

Duration: 10 Days

Grade: Very_hard

Max Altitude: 6,189m

Group Size: 1-10

FROM

USD \$5000

PER PERSON

Trip Code: IP-01

Trip Highlights

- Summit Island Peak, a climbing adventure to the peak at an altitude of 6189 meters above sea level.
- Witness breathtaking 360° views of Everest, Lhotse, Nuptse, and Ama Dablam.
- Experience glacier crossings, ice-axe training, and fixed-rope climbs under expert Sherpa guidance.
- Trek through the heart of the Khumbu Valley, past Dingboche, Chukhung, and Lobuche villages.
- Immerse in Sherpa culture and traditional Himalayan hospitality in authentic teahouses.
- Explore the spectacular Imja Glacier and high-altitude alpine landscapes.
- Enjoy a manageable but thrilling peak climb suitable for both beginners and seasoned trekkers.
- Witness rare Himalayan wildlife and flora along pristine trails.
- Combine trekking with a true expedition vibe, including high camps and a summit night experience.
- Option to add Everest Base Camp or Gokyo Ri for an epic Himalayan combo adventure.

Overview

Island Peak Climbing is where high-altitude trekking meets real Himalayan mountaineering. Sitting at an altitude of 6,189 meters above sea level, Island Peak (Imja Tse) offers a powerful blend of adrenaline, raw beauty, and personal achievement. From the moment you step onto the Lukla airstrip, this journey pulls you deep into the Khumbu Valley, toward glaciers, ice walls, and one unforgettable summit night.

Let us tell you that the Island Peak Climbing journey isn't just about trekking with views. It's actually a hands-on Himalayan expedition. The trail crosses swinging suspension bridges, climbs through wind-carved valleys, and makes us stand face-to-face with the world's highest mountains. Besides, trekkers are treated to mind-blowing

views of Himalayan giants such as Everest, Lhotse, Nuptse, and Ama Dablam. Every single day on the Island Peak Climbing map brings altitude, challenge, and reward in equal measure.

As you climb higher on the trail, the landscape sharpens. You will witness forest trails giving way to alpine terrain and habitation becoming sparse. In places like Dingboche and Chukhung, the air feels thinner, the silence deeper, and the anticipation stronger. Sherpa culture surrounds you, grounding the journey with prayer flags, stone mani walls, and stories shaped by generations of mountain life.

The true magic of the Island Peak Climbing adventure begins above base camp. Here, Mercy Holiday's Sherpa team trains you with ice axes, crampons, and fixed ropes with mountain climbing skills before ascending to the peak via a glacier. Summit night starts long before sunrise. Headlamps glow in the darkness. Boots crunch against ice. Step by step, you climb toward the sky. Then, suddenly, the summit arrives. The horizon explodes with Himalayan giants, and the effort of every step makes sense.

Despite being a technical climb, Island Peak remains approachable. With proper acclimatisation, expert Sherpa guides, and a well-paced itinerary, it's an ideal first Himalayan peak for determined beginners and a rewarding challenge for experienced trekkers alike.

Add Everest Base Camp or Gokyo Ri if you want more. Or keep it focused and pure. However, remember that Island Peak Climbing in Nepal is not about ticking a box. It's about standing higher than you ever have before, surrounded by the Himalayas, fully alive in the moment.

Permits for Island Peak Climbing

To climb Island Peak, climbers need to obtain three permits, along with a Trekkers' Information Management System (TIMS) card. Here are the permits that you need for this mountain climbing journey:

- Island Peak Climbing Permit (NMA)
- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Permit

All these permits have different fees, but with Mercy Holidays, you have nothing to worry about. That's because the cost of all three permits and the TIMS card is included in our package cost. Just book the Island Peak Climbing package with us, and your permits will be delivered to you.

Day-by-Day Itinerary

Day 1 **Arrival at Kathmandu & transfer to hotel.**

Your Island Peak Climbing journey begins the moment you land in the Tribhuvan International Airport, Kathmandu. As your plane touches down, the Himalayas may still be far away, but the energy of Nepal hits instantly. After you land, the Mercy Holidays team greets you and then escorts you through the lively streets to your hotel. This short drive offers a glimpse of Nepal's capital city's chaotic yet welcoming side. Today stays intentionally relaxed, giving you space to recover from travel and ease into a new rhythm.

