

Trip Notes

Lhotse Expedition



“Climb the world's 4th highest peak “Lhotse” and follow the footsteps of Edmund Hillary and Tenzing Norgay Sherpa.”

www.grandhimalayaexpedition.com


Grand Himalaya
TREKS & EXPEDITION

Table of contents

- » Duration
- » Latitude & Longitude
- » Duration
- » Route
- » Physical Grading
- » Trip style
- » Service level
- » Trip type
- » Introduction
- » Expedition Highlights
- » Expedition Timing
- » Grand Himalaya on Mt. Lhotse
- » Oxygen
- » The team
- » Support
- » Sherpas
- » Flexibility
- » Travel Insurance recommendations
- » Emergency evacuation
- » Emergency Contact
- » Passport & visa
- » Trip specific safety
- » Accommodation in Kathmandu
- » Accommodation on Expedition
- » Meals on the trip
- » Electric chargers
- » 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



Duration

53 days from Kathmandu to Kathmandu

Latitude: 27.96670°N
Longitude: 86.93330°E

Route

South-West ridge
(Normal route)

Physical Grading: 6

Your trek up Mount Lhotse 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: Active

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

Trip type: Small group

It's quite good to have smaller number of people in a group which is not less than 5 climbers. The maximum is usually no more than 12.

Introduction

Lhotse in Tibetan or Sherpa term means the south summit/peak.

Mt. Lhotse is sometimes mistakenly identified as the south peak of the Everest massif. No serious attention was turned to climbing Mt. Lhotse until after Everest had finally been ascended. Mt. Lhotse was first climbed in 1956 as an alternative route to the summit of Everest.

It is the fourth highest mountain on Earth (after Mount Everest, K2 and Kanchenjunga) and its long east-west crest is located immediately south of Mount Everest (8848m/29,029ft) and the South Col, a vertical ridge that never drops below 8,000 meters, connects the summits of the two mountains.

It is connected to Everest via the South Col. In addition to the main summit at 8,516 metres (27,940 ft) above sea level, Lhotse Middle (East) is 8,414 metres (27,605 ft) and Lhotse Shar is 8,383 metres (27,503 ft). It is located at the border between Tibet (China) and the Khumbu region of Nepal.

Lhotse is best known for its proximity to Mt. Everest and the fact that climbers ascending the standard route on that peak spend some time on its northwest face. In fact Lhotse has the smallest topographic prominence value of any official eight-thousander, as it rises only 610 m (2,000 ft) above the South Col. Hence it is often seen as a minor eight-thousander.

However, Lhotse is a dramatic peak in its own right, due to its tremendous south face. This rises 3.2 km (2.0 mi) in only 2.25 km (1.4 mi) of horizontal distance, making it the steepest face of this size in the world. The south face has been the scene of many failed attempts, some notable fatalities and very few ascents (one of them, by Tomo Cesen, unverified).

The main summit of Lhotse was first climbed on May 18, 1956 by the Swiss team of Ernst Reiss and Fritz Luchsinger from the Swiss Mount Everest/Lhotse Expedition. On May 12, 1970, Sepp Mayerl and Rolf Walter of Austria made the first ascent of Lhotse Shar. Lhotse Middle remained, for a long time, the highest unclimbed named point on Earth; on May 23, 2001, its first ascent was made by Eugeny Vinogradsky, Sergei Timofeev, Alexei Bolotov and Petr Kuznetsov of a Russian expedition.

The Lhotse standard climbing route follows the same path as Everest's South Col route up to the Yellow Band beyond Camp 3. After the Yellow Band the routes diverge with climbers bound for Everest taking a left over the Geneva Spur up to the South Col, while Lhotse climbers take a right further up the Lhotse face. The last part to the summit leads through a narrow couloir until the Lhotse main peak is reached.

Expedition Highlights

- ❖ Climb the world's fourth highest peak, Mt. Lhotse.
- ❖ Follow the footsteps of Tenzing Norgay Sherpa and Edmund Hillary, and share the Southeast ridge route (Normal route) of Everest until Geneva Spur.
- ❖ Climb Mt. Lhotse with veteran Sherpa Guides and climbing sherpas, who have more than few 8000 meter summits under their belt.
- ❖ Experience the bird eye view of the astounding 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 season to climb Lhotse is during the peak season of Everest Expedition and that is April and May. One of the key benefits of this is that 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 and Lhotse will be quite stable at this time of the year with the May month offering best summit windows.

Because Lhotse is not an overly crowded peak as Everest during these months, it is often helpful to have at least few groups on mountains above 8000 meters to help fix the rope and to establish a good rhythm of foot placement.

Grand Himalaya on Lhotse

Our aim is to provide you with a safe, enjoyable and successful expedition to Nepal. We provide all of our climbers 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. Lhotse are:

A well-planned itinerary and acclimatization schedule based on our experience of leading expeditions to Lhotse since 2005.

