Trip Notes

Everest Southeast Ridge Route



CLimb the planet's highest peak "Mt. Everest" with some of our veteran sherpas.

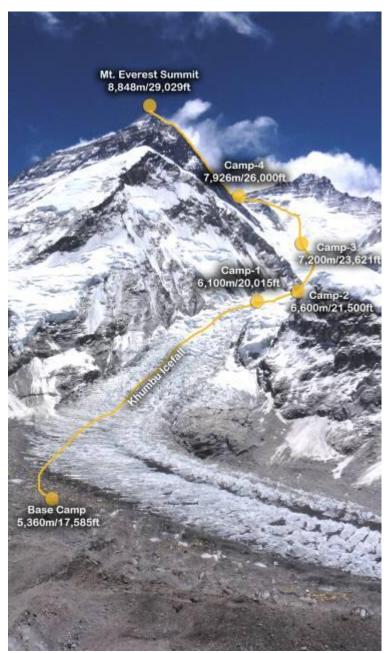
An adventure of a lifetime!



Table of contents

- Expedition facts
- » Introduction
- Climbing route and high camps
- Expedition Highlights
- Expedition Timing
- » Grand Himalaya on Mt. Everest
- » Oxygen
- The team
- Support
- » Sherpas
- Flexibility
- Travel Insurance recommendations
- Emergency evacuation
- Emergency Contact
- » Passport & visa
- Trip specific safety
- Accommodation in Kathmandu
- Accommodation on trek
- Meals on the trip
- Electricity
- Electrical Plugs
- Electrical Device Charging
- » Time Difference
- Mobile phones, Internet and Wi-Fi connectivity
- » Feedback
- Short Itinerary
- Itinerary disclaimer
- Cost Includes and Excludes
- Booking Conditions
- » Cancellation
- » Note
- Essential climbing equipment list

Expedition Facts



Location: On the border between Nepal and Tibet, where all of the world's 14 Eight thousand meter peaks are found.

Longitude: 86°55'40' E

Latitude: latitude 270 45' N and 280 0' N and longitude 800 30' E and 870 0' E in the Solukhumbhu District of

Sagarmatha Zone of the kingdom of Nepal

Local People: Sherpas and Tibetan

Duration

61 days from Kathmandu to Kathmandu

Route

Southeast ridge route (Normal route)

Physical Grading: 5

Your trek up Mount Everest will be the most incredible experience of your lifetime. With that in mind, you'll want to make sure your body is in the right physical condition before you even make an attempt.

Start by visiting your doctor for a complete physical. You'll need to make sure you have great cardiac health and it will be important to make sure your blood pressure and cholesterol are under control. Poor cardiac health means your body won't be able to properly pump blood throughout your body, resulting in a lack of oxygen in an already oxygen-depleted area as well as an inability to keep your body warm.

You'll also need to begin a physical training regime, including running and strength training. We highly recommend you take a mountain climbing course to refresh your technical skills before you start making practice climbs in high-altitude terrain.

Trip style: Very active

This trip is designed for outdoor adventurers who are ready to undertake some real challenge to the most

technically, physically and mentally demanding peak of the Himalayas, and for those who has a previous Himalayan experience.

Service level: Basic

- Excellent value, competitive price
- For travellers preferring flexibility, convenience and the security of small groups
- ✓ Simple and clean accommodations and/or well-maintained campsites
- ✓ Highly experienced and educated Staffs, who are mainly the Sherpas from highlands of the Himalaya.
- Well designed itinerary by our experts, to suit from novice to experienced trekkers/mountaineers for the Himalayan adventures.

Trip type: Small group

Group trips average about 8 travellers per departure, depending on the adventure. The maximum is usually no more than 12 on Everest Expedition.

Introduction

"The mountain is called "Sagarmatha" in Nepal, which means "Forehead of the Sky" and in Tibetan language it is called Chomolungma or Qomolangma meaning "Mother of the Universe". The mountain was given its English name by Andrew Waugh, the British surveyor-general of India."

Climbing Mount Everest is the adventure of a lifetime. The planet's highest peak is an outstanding mountaineering challenge, which yearly attracts hundreds of climbers from throughout the world.

A trekking tour to the Everest Base Camp used to start from Jiri 188 km. Eastward of Kathmandu but since few years due to problems of political situation in Nepal, mostly climbers and trekkers take flight to Lukla, just 35 minutes fly from Kathmandu.

