base camp.
- **MEMBER INSURANCE:** Travel and high altitude insurance, accident, medical & emergency evacuation for climbing members.
- **STAFF INSURANCE:** Medical & Emergency rescue Insurance for all involved

Nepalese staff during the trek and expedition.

- **12 HOURS HELI SERVICE:** In case of need we have our Helicopter at priority for your safety, all day.
- **MEDICAL DOCTOR:** One Medical Doctor at basecamp along with the comprehensive medical kit for a member.

---

## EXCLUDED:

- **INTERNATIONAL AIRFARE:** Flight from your home country to Nepal and Nepal to your home country.
- **MEMBER PERSONAL EQUIPMENT:** Member Personal climbing equipment.
- **SUMMIT BONUS AND TIPS:** UIAGM Guide (USD 2000), Climbing Sherpa (USD 1500) per Sherpa and Kitchen staff's tips (USD 800).





## EQUIPMENT LIST:

- TRAVEL DOCUMENTS: LEGAL DOCUMENTS SUCH AS VALID PASSPORT, CREDIT CARDS, PP SIZE PHOTO (4 PIECES), INSURANCE PAPER AND CONTACT ADDRESS, FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS.
- SUMMIT BOOT: MADE WITH A REMOVABLE INSULATED INNER WITH DURABLE WATERPROOF, 8000 M. PURPOSE EQUIVALENT TO KAILAS/ LASPORTIVA / MILLET STANDARDS.
- CLIMBING BOOT: 6000 M. PURPOSE EQUIVALENT TO KAILAS / LASPORTIVA / MILLET STANDARDS.
- NORMAL SOCKS: SPECIALLY DESIGNED FOR HIGH MOUNTAINS, WARM AND COMFORTABLE 5-8 PAIRS.
- SUMMIT SOCKS: LIGHTWEIGHT, COMFORTABLE, AND A GOOD GRIP FOR TERRAIN WALK - 2 PAIRS.
- TREKKING SHOES: SHORT TRAIL ON THE MOUNTAIN PURPOSE. EQUIVALENT TO GORE-TEX STANDARD.
- LIGHT TREKKING/SPORTS SHOES: NON-TECHNICAL BOOTS WARM AND WATERPROOF.
- CAMP BOOTIES: FOR WALKING AND STAYING IN THE CAMP PURPOSE -1 PAIR.
- SLIPPER: COMFORT AND FREE WALK AROUND CAMP- 1 PAIR.
- THERMAL BASE LAYER: LIGHTWEIGHT AND COMFORTABLE TO USE BENEATH OTHER LAYERS (2/3 PCS. TOP-BOTTOM)
- FLEECE JACKET: UNDERLAYER PUT IT ON UNDER A HEAVIER COAT FOR OPTIONAL WARMTH (1-2 PCS).
- GORE-TEX JACKET: SOFTSHELL JACKET, PROTECTION FROM RAIN, SNOW, AND WIND (1 PCS).
- WIND PROOF JACKET: HARD SHELL HELMET COMPATIBILITY JACKET (1-2 PCS).
- DOWN JACKET: EXPEDITION JACKET USED IN EXTREME COLD, NON-SYNTHETIC, +800 FILL POWER (1-2 PCS).
- COTTON T-SHIRT: FULL SYNTHETIC WILL WICK MOISTURE AND DRY QUICKLY (3-5 PCS).
- FLEECE TROUSER: WATER REPELLENT, POLYESTER (1-2 PCS).
- GORE-TEX PANT: SOFT SHELL PANTS THAT CAN PROTECT FROM RAIN, SNOW, AND WIND (1 PCS).
- MID WEIGHT PANTS: HARD SHELL PANTS (1-2 PCS).
- LIGHT WEIGHT QUICK DRY TREKKING PANTS: WITH GOOD FLEXIBILITY, BREATHABLE AND EASIER MOVEMENT (2-3 PAIRS).
- GAITERS FOR TREKKING BOOTS: USED OVER BOOTS TO AVOID SNOW AND OTHER STUFF.
- DOWN PANTS: 8000 M. PANTS NON-SYNTHETIC (1PCS).
- UNDER WEAR: MOISTURE-WICKING, QUICK-DRY (4-6 PCS).
- SUN CAP: TO PROTECT HEAD AND FACE.
- DESERT CAP: ABLE TO PROTECT THE HEAD, FACE, AND NECK FROM THE SUNBURN IN THE MOUNTAIN.
- BALACLAVA: TO AVOID FROSTBITE TO YOUR FACE IN HIGH ALTITUDES. BREATHABLE, STRETCHABLE MATERIALS.
- FLEECE HAT/ WARM HAT: COVER EAR AND HEAD WITH AIR PENETRABLE TO AVOID MOISTURE IN THE HEAD (1-2 PCS).
- NECK GAITER: SHOULD COVER EARS AND NECK WITH UV RESISTANT (2-3 PCS).
- THIN FLEECE GLOVES: FOR HAND PROTECTION PURPOSES (2 PAIRS).
- WIND STOPPER / SCREEN TAP GLOVES: TO STOP WIND AND SNOW WITH TOUCH SENSITIVITY FOR MOBILE USE AT HIGH ALTITUDES (2 PAIRS).
- HEAVY GLOVES: SOFT-SHELL DESIGNED HIGH ALTITUDE GUIDE GLOVES.
- SUMMIT GLOVES: WATERPROOF, BREATHABLE, 8000 M.
- SLEEPING BAG: DOWN INSULATED -200C TO -300C (FOR BASE CAMP).
- DOWN SLEEPING BAG: DOWN INSULATED 8000 M. COMFORT -40°C (EXTREME COMFORT).
- THERMAREST MATTRESS: CLOSED CELL FOAM PAD MADE.
- DOWN MATTRESS: INFLATABLE
- SLEEPING BAG LINER: FOR EXTRA WARMTH AND TO PREVENT DIRT.
- INFLATABLE PILLOW
- CLIMBING HELMET: LIGHTWEIGHT, VENTILATED, EASILY ADJUSTABLE SHOULD FIT WELL, AND SUPPORT A HEADLAMP.