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-3 to Camp-4, one bottle for sleeping at Camp-4, 3 bottles for summit and return to camp-3. But to increase the possibility of successful climb and to descent back to camp 2 safe and sound, we will be providing 4 bottle of Oxygen on summit day and 2 for camp-3 and camp-4, all total 6 bottles.

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 pre-contract 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 pre-placing 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 8,516m/29,035ft) 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)
6. Mingmar Gyalpo Bhote (General Manager) Cell No. : + 977- 9849508129 (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.

You can scan your photograph nicely and attach and email it to us.

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. 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.

Important note:

- Power cuts can and are a regular occurrence in Nepal, especially throughout Kathmandu. Although the hotel has generators there may be times when these won't work.

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 most technically demanding 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 2/4: City sightseeing tour of Kathmandu valley and final renting/purchasing requisite stuffs for expedition.

Day 5: Final preparation for the expedition

Day 6: Fly to Lukla

Day 7-14: Trek to Everest/Lhotse BC

Day 15/45: Mt. Lhotse climbing period

Day 46: Clear BC.

Day 47-50: Trek back to Lukla

Day 51: Fly back to Kathmandu early morning, free afternoon for showering, shaving etc.

Day 52: Leisure in Kathmandu, celebration dinner party with all local staff in the evening.

Day 53: International departure is according to your flight schedule.

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!

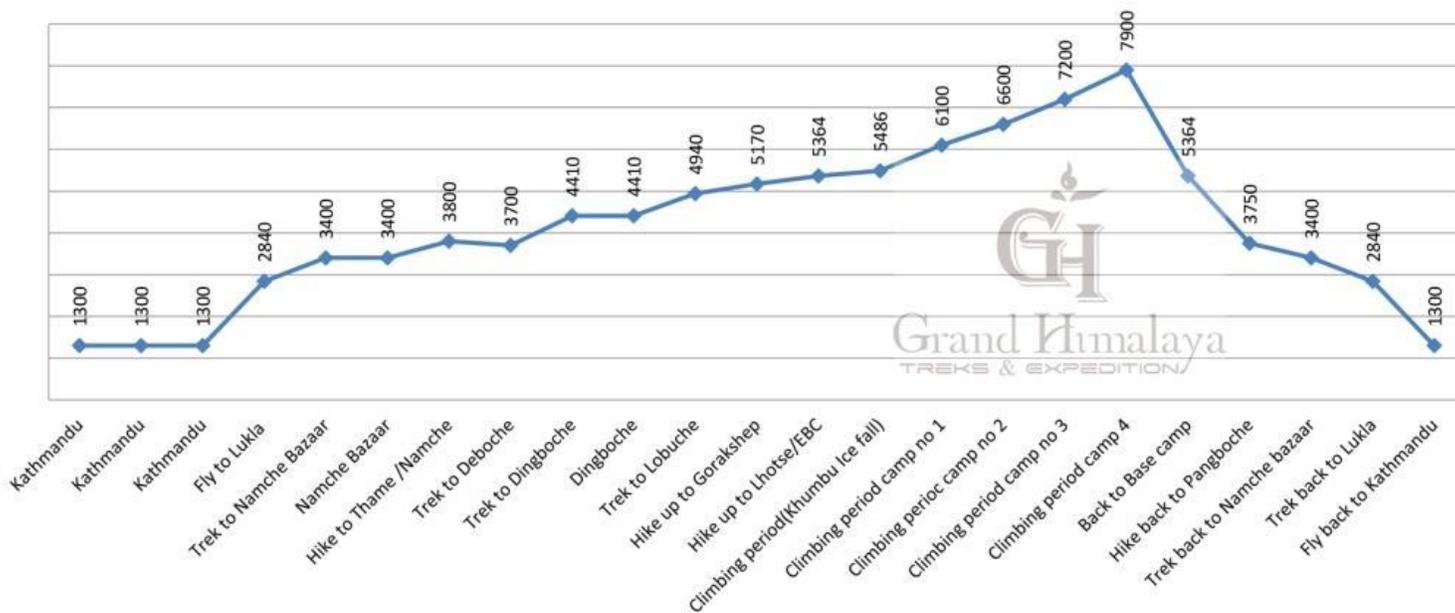
Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions and the health of climbers can all contribute to changes. The trek Leader/Guide and cook will try to ensure that the trip runs according to 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.

Altitude Profile In Meters

Lhotse Expedition



Cost Includes and Excludes

What the price includes

- Mt. Lhotse climbing permit fee from South-West ridge (Normal route)
- All govt. taxes.
- 5 (five) night hotel accommodation in Kathmandu in a 3 star category hotel on twin sharing, breakfast is included.
- Return domestic air ticket Kathmandu-Lukla-Kathmandu.
- 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
- One Sherpa climbing guide/Sirdar who already climbed Lhotse & many 8000m peaks
- 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 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 (6 bottles each member & 3 for Sherpa).
- New Brand "SUMMIT" Mask and Regulator set.
- 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.
- Gamow bag & Oxygen with mask set for medical purpose at Base camp.
- Comprehensive first aid kit (bring your personal first aid kit).
- 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 Duddle.