As you trek ahead from Lukla, you will be passing Namche Bazaar, densely populated by Sherpas and a trading junction of this region. It is the capital town of Khumbu valley or Everest region and the highlight of Everest base camp trek. En route we will bump across the world famous monastery, Tengboche Monastery, which can be viewed from the top of Mt. Everest.

Trekking through many renowned Sherpa settlements, we finally approach to the Base camp from where our expedition starts.

Grand Himalaya climbs the original route on the south side, pioneered by Tenzing Norgay Sherpa and Edmund Hillary in 1953. This route is of moderate difficulty, but great beauty and fascinating history. It is our pleasure to provide support and logistics for experienced and self-reliant climbers.

The Grand Himalaya sherpa team includes some of the most experienced and skilled climbing sherpas, whose more than a decade long involvement in the Mountaineering expeditions can surely double the chances of your success on Mt. Everest. Likewise, our hardworking base camp staffs are both well-trained and hospitable.

Climbing Route and High Camps

By the time we reach at base camp, our climbing leaders and Sherpa will be well on the way to having the lower part of the mountain (the Khumbu Ice Fall) already fixed with ropes and ladders. We will establish four camps on the mountain. The first, at 19,500ft, is situated at the top of the ice fall. This camp functions as an intermediate camp until Camp II (advanced base camp) is established at 21,000ft. Camp II will consist of large tents for cooking and dining and several smaller tents for sleeping. Camp II will be our base during the placements of Camp III and Camp IV (23,500ft and 25,912ft respectively). Camp III, which stands at the head of the cirque on the Lhotse face, will consist of three and four man tents. This camp serves as an intermediate camp which climbers will use to reach Camp IV (high camp) on the South Col. Most of our Sherpa are able to carry directly from Camp II to Camp IV, so large amounts of gear are not needed at Camp III to establish Camp IV. Oxygen will be used above Camp III to help aid climbers in reaching high camp before attempting the summit. From Camp IV, we travel along the South East Ridge to the South Summit. From here we traverse for a few hundred meters before reaching the Hillary step and then onto the main summit.

> Khumbu Icefall

The Khumbu Icefall is the most technically demanding portion of the climb, and is encountered right out of base camp. Here, climbers must be able to negotiate fixed lines quickly and without supervision. Skills required include the ability to ascend and rappel vertical to overhanging fixed lines. A special team of Sherpa's will establish and maintain the route through the icefall. This team will span numerous crevasses with ladder bridges. Above the icefall, most of the route is equipped with fixed lines, with the exception of large flat and crevasses-free areas in the western CWM.

After the Icefall, the climbers arrive at Camp I, which is located at 19,500 feet. Depending on the type of expedition, Camp I will either be stocked by the climbers as they ascend and descend the Icefall or by Sherpas in advance. The area between Camp I and Camp II is known as the Western Cwm. As the climbers reach Camp II at 21,000 feet, they may be temporarily out of sight of their support at Base camp. Nonetheless, modern communication devises permit the parties to stay in contact.

Camp II – 6,600m/21500ft

As the climbers leave Camp II, they travel towards the Lhotse face (Lhotse is a 27,920 foot mountain bordering Everest). The Lhotse face is a steep, shiny icy wall. Though not technically extremely difficult, one misstep or slip could mean a climber's life. Indeed, many climbers have lost their lives through such mishaps.

ightharpoonup Camp III – 7,200m/23,621ft

To reach Camp III, climbers must negotiate the Lhotse Face. Climbing a sheer wall of ice demands skill, strength and stamina. It is so steep and treacherous that many Sherpas move directly from Camp II to Camp IV on the South Col, refusing to stay on the Lhotse Face.

ightharpoonup Camp IV – 7,926m/26,000ft

As you're leaving C4...it's a little bit of a down slope, with the uphill side to the left. There are typically snow on the ledges to walk down on, interspersed with rock, along with some fixed rope. The problem with the rope is that the anchors are bad, and there's not much holding the rope and a fall could be serious. Fortunately it's not too steep, but there is a ton of exposure and people are usually tired when walking down from camp. The rock is a little down sloping to the right as well, and with crampons on, it can be bit tricky with any kind of wind. There's a little short slope on reliable snow which leads to the top of the Geneva Spur, and the wind pressure gradient across the spur can increase there as you're getting set up for the rappel. Wearing an oxygen mask here can create some footing issues during the rappel, because it's impossible to see over the mask and down to the feet. For that reason, some people choose to leave Camp 4 without gas, as it's easier to keep moving down the Spur when it's important to see all the small rock steps and where the old feet are going. Navigating down through all of the spaghetti of fixed ropes is a bit of a challenge, especially with mush for brains at that point. One lands on some lower ledges which aren't so steep, where fixed ropes through here are solid. At this point, it's just a matter of staying upright, and usually, the wind has died significantly after dropping off the Spur. The route turns hard to the left onto the snowfield that leads to the top of the Yellow Bands.

