

Ama Dablam Expedition

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Thanks for your interest in our 2012 Ama Dablam Expedition. One of the most beautiful peaks in the world, Ama rises above the Dudh Kosi River valley on the way to Everest Base Camp in Nepal.

After our successful guided expeditions in '03, '05, '06, '07, '08, '09, '10, '11 and two more successful teams that we supported with logistics and Sherpas, we have a great track record on the mountain. Our Pangboche based Sherpas (who literally live right at the base of the mountain) led by longtime IMG stalwarts Kami and Ang Passang, are perfectly positioned to work with our Ama Dablam climbers.

After trekking to Everest Base Camp for acclimatization, then a warmup climb or Lobuche, we travel to Ama Dablam BC ready to climb! We will establish a totally buffed out Base Camp complete with individual sleeping tents, showers, VHF radio and satellite comms (phone and e mail). On the mountain our climbers will enjoy Sherpa support with rope fixing and supply of the Camps 1, 2, and 3 with tents, stoves, cooksets, bags, food, fuel, and pads.

Our 2012 Ama Dablam expedition will be Professionally Led by an IMG Senior Guide. We provide a top quality logistics package including an acclimatization climb of Lobuche Peak and 2:1 guiding on Ama Dablam. Please shop around and if you can find a better Ama Dablam deal, buy it!

AMA DABLAM SUMMIT CLIMB.....\$9,250
April 15 – May 19, 2012
October 9 – November 10, 2012

This 36 day (US to US) program is designed for experienced climbers who want to enjoy the structure and leadership of a top notch program, yet maintain some personal flexibility. Climbers joining our Ama Dablam program will receive full logistics support for their climb, plus IMG leadership and guiding provided at a 2:1 ratio.

Please contact me personally if you have further questions or would like to discuss different options. We can put together a package for you that meets your requirements.

I'll look forward to hearing from you,

Eric Simonson
 IMG Himalayan Program Director

Ama Dablam: Just The Facts

Summit:

22,494' • 6856m

Set Your GPS:

27°, 54' N • 86°, 50' E

First Boot-Prints on Top:

The first ascent was in March of 1961 by Mike Gill, Barry Bishop, Mike Ward & Wally Romanes via the southwest ridge.

You Should Still Bring a Jacket:

The Jet Stream tends to stay well above Ama Dablam, so climbs aren't as prone to long delays as on taller neighboring peaks.

By Any Other Name:

Ama Dablam means Mother's Charm Box. Ama (mother) refers to the mountain's long ridges stretching over the valleys below like protective arms. Dablam is for the distinct hanging glacier on the southwest face which looks like the traditional deity pendants worn by Sherpa women.

Because It's There, but Also...:

The appeal of Ama Dablam is not so much the height as the dramatic beauty, universally recognized difficulty (with some slopes at 45 to 50 degrees), and...

Location, Location, Location:

Five of the world's six highest mountains are visible from the summit of Ama Dablam.

“If I had to sum up what impressed me the most, I would have to say that it was never once in the entire 2-plus months, did I ever feel like IMG or its people ever cut a corner on anything. Everything was a class act, well organized, and people really seemed thrilled and enthusiastic about being a part of something great...”

—Jeff

Program Fees and Payment Schedule

Ama Dablam Climb \$9,250

Costs included in trip fee: Transfers for international flights airport-hotel-airport, transfers for domestic flights hotel-airport-hotel, hotel in Kathmandu at beginning of the expedition, all permit fees, Liaison Officer, Lukla flight (roundtrip) including two duffels per person, complete trek service to Lobuche Peak and Ama Dablam Base Camp, complete base camp service including cooks and asst cooks, all food, individual sleeping tents and mattresses, group dining tent, access to IMG comm tent and storage tents including access to medical gear, emergency O2, Gamow bag, Base Camp radio, walkie talkies, satellite phone available for \$3.00/minute, Sherpa support and guiding while climbing and trekking.

Costs not included in trip fee: Flights from home to and from Kathmandu. Travel expenses and hotels before the stated itinerary, hotels in Kathmandu at conclusion of expedition (we can assist making reservations), personal gear, excess baggage charges, airport taxes and visas, Sherpa tip pool (we suggest \$200 per person), satellite telephone air charges, personal sundries and beverages, costs incurred as a result of delays or events beyond the control of IMG, [recommended insurance policies](#) (medical, evacuation, trip cancellation, etc.), and customary but optional tips for IMG staff.



Payment Schedule*	<u>Summit Climb</u>
With Application	\$1,000
6 months prior departure	\$2,500
3 months prior departure	\$5,750

All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.

