

## **10 TIPS FOR A SUCCESSFUL TREK TO EVEREST BASE CAMP**

Snow-clad mountaintops, pristine waters, jovial Sherpas, and picturesque scenery make for a photo opportunity. One has to trek several miles on foot, triumphing over numerous obstacles during this physically taxing trek to capture this idyllic panorama.

Trekking entails an arduous, physically demanding, and exhausting journey. Trekkers can strive for a hassle-free trekking experience of a lifetime with a few easy-to-follow suggestions and recommendations.

Explore the following article to the conclusion to gain insight into some easy-peasy advice for a successful trekking experience.

**Ten tips for a successful trek to Everest Base Camp** have been posted below:

### **1. Always keep your body hydrated.**

Build a close association with water to stave off the likelihood of slipping into dehydration. The potential of becoming dehydrated increases manifold at elevated elevations. Always keep a bottle of water readily accessible and gulp down at least 4-5 litres of water regularly.

### **2. Keep track of your daily dietary regimen.**

Eschew non-vegetarian diets as they are rich in proteins, meaning it will take a considerable time for your stomach to process. Refraining from protein-rich diets would keep gastrointestinal troubles like indigestion, heartburn, and acidity at bay. For a quick replenishment of the energy depleted through trekking, nibble snacks frequently throughout the day.

### **3. Be psychologically resilient to brace yourself for an uphill journey.**

Your psychological well-being is anticipated to take a beating once you embark on a prolonged and strenuous trek. Train yourself physiologically to cope with any stumbling blocks that may come. Get accustomed to living without privileges and luxuries in the most basic necessities.

### **4. Don't have recourse to ATMs.**

While trekking, ATMs are not always accessible, and they may run short of cash due to high withdrawal rates. It is an ideal strategy to have a bit of regional banknotes on standby.

### **5. Keep enough blankets and warm articles of clothing on hand to beat the frigid temperature.**

High elevations will be bone-chillingly cold. It is essential to wrap up in sufficient woollens, balaclavas, and winter gloves to defend against the bitter cold. Carry thick bedding to keep oneself snug and warm in sub-zero temperatures.

## **6. Carry trekking poles for your convenience.**

While traversing several miles of mountainous terrain, a pair of trekking poles will be helpful in a pinch. Distributing the brunt of the weight will alleviate strain on your buttocks, knees, and lower extremities. Trekking poles will be a priceless resource while traversing rugged and rocky terrain.

## **7. Consider bringing an essential first aid kit.**

Trekkers are vulnerable to symptoms such as headaches, high-altitude sickness, and trivial blisters on their feet, proactively making a first-aid package imperative. Pain relievers, self-adhesive tape, cloth bandages and dressings, antiseptic disinfecting wipes, bactericidal medication, and other supplies should be a part of an emergency medical kit.

## **8. Slap on sunblock to safeguard your delicate skin from UV rays.**

The sun is unrelenting at high elevations, jacking up the threat of developing skin carcinomas. In these scenarios, wearing sunscreen is unavoidable; dropping the ball could lead to rashes, lesions, sunburn, and pigmentation.

## **9. A head torch will come to your rescue during power outages.**

The Himalayan region is prone to Power disruptions now and then. In the foregoing circumstances, a head torch is pragmatic.

## **10. Bring along reading materials and playing cards for recreation.**

You may become homesick after being away from family for a prolonged period. Carry a couple of books and a deck of cards to relax and enjoy the spare moments with your travel companions.

## **ON A FINAL NOTE**

Comply with these simple but effective instructions for streamlining your mountaineering adventure. Crest the mountains and get swept up by their majesty, grandiose and glory!