Camp IV, which is at 26,300 on the Lhotse face, is typically the climbers' first overnight stay in the Death Zone. The Death Zone is above 26,000 feet. Though there is nothing magical about that altitude, it is at this altitude that most human bodies lose all ability to acclimate. Accordingly, the body slowly begins to deteriorate and die - thus, the name "Death Zone." The longer a climber stays at this altitude, the more likely illness (HACE - high altitude cerebral edema - or HAPE - high altitude pulmonary edema) or death will occur. Most climbers will use oxygen to climb and sleep at this altitude and above. Generally, Sherpas refuse to sleep on the Lhotse face and will travel to either Camp II or Camp IV.

Camp IV is located at 26,300 feet. This is the final major camp for the summit push. It is at this point that the climbers make their final preparations. It is also a haven for worn-out climbers on their exhausting descent from summit attempts (both successful and not). Sherpas or other climbers will often wait here with supplies and hot tea for returning climbers.

From Camp IV, climbers will push through the Balcony, at 27,500 feet, to the Hillary Step at 28,800 feet. The Hillary Step, an over 70 foot rock step, is named after Sir. Edmond Hillary,

who in 1953, along with Tenzing Norgay, became the first people to summit Everest. The Hillary Step, which is climbed with fixed ropes, often becomes a bottleneck as only one climber can climb at a time. Though the Hillary Step would not be difficult at sea level for experienced climbers, at Everest's altitude, it is considered the most technically challenging aspect of the climb.

> Summit Attempts

After Camps III and IV are established and all our supplies are in place, we return to Base Camp for a rest. At Base Camp we will organize our summit teams and prepare ourselves for summit attempts. Once we are ready, we return to Advanced Base. If good weather prevails we move the summit team to Camp III, on day 2/3. Day 3/4 will be summit day for the team. They will start very early that morning and attempt to reach the summit before mid-day. After the summit, they retreat back to the Camp IV and on to Camp III. Next day the team will back to camp II & base camp.

As always, weather plays a major part in all actual summit attempts. We will try as many summit attempts as safely possible as our goal is to put the maximum number of people on the summit. Guides and Sherpa will accompany all summit attempts and oxygen will be used.

> Summit - 8848m/29,029ft

Once the climbers ascend the Hillary Step, they slowly and laboriously proceed to the summit at 29,028 feet. The summit sits at the top of the world. Though not the closest place to the sun due to the earth's curve, it is the highest peak on earth. Due to the decreased air pressure, the summit contains less than one third of the oxygen as at sea level. If dropped off on the summit directly from sea level (impossible in reality), a person would die within minutes. Typically, climbers achieving the great summit will take pictures, gain their composure, briefly enjoy the view, and then return to Camp IV as quickly as possible. The risk of staying at the summit and the exhaustion from achieving the summit is too great to permit climbers to fully enjoy the great accomplishment at that moment.

Expedition Highlights

- Climb the world's highest peak, Mt. Everest and stand atop the world.
- Follow the footsteps of Tenzing Norgay Sherpa and Edmund Hillary, the Southeast ridge route (Normal route).
- Climb Mt. Everest with veteran Sherpa Guides and climbing sherpas, who have more than few Everest summits under their belt.
- * Experience the bird eye view of the astounding Himalayas from the highest point on earth, the third pole.
- **Explore** the vastness of the Himalayas.
- **Experience** the unique culture of the Sherpa people.
- ❖ Expert & experienced Cooking Crews during the expedition
- ❖ Nice and friendly staffs with good communication skills in English.
- **&** Best quality logistics throughout the expedition.
- Competitive price with world-class services.

Expedition Timing

The best time of year to climb Mount Everest is during April and May before the monsoon arrives making it impossible to climb.

The weather during the month of May is more predictable, though you'll still be subject to frigid temperatures and whiteout conditions.

The snow conditions on Mt. Everest will be quite stable at this time of the year with the May month offering best summit windows.

Grand Himalaya on Everest

Our aim is to provide you with a safe, enjoyable and successful expedition to the Himalaya. We provide all of our clients with a smooth and efficient service to maximize both your enjoyment and your chances of a successful climb. The benefits of climbing with us on Mt. Everest are:

A well- planned itinerary and acclimatization schedule based on our experience of leading expeditions to Everest since 2003.