Take yourself out in the street for some exploration, relaxation, and pre-climb shopping in the evening. At night, we invite you for a welcome dinner where you will also meet your guide for the Island Peak Climbing journey.

Day 2 **Fly to Lukla (2,800m/9,184ft) then trek to Phakding (2,652m/8,700ft).**

Max Altitude: 2800m/9184ft

The Himalayan flights are mostly scheduled in the morning. After breakfast, our team will take you to the airport. After that, it's time to go for one of the most thrilling flights in the world. This short flight to Lukla delivers adrenaline before the trek even begins. Snow-lined ridges rush past the windows, and the landing itself feels like a rite of passage. Once on the ground, boots hit the trail, and the Island Peak journey officially begins. Yes, our Sherpa guides will take you on a trek to Phakding.

Phakding rests quietly along the riverbanks at 2,652 meters. This small village feels peaceful and welcoming, offering a good first night in the Khumbu region. Here, you can sit peacefully and experience the chilling cool air of the Himalayan region.

Day 3 **Trek from Phakding to Namche Bazaar (3,440m/11,283ft)**

Max Altitude: 3440m/11283ft Walking: 5 to 6 hours

Today's trek brings both challenge and excitement. The trail winds through lush forests and lively Sherpa villages, crossing several suspension bridges draped with prayer flags. As you move higher, the climbs become steeper, demanding steady breathing and focus. Along the way, glimpses of snow-capped peaks appear between trees, teasing what lies ahead. The final ascent into Namche feels demanding but deeply rewarding.

Namche Bazaar sits proudly at 3,440 meters, carved into a natural amphitheatre of mountain slopes. This vibrant town feels like a mountain capital, alive with bakeries, gear shops, lodges, and laughter from trekkers around the world. Surrounded by towering ridges, Namche marks a major milestone. Here, the Himalayas stop being a backdrop and start becoming your environment.

Day 4 **Rest day at Namche Bazaar for acclimatization.**

Now that we have reached an altitude of over 3000 meters, we must begin acclimatisation to adapt to higher-altitude conditions. So, today will be all about rest and acclimatisation. Rather than climbing higher, focus on letting your body adjust to the altitude. However, our guides will take you on a quick hike to the Everest View Hotel, the highest-altitude hotel. This hotel not only serves tea and coffee but also gives the closest views of Mount Everest.

Back in Namche, the day feels unhurried. You can explore local markets, visit the Sherpa Museum, or simply sit with a warm drink and watch clouds roll over the peaks. This rest day plays a vital role in your success on Island Peak. Overnight stay and dinner will be arranged at Namche Bazaar.

Day 5 **Trek from Namche Bazaar to Tengboche (3,870m/12,694ft)**

Max Altitude: 3870m/12694ft Walking: 5 to 6 hours

On the fifth day, we leave Namche Bazaar and head towards Tengboche, a village at an altitude of 3870 meters above sea level. As we begin the climb, the trail opens into wide mountain views almost immediately. After that, we pass through a valley, offering breathtaking panoramas of Everest, Lhotse, and Ama Dablam before descending toward the river. After crossing another suspension bridge, the climb toward Tengboche begins. In this section of the Island Peak Climbing trail, we will notice the forest thickening, the air cooling, and prayer flags guiding the final ascent.

Reaching Tengboche means stepping into the home of the region's most famous monastery. As monks chant in the background and peaks glow during sunset, the experience feels grounding and powerful. Tonight's sleep will be accompanied by the views of sacred mountains and quiet devotion.

Day 6 **Trek from Tengboche to Dingboche (4,460m)**

Max Altitude: 4460m Walking: 5 to 6 hours

From Tengboche, the trail leads towards another alpine settlement, Dingboche. As we begin the walk, the trail drops gently through forests filled with juniper and rhododendron before crossing the Imja Khola River. After we cross the river, we can experience the landscape beginning to change dramatically. From this point, every step feels more alpine, more raw, and more exhilarating.