“I could go on and on, but the bottom line is that your organization is first-rate in every respect. Thanks for everything... I hope to make use of your services again...”

—Tom G.

“A lot of people have asked me about my trip and I've told them that if they ever want to go on an altitude oriented adventure, to connect with the guys at IMG. You run a great show...”

—W.G.S.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

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Expedition Organization and Leadership

International Mountain Guides (“IMG”)

IMG is the oldest and most respected high-altitude climbing service in the world and its three principals, Eric Simonson, Phil Ershler, and George Dunn, have led and organized hundreds of expeditions worldwide since 1975. Each is an AMGA Certified Alpine Guide with Himalayan expedition experience including Everest, K2, Kangchenjunga, Shishapangma, and Cho Oyu. IMG’s Himalayan mountaineering programs are organized and directed by Eric Simonson, one of the world’s premiere expedition organizers. Under his direction IMG has conducted over forty Himalayan expeditions. His teams include a group of professionals and Sherpas who are the best in the business. Since 1990, over 450 IMG team members have summited the world’s classic 8,000-meter peaks, including Everest, Cho Oyu and Shishapangma.

Ang Jangbu and the IMG Sherpa Team

A veteran of dozens of expeditions and an Everest summiter, Ang Jangbu has worked with Eric Simonson on every IMG Himalayan program since 1991 and is a very popular leader. Ang Jangbu Sherpa and his staff put together one of the very best Sherpa teams for IMG. We are proud to have a group of Sherpas working for us who are among the best paid, best led, best equipped, and best trained in the business.

IMG’s Philosophy

Our goal is to safely help as many team members as possible reach their goal, and we invest in the people and equipment that will make this happen. We value our reputation as the premiere international climbing company, and we only put programs in place that measure up to our own high standards. If you would like to join a world-class team on Ama Dablam, we encourage you to contact us to discuss your goals and qualifications and secure an exciting role for yourself on our expedition!

References

Joining a high-altitude trek or expedition is a serious decision. You should be completely confident in the organization and leadership before you make that decision. Many of you have climbed with us before, and because your experience with us was good, you’re considering another climb with us. For those of you who haven’t climbed with us before, we strongly encourage you to interview us thoroughly and also talk to our past customers. When you’re ready to make the decision, we’ll be happy to provide you with a complete list of references.

Air Travel and Insurance Arrangements

International Mountain Guides has worked for many years with Ms. Pirjo Dehart and her staff at CTT Destinations to provide professional travel service for participants in our programs. We urge you to contact CTT Destinations at 800/909-6647 or img@cttdestinations.com for help with your plans.

We invest in insurance coverage for commercial liability and medical and disability insurance for our employees and Sherpas while participating on our programs. We cannot insure you for your personal needs, but we do expect you to be as fiscally responsible as we are. We strongly recommend that you insure yourself against potentially expensive difficulties that may arise. First, Trip Cancellation Insurance may provide financial relief should you be forced to withdraw from the program before it even happens. Next, make sure you have adequate Travel Insurance for coverage should you have a problem during the trip. Medical care and evacuation in remote locations can be expensive. We recommend Travelex as a sole provider of [Trip Cancellation and Travel Insurance](#).

“We put a lot of effort and research into choosing the right way to go for Everest, and I left the mountain without a doubt that we chose and were with the best organization and people on the hill. I think most of the rest of base camp knew it too...”

—Jeff

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

Things to Consider

Climbing high peaks in the Himalaya is serious business. I am proud of the way we conduct ourselves, and I think we provide the best package available. I encourage you to contact me to discuss in person all the details of our programs. We know we're not the cheapest deal around, and we don't want to be. We spend more providing the best personnel, equipment, logistics and safety measures – things that many lower-cost programs cannot afford and do not have. We don't cut corners. As you shop around, consider the following:

- **IMG** leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients enjoy the immense benefit of their leadership skill and expertise. We do not think you will find any other Ama Dablam climbing or trekking programs that will be led or staffed by persons of the caliber we will field for Ama Dablam. We challenge you to try!
- **IMG** always complies with all local, state, federal, and international regulations for the countries in which we climb. This includes proper visas and climbing permits, full insurance and equipment for our employees and Sherpa support teams, and complete adherence to all environmental regulations. Our great safety record allows us to operate with full liability insurance. All client funds are deposited in a regulated trust account. We take our business seriously!
- **IMG** Sherpas are top-notch. We hire the same great Sherpas every year, we treat them with respect, we pay them well and they like working with our teams. Most of them have been on many climbs with us over the years and many of them have multiple Ama Dablam summits. Many of them are now graduates of the Alex Lowe Sherpa Climbing School. Our enthusiastic cooks do a great job and our menus are well considered. It makes a difference!
- **IMG** itineraries are longer than most others offered on the market. We know how to acclimatize properly and we don't rush.
- **IMG** brings advanced technology to the mountain. All climbers will be issued a VHF walkie-talkie radio. Solar power at Base Camp quietly supports our satellite communications, allowing us to maintain excellent emergency contact capabilities and keep friends and family informed of our progress during the long weeks away from home. IMG will post regular internet dispatches and/or send regular e mail updates to keep friends and families apprised of the climbers progress.