We provide a good level skilled of Sherpa support. Our Sherpas will stock the camps with tents, stoves and food, as well as climbing with members when necessary (for example, on summit day).

We have some veteran sherpas who have been working in this mountaineering industry for many years and with their experience, mountaineering skills, and their amazingly fit at high altitude will surely double the possibility of your successful climb.

We have a cozy base camp with separate tents for each team member, high backed chairs and gas heater in a double skinned mess tent and solar power. You will be served with an excellent food in base camp cooked by our well trained Nepalese staff, with meals supplemented by western food.

We have high-quality mountain tents, stoves and equipment on the mountain and have the ability to leave tents in place at each camp.

Oxygen

Grand Himalaya will provide enough oxygen for the ascent. Normally it would be budgeted as follows: One bottle for the climb from Camp Three to Camp Four, one bottle for sleeping at Camp Four at (South Col), 5 bottles for summit and return to South Col. Traffic on summit day had been creating tragedy on the mountain each year due to running out of oxygen after long traffic at Hillary step. We now provide our valuable clients/staff with sufficient amount of oxygen to avoid serious trouble.

The Team

The team will consist of competent mountaineers, each with enough previous high-altitude and general mountaineering experience to climb an 8,000-metre mountain. This will ensure that team members are suitably prepared, physically and mentally, are technically competent, and are reasonably self-sufficient and capable of moving between camps unsupervised, if necessary.

Support

If you join this trip with us, you will have a high level of support, starting with strong, confident leadership and experienced sherpas. This will maximize your chances of success without undermining the quality of your achievement. The Leader and any other Assistant will accompany you throughout the expedition, as you would expect.

Sherpas

The expedition will be supported by several strong and experienced sherpas, at a ratio of one sherpa for one team member especially on the summit day. If you book this trip early in advance, it would be much easier for us to make necessary precontract with our sherpas who have already made many ascents of 8,000 meter peaks to their credit on Everest among others. In preparation of the route and for summit day, the sherpas will be responsible for all load carrying and for preplacing all of the camp stores essential for each team member's ascent. This will leave the team members to focus on their own acclimatization and minimize exhaustion so that people start summit day least tired and as well prepared physically as possible. In addition to the Leaders, the sherpas will accompany the team to the top on summit day.

Flexibility

Whereas every effort will be made to keep to the original itinerary; changes may occur due to snow conditions, electrical storms, or other imponderables of whatever nature whether physical, climatic, human or political.

Travel Insurance recommendations



Travel Insurance



We recommend cancellation insurance to protect your investment.

We require participants to have travel insurance that covers medical expenses, evacuation and repatriation. Please ensure that your chosen policy provides cover for the activities (Trekking and climbing with guide and roped up) and localities in which you will travel Nepal, to elevations up to (Altitude 8848m/29,029ft) above sea level).

Emergency evacuation

Helicopter rescue services are available. Evidence of insurance will be required by the evacuation services before the helicopter will fly. And it can be landed at Everest/Lhotse base camp. However, emergency evacuation cost is not included in your expedition cost.

Most helicopters struggle above 5000m. Often a helicopter can only take one person at the limit of its operating altitude. There is no mountain rescue squad available, the victims have to be evacuated to a safe helicopter landing site preferably below 5000m.

Emergency Contact

Should you need to contact Grand Himalaya during a situation of dire need, here is the contact information furnished below:



- 1. Office Landline phone1: +977 1 4474479 (10am to 5pm/ Saturday off)
- 2. Namgya Sherpa (Managing Director) Cell No. + 977- 98414274399 (7/24)
- 3. Prem Gurung (Operations Director) Cell No.: + 977- 9849164089 (7/24)
- 4. Sonam Bhote (Marketing Director) Cell No. : + 977- 9803852718 (7/24)
- 5. Tendi Wongmu Sherpa (Sales Officer) Cell No. : + 977- 9841427120 (7/24)

Passport & visa

A passport with at least 6 months validity beyond the duration of the trip is required and it is your responsibility to obtain your own visa (this can be obtained on the arrival at Kathmandu international airport at a charge of:

- ➤ Single entry visa valid for 15 days US \$25
- ➤ Single Entry Visa for 30 days US \$40
 - ➤ Multiple entry visa valid for 90 days US \$100.

You will need **one** passport size photograph for the visa. (We will forward you the visa form once you booked for the trip).

4 passport size photographs and passport details will also be required for the climbing permit and these should be supplied to Grand Himalaya before the start of expedition on the **Post Box No: - 9935** Kathmandu, Nepal.