After walking for about 5 to 6 hours, we finally reached Dingboche, a peaceful village located at an altitude of 4460 meters above sea level. Here, you can see an open valley framed by stone walls built to protect crops from cold winds. Besides, the air becomes noticeably thinner, and the environment feels rugged and exposed. In Dingboche, take your time to enjoy the mesmerising mountain views while interacting with the locals before dinner and overnight stay.

Day 7

Acclimatisation day at Dingboche and Hike to Nangkartshang Peak (5083m)

Max Altitude: 5083m Walking: 4 to 5 hours

Today is not about climbing any further; it's about adapting to the alpine conditions. Yes, on the seventh day, we rest and acclimate before ascending further. After breakfast, we go for a slow yet meaningful hike to Nangkartshang Peak. The trail climbs steeply over rocky terrain, pushing lungs and legs while rewarding effort with expanding views. As altitude increases, every step demands focus, but the sense of purpose grows stronger. Snow-dusted ridges and glaciers surround you as the Everest region unfolds below.

As we reach the upper slopes of Nangkartshang, we will already be over 5000 meters. Get ready to watch some mindblowing views of Makalu, Lhotse, and Ama Dablam. After soaking in the moment, we descend back to Dingboche for much-needed rest. This acclimatisation hike plays a critical role in summit success, strengthening both body and confidence.

Day 8

Trek from Dingboche to Lobuche (4,900 meters)

Max Altitude: 4900m Walking: 5 to 6 hours

The trail from Dingboche to Lobuche follows a steady ascent through stark, high-altitude terrain. We recommend all the trekkers to keep a slow and steady pace as the conditions will be rugged from now on. As we keep walking, we can notice the vegetation becoming sparse and gradually replaced by glacial rock and windswept slopes.

Along the way, the path passes memorials dedicated to climbers who lost their lives in the Himalayas. These quiet stone tributes add a reflective tone to the journey, reminding you of the mountains' power and respect they demand.

Reaching Lobuche means reaching an altitude of 4900 meters and just beneath massive glacier-covered peaks. We will experience high cold temperatures here due to such an alpine environment. Evenings are quiet, with trekkers resting, hydrating, and preparing for the highest points of the journey.

Day 9 **Trek to Gorakshep (5,180m), trek to EBC & overnight stay at Gorakshep.**

Max Altitude: 5180m Walking: 7 to 8 hours

Are you ready for one of the most significant and adrenaline-rushing parts of the Island Peak Climbing journey? Why? Today, we will be trekking to the Everest Base Camp. We will begin the walk early in the morning, so early that trekkers will have their head torches on, illuminating the path. The trail climbs gradually along the Khumbu Glacier, navigating rocky moraines and icy terrain. This is also the part where breathing slows and becomes more deliberate with every step. After reaching Gorakshep and taking a short rest, we continue toward Everest Base Camp.

Standing at Everest Base Camp feels like a magical experience itself. Prayer flags flutter against a backdrop of icefalls and legendary peaks. Although the base camp does not offer a view of the summit, the atmosphere carries the weight of history and human ambition. We will take some time to soak in the beauty of EBC before returning to Gorakshep for an overnight stay and dinner.

Day 10 **Hike to Kalapatthar (5,550m) at sunrise & trek to Lobuche (4,900 m).**

Max Altitude: 5550m Walking: 7 to 9 hours

Another day calls for another early morning hike as we set off for a sunrise view hike to Kalapatthar. The ascent is steep and challenging, but the reward is unmatched. As the sun rises, Everest reveals itself in full glory, glowing gold against the morning sky. Nuptse, Pumori, and the Khumbu Icefall stretch endlessly below. This moment alone becomes a lifelong memory for many climbers.

After enjoying one of the perfect sunrise views at Kalapatthar, we carefully descend back to Gorakshep. This is where we will have breakfast before continuing the walk to Lobuche. Lobuche, a settlement at 4900 meters, offers a quiet sense of accomplishment. Take your time to interact with the locals before having dinner and resting the night off.