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, soft drinks, alcohol and shower.
- Tipping to the guide & local staffs.
- Main meals (Lunch & Dinner) in Kathmandu apart from celebration meal in Kathmandu after the trip.
- 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 \$500)
- Satellite phone usage is available, but at an additional cost
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary

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
- ✓ 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.

✓ Essential gear checklist



Personal Clothing

- 1 pair of 3 season walking boots, must be 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
- A fleece jacket & trouser with side zips
- 1+1 Warm hat wool or Synthetic that covers your ears.
- Thick Gore-Tex & thin fleece gloves
- 1+1 Sun & snow Glacier glasses 100% UV 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 Down jacket (available for hire in Kathmandu at charge of \$ 2 per day) if required.
- 1 - 4/5 season sleeping bag (available for hire in Kathmandu at charge of \$ 4 per day) if required.
- 1 Rucksack 60-70 litre
- 3 Walking trousers must be warm & comfortable
- 1 pair of Sandals
- 1 Shade hat or baseball cap
- 1 Small duffel bag for luggage storage in Kathmandu
- 1 Small stainless steel thermos (optional)
- Binoculars (optional for viewing the route from the lower camps)
- Camera 1 light weight point & shoot on the mountain, 1 large SLR type is optional for the trek in and base camp
- Hydration bladder with drinking tube for lower mountain-(optional).
- Sleeping pad full length closed cell foam (mandatory) and/or? Length Therm-A-Rest for extra warmth and comfort
- Swim suit while you in Kathmandu hotel

Personal Equipment

- 1 pair of Mountaineering boots (Everest or Millet type). However, climbing boot must be comfortable & well fitted over two pairs of socks on.

- 1 pair of Gaiters for boots appropriate to type of boot, e.g. for Koflach use Forty below neoprene over boot.
- 1 pair of Foldable Trekking-poles
- 1 pair of Crampons of rapid-fix, quick-releasable bail type
- 1 Pocket knife (Swiss knife)
- 1 Goggle (wearing on Ski type)
- 1 Harness comfortable and well fitted
- 1 Abseiling gear: descender (Figure of 8), locking biner
- 2+1 Ascending gear: Jumar (recommended Petzl made) plus tap slings
- 2 Cord or tape with carabineer for clipping onto fixed rope
- 1 Helmet (Recommended Petzl made which is much lighter)
- 1 Head lamp with enough spare batteries and a bulb
- 1 Ice axe non-technical 1 (55"-60mm) length
- 1 Fleece scarf or neck gaiter
- 2 Water bottle 1 litre (Nalgene or Sig type)
- 1 Hard Shell jacket with hood Waterproof and breathable. Gore-Tex or equivalent is best, roomy enough to fit over multiple layers.
- 1 pair of Modular expedition shell mitts. OR Pro Mitts If they do not have wrist straps consider sewing one on so that you can either attach it to your jacket or cinch the strap to your wrist so that you do not lose your mittens in high winds.
- 1 Daypack is optional for the approach hike, possible use on summit day and carry-on pack. If you plan to use 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 excellent, lightweight (16 oz.) choices.

- 2 Locking carabineers Large, pear-shaped carabineer is best, screw gate type recommended
- 1 Down sleeping bag rated to -40 C.
- 1 First-aid kit with ibuprofen and any other doctor recommended medications
- 2 sticks Lip balm, at least SPF 20. A string taped to the stick is helpful, to hang around your neck
- 1 Sunscreen. At least SPF 40
- 3 Water bottles 1 litre wide-mouth Nalgene (1 is a pee bottle).
- 1 Plastic mug w/snap-on lid, 16 oz. or larger.
- 3 regular carabineers Light weight BD Hot wire are recommended
- Ice axe w/leash Light weight (i.e Grivel Air tech, Black Diamond Raven, or Charlet Moser Snow Walker) Under 5'7" use 60cm, 5'7"- 6'2" use 65cm, over 6'2" use 70cm
- Face mask/balaclava

Other Personal Gear

- Valid Passport and passport size photos
- Fanny pack or wallet for travel documents, money & passport
- Small padlock for duffel bag (depending how many duffel bags you have).
- Favourite snack foods
- Paperback books, Sudoku book, cards, Walkman, iPod etc
- Personal toiletries as necessary

3-4 Large plastic bags, for keeping miscellaneous gear dry

Camp towel

Nylon stuff sacks for food and gear storage (OR has a good selection); large Ziplocs are useful also.

Hand wipes

Equipment supplied by us

- ✓ 2 Kit bags (1 Kit bag with your name on it 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 in Kathmandu (If forgotten) but don't rely on it.





Grand Himalaya

TREKS & EXPEDITION

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Leader in the
Himalayan Adventures



Trekking/Peak Climbing/Mountaineering