Difficulty

How hard is Ama Dablam? You need to have solid rockclimbing and cramponing skills and be able to climb and rappel with a pack on. You'll be jumaring on fixed ropes. There are several short, steep sections of near vertical ice and rock on the spectacular ridge between Camp 1 and Camp 3 that require strength and technique. Most importantly, you need good common sense and the ability to learn and adapt. Ama Dablam is usually climbed un-roped, using fixed ropes, so it is common for climbers to move together but at the same time be semi-independent on the mountain between camps. We will provide a walkie-talkie to all climbers so they can stay in contact. The IMG staff will be available for consultation in all aspects of the expedition.

Expedition Leadership

The IMG Ama Dablam expedition will be staffed at an approximate ratio of 2:1 between team members and IMG staff climbers/climbing Sherpas. The Sherpas will be deployed differently at different times during the climb for the best advantage of the team. When the climbers are down low, most of the Sherpas will be working on fixing rope, building camps, and carrying loads. As the climbing team moves up for summit bid, most of the Sherpas will be deployed to climb in support of the climbers during the attempt.

Personal Sherpa Option

Additional Personal Sherpas (who have successfully climbed Ama Dablam) are available for hire directly from our IMG agent in Kathmandu for \$2000 (includes all their costs) to climb with an individual who desires someone to climb with them on a personal basis.

2012 Ama Dablam Spring Expedition Tentative Itinerary

Day	Date	Ama Dablam Itinerary
Day 1	Sunday, April 15, 2012	Arrive Kathmandu
Day 2	Monday, April 16, 2012	In Kathmandu
Day 3	Tuesday, April 17, 2012	Fly to Lukla, trek to Phakding
Day 4	Wednesday, April 18, 2012	Trek to Namche
Day 5	Thursday, April 19, 2012	Acclimatization day in Namche
Day 6	Friday, April 20, 2012	Acclimatization day in Namche
Day 7	Saturday, April 21, 2012	Deboche
Day 8	Sunday, April 22, 2012	Deboche
Day 9	Monday, April 23, 2012	Dingboche
Day 10	Tuesday, April 24, 2012	Dingboche
Day 11	Wednesday, April 25, 2012	Lobuche base camp
Day 12	Thursday, April 26, 2012	Lobuche base Camp
Day 13	Friday, April 27, 2012	Lobuche and Gorakshep
Day 14	Saturday, April 28, 2012	Everest base camp
Day 15	Sunday, April 29, 2012	Everest base camp
Day 16	Monday, April 30, 2012	Lobuche base camp
Day 17	Tuesday, May 01, 2012	Lobuche high camp
Day 18	Wednesday, May 02, 2012	Climb Lobuche
Day 19	Thursday, May 03, 2012	Extra day
Day 20	Friday, May 04, 2012	Return to Dingboche
Day 21	Saturday, May 05, 2012	Trek to AD base camp
Day 22	Sunday, May 06, 2012	
Day 23	Monday, May 07, 2012	
Day 24	Tuesday, May 08, 2012	
Day 25	Wednesday, May 09, 2012	
Day 26	Thursday, May 10, 2012	
Day 27	Friday, May 11, 2012	
Day 28	Saturday, May 12, 2012	
Day 29	Sunday, May 13, 2012	
Day 30	Monday, May 14, 2012	
Day 31	Tuesday, May 15, 2012	
Day 32	Wednesday, May 16, 2012	
Day 33	Thursday, May 17, 2012	Return to Namche
Day 34	Friday, May 18, 2012	Return to Lukla
Day 35	Saturday, May 19, 2012	Fly to Kathmandu