For more details, please check Travel Tips on our Website

Trip specific safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. The hotels we use in Kathmandu have a safety deposit box which is the most secure way of storing your valuables and please make sure you get a receipt if you use any of this facility.

A lock is recommended for securing your luggage.

Accommodation in Kathmandu

With Grand Himalaya trip cost, you will be accommodated in a 4 star category hotel in Kathmandu on B&B (Bed & Breakfast) basis. Team members will be accommodated on a twin share basis in large en-suite rooms. Single rooms are available if you prefer, for which a supplement is payable. However 5 star hotel accommodations will be arranged by Grand Himalaya on your request for additional cost. Your early booking the trip along with deposit of 25% of the total trip cost per person is highly required to make necessary accommodations in Kathmandu and Lodges in related trekking region, domestic flight reservation for your trip.

Accommodation on expedition

Lodge accommodation will be provided during the trek up to Everest/Lhotse base camp, and on the way back to Lukla after the expedition, which will be in the best available lodges in the area. Team members will be accommodated on a twin share.

At base camps you'll be sleeping in your tiny little castle, "Tent".

The food will be served in a snugly and spacious mess tent, well equipped with tables and high backed chairs. There will be another mess tent for cooking meals for the entire team and for storing the food and vegetables.

At base camp, each and every member will have their own tent along with reasonably thick foam mattresses, unless there are couples willing to share the tent.

Above the base camp on high camps, two people will be sharing the tents.

Meals on the trip

This expedition to the Himalaya's most attractive as well as the highest peak is well furnished with the entire camping equipments along with the fresh food.

At base camp, our well experienced and qualified chefs will serve you with the Nepali versions of western recipes such as Italian pizza and pasta, American French fries and sandwich, Indian and Nepalese veg. curry rice, Chinese friend noodles and steam dumplings, Sherpas mix stew and Tibetan bread, and so on. Hot drinks, snacks, soup and desert are also in the list of our special menu. French toast, cornflakes, muesli, chapatti, scrambled and sunny side up fried eggs, accompanied by tea variety and fresh coffee are in the hit lists of our breakfast. And of course Nepali milk tea is served every day. Above the base camp, there will be mostly packed/dry high altitude food and drinks for instance, American back country food, and the sherpas will prepare these food for you.

Electric Chargers

Electricity

230V

50Hz



Electrical Plugs

European plug with two circular metal pins Indian-style plug with two circular metal pins above a large circular grounding pin

Electrical Device Charging

Most of our hotels en route on the trek, there will be pay electric devices charging facility.

Time Difference

GMT is less than Nepal by 5 hours 45 minutes

Mobile phones, Internet and Wi-Fi connectivity

Trekking is a wonderful break from the wireless world, but in the towns and cities out here, it is now your choice whether you disconnect or stay connected.

Check your mobile phone roaming services prior to leaving to know whether you might have service.

Nepal - Kathmandu

Most overseas roaming-enabled mobile phones work in Kathmandu and Pokhara. You should be aware that occasionally an SMS (text) message sent to you will arrive 20 times. You can send messages out, normally without problem. Blackberry services and GPRS etc are now available. Local SIM cards can be bought from corner shops and start at around \$8 (cheap!), and refills by scratch cards, very easy and convenient. You need an UNLOCKED phone to use a local SIM. Internet cafés litter Thamel and other tourist haunts, so checking your Yahoo, Gmail etc. is easy and cheap. For laptop users there are more and more free Wi-Fi cafés.

Everest Region, Nepal

Ncell now covers Everest Base Camp as well as most of the trekking route to EBC! There is internet in Namche, Tengboche, Pangboche, Dingboche, Gokyo, Thargnak, Gorakshep and more.

Feedback

After your travels, we want to hear from you! Your feedback information is vital to us to enhance the quality of our services and adventures. Please help us to improve our services by filling the feedback questionnaire, which will be provided to you at the end of the expedition. The best quality service is our foremost priority.

"What is the shortest word in the English language that contains the letters: abcdef?

Answer: feedback. We believe that feedback is one of the essential elements of progress."

Short Itinerary

Day 1: Arrive Kathmandu rest and relax.

Day 2-3: City sightseeing tour of Kathmandu valley and final renting/purchasing requisite stuffs for expedition.

Day 4: Final preparation for the expedition

Day 5: Fly to Lukla

Day 6-14: Trek to Everest Base Camp

Day 15-54: Mt. Everest climbing period

Day 55: Clear BC.