Day 11 **Trek from Lobuche to Kongma La (5,535m/18,159ft) to Chhukung (4,730m/15,518ft)**

Max Altitude: 4,730m/15,518ft Walking: 7 to 8 hours

After these many days in the Everest region, it's finally the day of the pass ascent. Yes, today we will ascend to the Kongma La Pass at an altitude of 5535 meters above sea level. Remember that Kongma La Pass will be. Let us tell you that this will be one of the most demanding and rewarding days of the entire journey. As altitude increases, the world feels raw and exposed, shaped only by ice, wind, and stone.

Reaching Kongma La at 5,535 meters feels like standing on the roof of the Khumbu. Glaciers stretch in every direction, and the silence is profound. After taking time to absorb the views, we begin a long descent toward Chhukung Valley. The trail drops sharply beside glacial lakes and ice-covered slopes. By the time we reach Chhukung, exhaustion blends with pride. Back in Chhukung, it's a place to rest and relax before hitting the Island Peak.

Day 12 **Trek to Island Peak base camp (5,200m/17,060ft)**

Max Altitude: 5200m/17060ft Walking: 4 to 5 hours

On the twelfth day, we make our way to the Island Peak's base camp, located at an altitude of 5200 meters above sea level. As we leave Chhukung, the trail gradually ascends into a dramatic alpine environment. The path takes us across rocky moraines and glacial terrain, with Island Peak rising sharply ahead. Unlike trekking villages, the landscape here feels quiet and isolated.

Island Peak Base Camp sits at 5,200 meters beneath towering ice walls and sharp ridgelines. Tents are set up in a stark, breathtaking setting surrounded by snow and sky. The afternoon is spent resting, hydrating, and reviewing summit plans with the climbing team. As night falls, the temperature drops quickly.

Day 13 **Island Peak base Camp to the Summit of Island Peak (6,189m/20,305ft), back to Chhukung.**

Max Altitude: 6,189m/20,305ft Walking: 10 to 12 hours

The ascent to the peak begins way before sunrise. Wrapped in down jackets and headlamps, we leave camp under a star-filled sky. The initial section follows rocky slopes before transitioning onto the glacier. Crampons bite into ice, ropes are fixed, and the climb becomes steep and technical. Breathing slows. Focus sharpens. Every movement matters.

We will reach the peak before the sun does, then watch one of the best sunrise views. Just imagine watching the sun rise from an altitude of 6189 meters above the sea level. Besides, you can also expect 360-degree views of Everest, Lhotse, Makalu, and Ama Dablam. Take your time to celebrate and make as many memories as possible before we descend back to Chhukung. Remember, today, we will have to walk for about 10-12 hours. So, when you reach Chhukung, give your body the rest it deserves.

Day 14 **Trek from Chhukung to Namche Bazaar (3,440m/11,286ft)**

Max Altitude: 3,440m/11,286ft Walking: 6 to 7 hours

Descending feels like returning to the world. The trail drops steadily through alpine valleys and familiar paths. Oxygen increases with every step, and energy slowly returns. The landscape softens as stone gives way to grass and distant tree lines.

Namche Bazaar feels lively after days in extreme terrain. Cafés, bakeries, and warm showers feel almost surreal. This is a day to reflect, celebrate quietly, and share stories from the climb. The hardest part of the journey is behind you now.

Day 15 **Trek from Namche Bazaar to Lukla (2,800m/9,186ft)**

Max Altitude: 2800m/9186ft Walking: 6 to 7 hours

The final trekking day follows winding trails through forests, suspension bridges, and riverside paths. Familiar villages pass by, and the rhythm of walking feels relaxed and reflective. Prayer flags line the trail, marking the return toward civilisation.

Arriving in Lukla brings a mix of relief and nostalgia. This is where the journey began, and now it comes full circle. The evening is often spent celebrating the climb, sharing laughter, and acknowledging how far you've come.

Day 16 Fly back to Kathmandu (1,350m/4,428ft).

Max Altitude: 1350m/4428ft

A short but thrilling flight carries you back from the mountains to the Kathmandu Valley. Peaks fade into clouds as the city slowly reappears. Back in Kathmandu, there's time to rest, enjoy proper meals, and relive the highlights of the expedition.