AMA DABLAM CLIMBING

2012 Ama Dablam Autumn Expedition Tentative Itinerary

Day	Date	Everest BC Trekkers	Lobuche Climbers	Ama Dablam Climbers
1	Tuesday, Oct 09, 2012	Arrive Kathmandu	Arrive Kathmandu	Arrive Kathmandu
2	Wednesday, Oct 10, 2012	Free Day in Kathmandu	Free day in Kathmandu	Free day in Kathmandu
3	Thursday, Oct 11, 2012	Fly to Lukla, Phakding	Fly to Lukla, Phakding	Fly to Lukla, Phakding
4	Friday, Oct 12, 2012	Namche	Namche	Namche
5	Saturday, Oct 13, 2012	Namche	Namche	Namche
6	Sunday, Oct 14, 2012	Namche	Namche	Namche
7	Monday, Oct 15, 2012	Deboche	Deboche	Deboche
8	Tuesday, Oct 16, 2012	Deboche	Deboche	Deboche
9	Wednesday, Oct 17, 2012	Pheriche	Pheriche	Pheriche
10	Thursday, Oct 18, 2012	Pheriche	Pheriche	Pheriche
11	Friday, Oct 19, 2012	Lobuche BC	Lobuche BC	Lobuche BC
12	Saturday, Oct 20, 2012	Lobuche BC	Lobuche BC	Lobuche BC
13	Sunday, Oct 21, 2012	Kala Pattar, overnight GorakShep	Kala Pattar, descend to Lobuche BC	Kala Pattar, descend to Lobuche BC
14	Monday, Oct 22, 2012	Pheriche	Lobuche BC	Lobuche BC
15	Tuesday, Oct 23, 2012	Namche	High camp	High camp
16	Wednesday, Oct 24, 2012	Lukla	Training/acclimatization	Training/acclimatization
17	Thursday, Oct 25, 2012	Fly to Kathmandu	Climb Lobuche Peak	Climb Lobuche Peak
18	Friday, Oct 26, 2012		Dingboche	Dingboche
19	Saturday, Oct 27, 2012		Ama Dablam BC	Ama Dablam BC
20	Sunday, Oct 28, 2012		Namche	
21	Monday, Oct 29, 2012		Lukla	
22	Tuesday, Oct 30, 2012		Fly to Kathmandu	
23	Wednesday, Oct 31, 2012			
24	Thursday, Nov 01, 2012			
25	Friday, Nov 02, 2012			
26	Saturday, Nov 03, 2012			
27	Sunday, Nov 04, 2012			
28	Monday, Nov 05, 2012			
29	Tuesday, Nov 06, 2012			
30	Wednesday, Nov 07, 2012			
31	Thursday, Nov 08, 2012			Return to Namche
32	Friday, Nov 09, 2012			Return to Lukla
33	Saturday, Nov 10, 2012			Fly to Kathmandu

“I honestly believe you have one of the best guiding outfits. After seeing some of the other groups, I would certainly recommend IMG to anyone...”

—Joe C.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

Ama Dablam Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for Ama Dablam . Most items are required. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items from your duffel. Keep in mind that this list has been carefully compiled by Eric Simonson, the expedition organizer. Don't cut corners on the quality of your gear. In order to assist our clients in understanding and selecting the appropriate equipment for this program, IMG has worked with online outdoor retailer Mountain Gear to post gear lists, along with specific product recommendations, on the Mountain Gear website. These lists can be accessed via links from our website at www.MountainGuides.com . Mountain Gear also offers a 5% discount on all products to IMG customers - visit their online store at www.MountainGear.com or place telephone orders at 800.829.2010.

Climbing Gear

- [] Ice Axe: A 60 cm length is probably the most useful length. Bring a light weight axe with a pick that will stick easily in hard glacier ice. Attach a light weight wrist leash that is usable for climbing steeper terrain. The summit day is a consistent 40 degrees, so a shorter axe is necessary.
- [] 12 point Crampons: These must be sharp and must fit your boot perfectly.
- [] Climbing Harness: Make sure the buckle is easy for you to thread in cold conditions! Gear loops will be useful for this trip as well as adjustable leg loops.
- [] Climbing Helmet: Required. Be sure you can comfortably fit a warm hat underneath.
- [] Hardware: Bring 3 locking and 4 lightweight regular carabiners. It is helpful if at least one of the locking carabiners has a "key gate", like the Petzl Attache. Bring one handled ascender, and one Petzl Tibloc for ascending the fixed rope. You will need rigging material--two sewn 48" nylon slings and 10' of 8 mm perlon should be sufficient. Also include one small 5 mm prussik loop (about 4 feet of cord tied with a double fisherman's knot) for a rappel backup. For rapelling the Black Diamond ATC Guide is good since it can handle ropes from 7.7mm to 11mm. A Figure 8 is an old standby and works on a variety of ropes and also icy ropes. While it twists the ropes more, it is quite foolproof. You might consider both, in case you drop one of them and lose it.