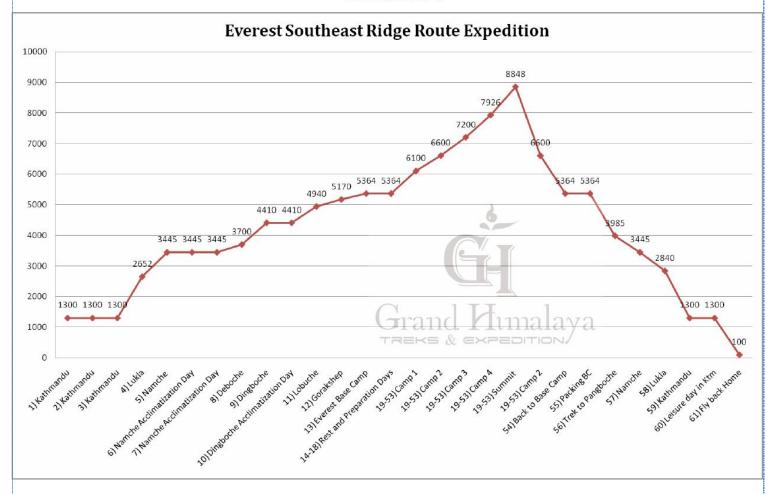
Day 56-58: Trek back to Lukla

Day 59: Fly back to Kathmandu early morning, free afternoon for showering, shaving etc.

Day 60: Leisure in Kathmandu, celebration dinner party with all local staff in the evening.

Day 61: International departure is according to your flight schedule.

Altitude Profile In Meters



Itinerary disclaimer

The itinerary is the strongest part of our trip. Stick to it and you will have little altitude related illness problems, go one day harder and you can be in big trouble. In our decade long experience as a guide and leader, we have tested these programs out several times. Sometimes they will seem slow but it's about enjoying the trip not pushing hard and having a headache all day. You need a very good reason to go faster. Going slower is Ok, just watch your overall progress. Shifting up one day instead of having a rest day can mean headaches and you then have to have a rest day later anyway! Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions and the health of climbers can all contribute to changes. The trek Leader/Guide and cook will try to ensure that the trip runs according to plan, but an easy going nature will be an asset! Issues that result in changes to trip finish dates, hotel or air tickets requirements etc need to be communicated to grand Himalaya HQ ASAP.

Furthermore, our Trip Notes is a general guide to the trek and region we are going to visit. Any mention of specific destinations or flora and fauna is by no means a guarantee that they will be visited or come across.

Cost Includes and Excludes

What the price includes

- ☑ Mt. Everest climbing permit from South-East ridge
- ☑ 6 (six) night hotel accommodation in Kathmandu in a 4 star category hotel on twin sharing, breakfast is included.
- Return domestic air ticket Kathmandu-Lukla-Kathmandu (in a Twin Otter)
- ✓ Excess baggage and domestic airport taxes.
- ☑ Necessary number of porters and yaks to carry the Expedition loads from Lukla-EBC-Lukla
- ☑ Liaison officer fee.
- ✓ Ice fall fee.
- ☑ Rope fixing charge above C2-SUMMIT
- Sirdar (Namgya Sherpa) who has made 11 successful ascent of Mt. Everest from both North and south side.
- Well trained Cook and kitchen boys at both in BC & Camp two 6400m.
- Climbing Sherpa (1:1 ratio) especially on summit day. It is useful, especially if you have no previous experience of climbing above 8000m. This will several times multiply your safety and chances on successful summiting.
- ☑ All necessary climbing hardware gear.
- ☑ All necessary camping and kitchen gear.
- ☑ Private tent at Base Camp with mattress.
- ✓ Well insulated dining tent at BC with gas heaters inside
- ☑ Toilet & Shower tents at BC.
- ☑ All meal & drinks at Base Camp and en-route.
- ☑ Quality high altitude food.
- Mountain Hardware and Ozark 3.1 tents for higher camps (Tent on sharing between two climbers).
- ☑ Store & communication tent at BC.
- ✓ Necessary number of EPI gas with burner.
- ☑ 4 litre capacity of brand new "SUMMIT" Oxygen (7 bottles each member & 4 for Sherpa).
- ✓ New Brand "SUMMIT" Mask and Regulator set (Only for use).
- VHF Radio base at BC & one hand held set between two climber during climbing period
- Solar panel/generator at base camp for recharging & power supply.
- ☑ 5 extra bottles of Oxygen with mask set for emergency purpose at Base camp.
- ☑ Insurance of climbing Sherpa and local team members.
- ☑ All pick up & drop transportation from airport to airport both domestic & international.
- Occasional alcoholic beverage will be provided at BC only.
- Celebration meal in Kathmandu after the expedition with all the local staffs at Everest summiteers club restaurant, Rum Doddle.