Day 17 Final Departure from Kathmandu.

Your Island Peak climbing adventure with Mercy Holidays officially comes to an end. Our team transfers you to the airport for your onward journey. You leave Nepal with more than photos and memories; you carry the experience of standing on a Himalayan summit, shaped by effort, patience, and courage.

What's Included

Cost Includes

- Airport transfers in Kathmandu (arrival and departure)
- Hotel accommodation in Kathmandu with breakfast (before and after the expedition)
- Domestic flights: Kathmandu-Lukla-Kathmandu, including airport transfers
- All trekking and climbing permits, including Sagarmatha National Park entry and Island Peak climbing permit
- Experienced, licensed trekking guide and Island Peak climbing guide

- Assistant guides and porters (shared basis) with proper insurance
- All meals during the trek and climb (breakfast, lunch, and dinner)
- Teahouse accommodation during the trek and tent accommodation at Island Peak Base Camp
- Group climbing equipment: fixed ropes, ice screws, snow bars, and safety gear
- Pre-summit climbing briefing and basic skills guidance
- First aid medical kit and oximeter for altitude monitoring
- All government taxes and service charges
- 24/7 on-trip support from our local operations team

Cost Excludes

- International airfare to and from Kathmandu
- Nepal visa fees
- Travel and high-altitude rescue insurance (mandatory but arranged independently)
- Personal climbing gear (boots, crampons, harness, ice axe, helmet, sleeping bag)
- Meals in Kathmandu (except breakfast)
- Personal expenses such as snacks, drinks, Wi-Fi, hot showers, and charging devices
- Tips for guides, porters, and climbing staff (customary but discretionary)
- Extra accommodation or flights due to weather delays or early return
- Private room upgrades were available
- Any costs not mentioned under “What’s Included”

Trip Notes

Best Seasons for Island Peak Climbing

Timing plays a crucial role in determining the safety, scenic beauty, and overall success of your Island Peak climb. Weather patterns in the Everest region vary dramatically across the year, so here’s a season-by-season breakdown, ranked from best to least recommended.

Spring (March to May) - Best Season

Regardless of which trekking or peak climbing journey you choose to go for in Nepal, the spring season certainly is the best time. During this season, weather conditions are relatively stable, temperatures are manageable at high altitudes, and snow conditions on the summit ridge are usually excellent for use with crampons and fixed ropes. Lower trails are alive with blooming rhododendrons, while summit days often deliver calm mornings and crystal-clear Himalayan views.

Autumn (September to November) - Another Best Season

Autumn is another top choice, especially for trekkers combining Island Peak with Everest Base Camp or the Three Passes route. After the monsoon clears the air, visibility is exceptional, offering sharp views of Everest, Lhotse, and Ama Dablam. Days are dry and stable, though temperatures begin to drop later in the season, particularly above base camp.

Winter (December to February) - Challenging but Possible

Winter climbs are suitable only for experienced and well-prepared climbers. While skies can be clear and trails are far less crowded, temperatures drop significantly, especially at night and above 5,000 metres. Strong winds and extreme cold increase difficulty, making summit attempts more demanding and physically intense.

Monsoon / Summer (June to August) - Least Recommended

The monsoon season is generally not advised for Island Peak climbing. Heavy rainfall affects lower trails, clouds often block mountain views, and flights to Lukla are frequently delayed or cancelled. Snowfall, wet conditions, and reduced visibility at higher elevations increase risk, making this the least favourable time for a safe and enjoyable climb.

Island Peak Difficulty Level

Professionals describe the Island Peak trek as a perfect bridge between high-altitude trekking and Himalayan mountaineering. This peak trekking journey is challenging but not extreme, designed for trekkers who want to take their first step into a true summit experience. With proper acclimatisation, training, and guide support, it is well within reach for determined beginners.

What makes Island Peak climbing difficult:

- High altitude (6,189m): The biggest challenge is altitude rather than technical difficulty. Thin air, cold temperatures, and long summit hours test endurance and mental strength.
- Long trekking approach: Several days of sustained trekking through the Everest region demand good cardiovascular fitness and stamina.