- SUMMIT DOWN SUIT: DESIGNED FOR SURVIVING HARSH CONDITIONS AT HIGH ALTITUDE – 8000 M. STANDARD EQUIVALENT TO KAILAS / MARMOT / MOUNTAIN HARDWARE / NORTH FACE / MILLET.
- CRAMPONS: 12-POINTED ANTI-BALLING PLATES STEEL MADE, FIT WITH BOOT WITH PACKING COVER ATTACHED.
- ICE AXE WITH SPIKE & AXE PROTECTOR: STRAIGHT SHAFTED WITH POINTED SPIKE USED AS PIOLET FOR STABILITY, SELF-ARREST IN FALL AND CHOPPING, ETC.
- HARNESS: ALPINE STYLE LIGHT-WEIGHTED, PRIMARILY WEBBING BASED.
- BELAY DEVICES: FIGURE OF 8 OR ATC GUIDE.
- JUMAR/ASCENDER: 1 RIGHT- OR LEFT-HAND ASCENDER
- LOCK CARABINER: 3 PCS
- UNLOCK CARABINER: 2 PCS
- TAPE SLINGS: 120 CM RECOMMENDED USED FOR RIGGING YOUR ASCENDER AND SAFETY FOR CLIMBING.
- SNOW GOGGLE: SUMMIT PURPOSE, ANTI-FOG, POLARIZED, UV PROTECTION.
- HEAD LIGHT: 500-700 LUMENS SPARE BATTERY (ENERGIZER ULTIMATE LITHIUM).
- SATELLITE PHONE WITH CREDIT.
- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- ALTIMETER WATCH: FEATURES AN ALTIMETER, BAROMETER, AND COMPASS AND CAN TRACK WEATHER AND SUN WITH AN INTELLIGENT STORM ALARM.
- PEE BOTTLE
- POWER BANK
- RUCKSACKS: LIGHT WEIGHT POSSIBLE A POUCH FOR THE CRAMPON TO KEEP AND OXYGEN TO FIT (35 L - 50 L).
- DUFFLE BAG: SINGLE ZIP BAG PACK MADE TO FIT ALL EQUIPMENT ABOUT 120 L-150 L (2 PCS).
- WATER PROOF STUFF SACKS/DRY BAG: KEEP STUFF OFF FROM SNOW AND WATER DAMAGE.
- SUN STUFFS: SUN CREAM, LIP GUARD, MOISTURIZER / LOTION UP TO -50 SPF
- SUN GLASSES: UV PROTECTION AND SNOW REFLECTION AT INCREASING ALTITUDE.
- GLACIERS GLASSES: UV PROTECTION, POLARIZED.
- TOILETRIES (PERSONAL): TOILET PAPER, WET TISSUE, TOOTHPASTE, TOOTHBRUSH, SOAP, SHAMPOO, TOWEL, GARBAGE, BAG, ETC.
- EATING & DRINKING: WATER BOTTLE (1 LTR.), THERMOS MUG (1/ 1.5 LTR. OPT.), SPOON/ FORK (OPT.), BOWL (OPT.)
- MEDICAL/FIRST AID: BRUFEN / IBUPROFENS, ANTIBIOTIC, DIAMOX, PARACETAMOL, HANDY PLASTER, CRACK BANDAGE, TINCTURE IODINE, ONDEM, CETIRIZINE, ELECTROLYTE, MINI 10MG (PALPITATION, ANXIETY), CODOPAR (HEADACHE & CHEST PAIN). SALBETOL 4MG (BREATHLESS), AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS), FLUPEN 250MG (PREVENT WOUND INFECTION), ALLEGRA 120/180MG (ALLERGIC TONSIL), MENSTRUAL PRODUCTS, ETC.
- MISCELLANEOUS: EXTRA ITEMS YOU MIGHT WANT TO CARRY SUCH AS NAIL CUTTER, UMBRELLA / RAIN COAT, HOT WATER, BAG, TENACIOUS TAPE REPAIR KITS, CAMERA, GPS TRACKER, HAND & TOE WARMER, ETC.



## **INSURANCE:**

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to the plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

---



## INQUIRY, BOOKING & PAYMENT PROCESS:

To join our expeditions, you need to follow the basic steps below:

1. You can contact us through the 'Contact Us', 'Inquiry' or 'Book Now' option and fill in the application form provided, afterward one of our team members will review your request and reply as soon as possible.
2. We will send you "Trip Details" along with "Terms and Conditions", please read, and confirm if you are joining the expedition.
3. After accepting the terms and conditions, you have to pay a certain amount for the expedition during the time of booking. Please find the details about our payments, cancellation, and refund policies [here](#).

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website that will help you manage everything needed for your expedition.

Following the initial application process, you will then:

- Send us your passport copy
  - Send us a copy of your insurance policy
  - Send us your arrival/departure travel details
  - Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival
- 

## BOOKINGS:

For expedition dates, and all the latest information

<https://www.sevensummittreks.com/page/vvip-everest-expedition-884886m.html>

For all expedition enquires and bookings

[info@sevensummitstreks.com](mailto:info@sevensummitstreks.com)