What the price does not include

- Your International & home country domestic airfares, transfers en route & excess baggage
- Your personal insurance. Medical, mountain rescue & repatriation cover is obligatory.
- Your personal expenses e.g. phone call, laundry, and alcohol.
- Tipping to the guide & local staffs.
- Main meals (Lunch & Dinner) in Kathmandu apart from celebration meal in Kathmandu.
- Your Nepal entry visa fee (USD \$100 available on entry) Valid for 90 days.

Cost of electronic appliances.	
Cost of emergency evacuation.	
Your personal climbing gears.	
Summit bonus for your personal climbing Sherpa (Minimum is \$700-1000)	
Satellite phone usage is available, but at an additional cost	
Extra night accommodation in Kathmandu because of early arrival, late departur return from mountain (due to any reason) than the scheduled itinerary	e, early

Booking Conditions

A deposit of 25% of the total trip cost is payable at the time of booking and the final balance due 8 weeks before the start of the trip. The act of booking implies that you have accepted the ethos of the trip and any objective or subjective risks associated with it.

Cancellation

Should you wish to cancel your booking please inform us immediately in writing by email or letter. The following charges will apply, as a percentage of the trip:

- ✓ More than 42 days before departure 25% of total cost
- ✓ 42 to 29 days 50% of total cost
- \checkmark 28 days to 15 days 75% of total cost and
- ✓ 14 days or less -100% of total cost.

These cancellation charges go to paying, amongst other things, outside Guides that have been contracted in, hotel or airline deposits, staff wages, setting up costs etc.

Note

No refund if any member breaking from the group due to illness or otherwise, and not utilized any services. Medical evacuation costs, extra accommodation or any other fees associated with early departure, change of itinerary, or breaking from the group due to illness or otherwise. The cost may need to be paid by clients at the time and may be able to be claimed back from your travel insurance company.

✓ Expedition Gear Checklist



Personal Clothing

	1 pair of 3	season	walking	boots,	must	be v	well	fitting
&	comfortable	;						

☐ 1 pair of Trainer (approach) shoes
☐ 5+6 pairs of Warm woollen socks plus thin cool max socks
☐ A warm woollen base layer
☐ 4/5 Cotton or Cool max T-shirts
☐ 2 suit to Thermal top & bottoms Icebreaker are recommended
☐ 1 suit of Wind proof jacket with hood & trouser with full side zip (Gore-Tex)

☐ 1 Suit of Waterproof jacket & trouser	☐ 1 pair of Gaiters for boots appropriate to type of				
☐ A fleece jacket & trouser with side zips	boot, e.g. for Koflach use Forty below neoprene over boot.				
☐ 1+1 Warm hat wool or Synthetic that covers your	☐ 1 pair of Foldable Trekking-poles				
ears.	☐ 1 pair of Crampons of rapid-fix, quick-releasable bail				
☐ Thick Gore-Tex & thin fleece gloves	type				
☐ 1+1 Sun & snow Glacier glasses 100% UV	☐ 1 Pocket knife (Swiss knife)				
protection with side flaps and a hard-sided storage case (i.e. Julbo/Cebe). 1 pair extra sunglasses (Also with UV protection in case your 1st pair breaks or lost)	☐ 1 Goggle (wearing on Ski type) ☐ 1 Harness comfortable and well fitted				
☐ 1 Down jacket (available for hire in Kathmandu at					
charge of \$ 2 per day) if required.	☐ 1 Abseiling gear: descender (Figure of 8), locking				
☐ 1 - 4/5 season sleeping bag (available for hire in	bineer				
Kathmandu at charge of \$ 4 per day) if required.	☐ 2+1 Ascending gear: Jumar (recommended Petzl				
☐ 1 Rucksack 60-70 litre	made) plus tap slings				
☐ 3 Walking trousers must be warm & comfortable	☐ 2 Cord or tape with carabineer for clipping onto fixed rope				
☐ 1 pair of Sandals	☐ 1 Helmet (Recommended Petzl made which is much				
☐ 1 Shade hat or baseball cap	lighter)				
	☐ 1 Head lamp with enough spare batteries and a bulb				
☐ 1 Small duffel bag for luggage storage in Kathmandu	☐ 1 Ice axe non-technical l (55'-60mm) length				
☐ 1 Small stainless steel thermos (optional)	☐ 1 Fleece scarf of neck gaiter				
☐ Binoculars (optional for viewing the route from the	— I Preece scar of neck gaiter				
lower camps)	☐ 2 Water bottle 1 litre (Nalgene or Sig type)				
☐ Camera 1 light weight point & shoot on the	☐ 1 Hard Shell jacket with hood Waterproof and				
mountain, 1 large SLR type is optional for the trek in and base camp	breathable. Gore-Tex or equivalent is best, roomy enough to fit over multiple layers.				
☐ Hydration bladder with drinking tube for lower	☐ 1 pair of Modular expedition shell mitts. OR Pro				
mountain-(optional).	Mitts If they do not have wrist straps consider sewing one on so that you can either attach it to your jacket or				
☐ Sleeping pad full length closed cell foam (mandatory) and/or? Length Therm-A-Rest for extra	cinch the strap to your wrist so that you do not lose your mittens in high winds.				
warmth and comfort	☐ 1 Daypack is optional for the approach hike, possible				
☐ Swim suit while you in Kathmandu hotel	use on summit day and carry-on pack. If you plan to use				
Personal Equipment	it for your summit pack it must be large enough for your down jacket, misc. clothes, food and water. The Lowe Alpine Neutrino or Black Diamond Speed 28 is				
☐ 1 pair of Mountaineering boots (Everest or Millet	excellent, lightweight (16 oz.) choices.				
type). However, climbing boot must be comfortable & well fitted over two pairs of socks on.					