- Summit day effort: Summit day can last 10-12 hours, starting before dawn and requiring steady pacing over snow, ice, and glacier terrain.
- Basic technical climbing: The final ascent requires crampons, an ice axe, fixed ropes, and a harness, especially on the steep headwall below the summit.
- Steep snow and ice slopes: Sections near the summit reach 45–50 degrees, adding excitement and requiring focus and balance.
- Cold alpine conditions: Early morning temperatures can drop well below freezing, especially in spring and autumn.

In simple terms, Island Peak is physically demanding, technically manageable, and deeply rewarding. It is tough enough to feel like a real Himalayan achievement, yet structured in a way that allows first-time climbers to succeed with the right preparation and support.

Transportation During Island Peak Climbing

Transportation during Island Peak Climbing is not just a way to get from point A to point B; it is part of the adventure itself. The journey gradually transitions from busy city roads to remote mountain trails, setting the tone for a true Himalayan expedition.

Key transportation stages during the climb:

- International arrival in Kathmandu: Your journey begins with arrival at Tribhuvan International Airport, followed by a private transfer to your hotel in Kathmandu for rest and preparation.
- Domestic flight to Lukla: A short yet dramatic flight from Kathmandu (or Ramechhap during peak seasons) takes you to Lukla Airport (2,800m), the gateway to the Everest and Island Peak region.
- Trekking on foot through the Khumbu: From Lukla onward, all transportation is by foot, following classic trekking trails through Phakding, Namche Bazaar, Tengboche, Dingboche, Lobuche, and Chhukung.
- Porters and pack animals: Porters, yaks, and mules carry the bulk of equipment and supplies, allowing climbers to trek comfortably with a light daypack.
- Return flight from Lukla: After completing the climb and trek, a return flight brings you back to Kathmandu, marking the end of the mountain journey.

All domestic flights, ground transfers, and logistical arrangements are coordinated in advance to minimise delays and ensure safety.

Food and Accommodation During Island Peak Climbing

With Mercy Holidays, trekkers do not have to worry about the food and accommodation arrangements during the Island Peak Climbing journey. That's because we make sure that food and accommodation are designed to keep you well-rested, well-fed, and properly fueled as altitude and physical demands increase.

While comfort becomes simpler the higher up you go, the focus remains on warmth, nutrition, and recovery. Overall, the experience balances authentic mountain living with practical support for a successful summit.

Accommodation

- Teahouse stays during the trek: From Lukla to Chhukung, accommodation is in traditional Himalayan teahouses offering twin-share rooms, blankets, and shared dining areas.
- Basic but comfortable facilities: As altitude increases, rooms become simpler, often unheated, but always clean and safe.
- Island Peak Base Camp camping: At base camp, accommodation shifts to fully supported tented camping, including sleeping, dining, and toilet tents.
- Experienced crew support: Camp setup, meals, and logistics are handled by trained climbing staff, allowing you to rest and focus on acclimatisation.

Food

- Energy-focused trekking meals: Expect a variety of filling options, including dal bhat, noodles, rice, pasta, potatoes, soups, eggs, and seasonal vegetables.
- High-altitude friendly diet: As elevation increases, meals are kept lighter, warmer, and easier to digest to support altitude adaptation.
- Climbing and base camp meals: At base camp, meals are freshly prepared by the expedition cook and tailored to maintain energy for summit day.
- Hydration support: Hot drinks like tea, ginger lemon, garlic soup, and boiled water are regularly available to help prevent dehydration.

Although menus are simpler at higher altitudes, the consistency and nourishment of meals are key to your overall success. By the time summit day arrives, your body is well supported with the calories and rest it needs to perform in extreme alpine conditions.

Altitude Sickness and Acclimatisation

Altitude sickness is one of the most important factors to understand when climbing Island Peak. Since the summit rises to 6,189 meters, your body needs time to adapt to thinner oxygen levels. The good news is that Island Peak itineraries are intentionally designed with acclimatisation days, gradual elevation gain, and expert monitoring to keep the climb safe and achievable.

How is acclimatisation managed during the Island Peak Climbing Trek?