☐ 2 Locking carabineers Large, pear-shaped carabineer is best, screw gate type recommended	☐ Small padlock for duffel bag (depending how many duffel bags you have).					
☐ 1 Down sleeping bag rated to -40 C.	☐ Favourite snack foods					
☐ 1 First-aid kit with ibuprofen and any other doctor recommended medications.	☐ Paperback books, Sudoku book, cards, Walkman, IPod etc.					
☐ 2 sticks Lip balm, at least SPF 20. A string taped to the stick is helpful, to hang around your neck.	☐ Personal toiletries as necessary.☐ 3-4 Large plastic bags, for keeping miscellaneous gear dry.					
☐ 1 Sunscreen. At least SPF 40.						
☐ 3 Water bottles 1 litre wide-mouth Nalgene (1 is a pee bottle).	☐ Nylon stuff sacks for food and gear storage (OR has a good selection); large Ziplocs are useful also.					
☐ 1 Plastic mug w/snap-on lid, 16 oz. or larger.						
☐ 3 regular carabineers Light weight BD Hot wire are recommended.	☐ Camp towel					
☐ Ice axe w/leash Light weight (i.e Grivel Air tech,	☐ First aid kit and blister kit					
Black Diamond Raven, or Charlet Moser Snow Walker) Under 5'7" use 60cm, 5'7"- 6'2" use 65cm, over 6'2" use 70cm.	☐ Personal medicines including your usual medicines AND 1 course each of (usually available in Kathmandu):					
☐ Face mask/balaclava	 Respiratory antibiotic (e.g. Amoxycillin) Gastrointestinal antibiotic (e.g. Ciprofloxacin) 					
Other Personal Gear	 Gastrointestinal antibiotic (e.g. Ciprofloxacin) Gastro treatment (e.g. Imodium) Mild pain killers (e.g. 					
☐ Valid Passport and passport size photos.	Aspirin/paracetamol/ibuprofen)					
☐ Fanny pack or wallet for travel documents, money &	Throat lozengesAltitude medication (e.g. Diamox)					
passport.						
Equipment supplied by us						
 2 Grand Himalaya Treks Kit bags will be provided for you in Kathmandu for the trek. This will be included in your trek cost. Your travelling kit bag can remain at the Hotel in Kathmandu with spare clothes for after the trek. Satellite phone (pay for air time used: USD \$5/minute) Sleeping tents, dining tent, all cooking and eating equipment & food on trek/climb 240VAC generator at BC to recharge camera batteries Barrel or duffle bag for transporting personal gear by Yak and truck Climbing ropes, fixed safety ropes Snow anchors, ice anchors, rock anchors, v-thread cord etc. 						
NOTE: You must have all of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment (If forgotten) but don't rely on it.						
*						



Grand Himalaya Treks & Expedition Pvt. Ltd. Chabahil Stupa, Near Ganesh Mandir, Kathmandu, Nepal P.O. Box No.: 9935 Phone No.: +977 1 4474479

Email: info@grandhimalayaexpedition.com OR grandhimalayaexpedition@gmail.com

www.grandhimalayaexpedition.com