- Gradual ascent profile: The route gains altitude steadily through Namche Bazaar, Dingboche, Lobuche, and Chhukung, allowing your body to adapt naturally.
- Dedicated acclimatisation days: Rest days in Namche Bazaar and Dingboche, including acclimatisation hikes, help increase red blood cell production.
- “Climb high, sleep low” approach: Short hikes to higher elevations followed by lower sleeping altitudes improve oxygen efficiency.
- Base camp training day: Time spent at Island Peak Base Camp allows further adaptation while learning technical climbing skills.

Common altitude sickness symptoms to watch for:

- Headache, dizziness, or nausea
- Loss of appetite or unusual fatigue
- Difficulty sleeping at higher camps
- Shortness of breath at rest

Safety measures in place:

- Daily health checks by experienced guides

- Flexible itinerary to allow extra rest if needed
- Immediate descent protocols if symptoms worsen
- Emergency evacuation planning, including helicopter rescue if required

Most climbers experience mild altitude effects at some point, which is completely normal. With proper pacing, hydration, nutrition, and guide support, the vast majority adapt well and continue safely toward the summit.

Acclimatisation is not a race here; it is a core part of the Island Peak climbing experience and one of the key reasons this peak remains accessible to first-time Himalayan climbers.

What to Pack for the Island Peak Climbing Trek

Packing for Island Peak Climbing is all about layering, functionality, and reliability. You do not need extreme expedition gear, but every item should perform well in cold, high-altitude conditions. A well-planned kit keeps you warm, safe, and comfortable from the trekking days through to summit morning.

Here are what you must carry for the Island Peak Climbing Trek:

Clothing layers

- Base layers: Moisture-wicking thermal tops and bottoms (2-3 sets)
- Mid layers: Fleece or a light insulated jacket for warmth while trekking
- Insulation layer: Down or synthetic jacket rated for sub-zero temperatures
- Outer shell: Waterproof and windproof jacket and trousers (Gore-Tex or similar)
- Trekking pants & shirts: Lightweight, breathable, quick-dry
- Summit gloves: Insulated, waterproof gloves plus lighter inner gloves
- Warm hat & buff: Essential for cold mornings and summit day
- Sun hat & sunglasses: High UV exposure at altitude

Footwear

- Mountaineering boots: Double or insulated single boots compatible with crampons
- Trekking boots: Broken-in, waterproof boots for the approach trek
- Camp shoes: Lightweight sandals or insulated booties
- Socks: Wool or thermal socks (4-5 pairs)

Climbing and technical gear

- Crampons
- Ice axe
- Climbing harness
- Helmet
- Ascender (jumar)
- Carabiners and belay device

Backpacks and bags:

- Trekking backpack (30-40L): For daily essentials
- Duffel bag (80-100L): Carried by porters
- Dry bags or packing cubes: Keep gear organised and dry

Sleeping and personal items:

- Four-season sleeping bag: Rated to at least -15°C
- Sleeping bag liner: Adds warmth and hygiene

- Headlamp: With spare batteries for summit night
- Trekking poles: Very helpful for long descents
- Water bottles or hydration system: Plus purification tablets
- Personal first-aid kit: Blister care, pain relief, personal medication
- Sunscreen & lip balm: High SPF is essential
- Toiletries & wet wipes: Keep it minimal

Optional but highly recommended:

- Power bank or solar charger
- Camera or action cam
- Earplugs for teahouses
- Snacks you trust at altitude

Besides, the Mercy Holidays guide will also provide a detailed packing checklist and gear rental options in Kathmandu, so you do not need to buy everything before arriving.

Ready to Climb the Island Peak?

Island Peak is more than just a summit. It is a carefully guided journey from classic Everest trekking to your first true Himalayan mountaineering experience. With the right preparation, experienced guides, and a well-paced itinerary, this climb is challenging, achievable, and deeply rewarding.

If you are ready to take the next step, now is the time to turn preparation into action. Speak with a specialist team, review dates and inclusions, and start planning a climb that prioritises safety, acclimatisation, and summit success.

Book the package right away with Mercy Holidays!