Backpack & Sleeping Bag

- [] Climbing Backpack: Medium size internal frame pack (60 liter capacity). Look for a pack which is comfortable to carry, very durable, as light as is reasonable and one which has a minimum number of bells and whistles.
- [] Sleeping Bag: Bring a sleeping bag comfortable to -20°F. Down is lighter and much more compressible. Be sure to bring a compression stuff sack. Keep in mind that many of your nights will be much warmer than -20, especially on the trek in to base camp.
- [] Sleeping Pads: Bring one RidgeRest or Thermarest pad. A stuff sack helps prevent punctures.

Camp Accessories

- [] Headlamp: Bring a good LED headlamp with 2 sets of lithium batteries for cold conditions. I'd recommend the Petzl MYO RXP.
- [] Water Bottles: 2 wide mouth plastic water bottles with insulated covers. A small Thermos bottle is great for cold mornings. Bring a pee bottle too.
- [] Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure). One bottle of Potable Aqua (enough to treat 25 liters) should be more than sufficient.
- [] Utensils: Bring an insulated mug with a lid, a decent sized bowl, spoon, pocket knife and lighter. You are better to bring lighters from the US. TSA says you can carry them on, or pack two in a DOT approved case. Kathmandu lighters are not very good.

Footwear

- [] Double Climbing Boots with expedition liners. Make sure your crampons can be adjusted to fit them! The newer insulated boots like the Scarpa Phantom 6000, or the La Sportiva Spantik, are ideal for the climb--they climb well enough on the rock sections to Camp 2 and are warm enough for up high.

- [] Approach boots. A good example is the La Sportiva Trango S, which will work on the trek and approach to Camp 1, and even up to Camp 2 if conditions warrant.
- [] Gaiters.
- [] Socks: Four sets of climbing socks.

Clothing

- [] Insulated Parka: Heavyweight insulated expedition parka with hood.
- [] Shell Jacket: Lightweight waterproof-breathable construction with a hood.
- [] Pants: Lightweight waterproof-breathable shell pants or bibs with full-length leg zippers. ALSO very useful are synthetic insulation full-zip pants, for example, Mountain Hardwear Compressor Pants--for evenings and cold summit days.
- [] Mid Layers: Fleece or Soft Shell layering pieces that work well with the rest of your clothing. A Soft Shell jacket and an expedition weight longjohn top will work well.
- [] Climbing Pants: Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion. I'd recommend a Schoeller fabric climbing pant for general use and zippered fleece pants for the summit push.
- [] Base Layers: - 2 synthetic tops and 1 bottom. Zip neck tops are the way to go.

Outerwear Accessories

- [] Mittens: Fleece mittens with an over mitten. Nothing competes with a mitten for warmth when the going get tough.
- [] Ski Gloves: A warm insulated glove with leather palm will be worn a lot of the time.
- [] Light Gloves: Polypropylene or fleece. Leather palms handle the fixed line better.
- [] Leather gloves or good abrasion resistant climbing glove for the rock sections.
- [] Stocking Hat: Wool or fleece stocking hat with ear protection.
- [] Neck Gaiter and/or a Buff (highly recommended).
- [] Baseball hat and Bandana.

Personal Accessories

- [] Eyewear: Bring good sunglasses with side protection. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions. The ski goggles are essential for all climbers in really stormy conditions and can serve as an emergency back up for broken or lost sunglasses.
- [] Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them. Lens solutions are not widely available in Nepal, bring enough for the duration.
- [] Wrist Watch: With alarm and night light. An altimeter watch is useful.
- [] Basic First Aid: Hand sanitizer (Purell), moleskin or Compede, athletic tape, aspirin (some climbers take a baby aspirin every day up high) and/or ibuprofen / acetaminophen, Imodium, Band-Aids, antacid, insect repellent, ear plugs, and two rolls of toilet paper in quart Ziploc bags (we will have a supply at Base Camp), small towel, soap/shampoo. Prescription Medications: 1) Antibiotic for upper respiratory problems; 2) Antibiotic for GI problems; 3) Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week); 4) Sleeping pills for jet lag; 5) Tylenol 3 or similar for severe headaches; 6) Malaria Chemoprophylaxis, if needed based on travel plans (the climb/trek will not enter malaria likely zones); 7) Asthma medication, if any history. For serious illness on high altitude expeditions standard treatment protocol is 8) nifedipine (for pulmonary edema) and 9) dexamethasone (for cerebral edema) in association with immediate descent.
- [] Skin Care: Sunblock lotion (at least #30 protection factor -- have at least one smaller tube (1 oz) that can fit in your pocket) and lip salve. Put your lip protection on a string and hang it from your neck. That way you'll use it. It also works great for your nose.
- [] Garbage Bags: 2 or 3 large plastic bags make great liners for your pack in wet weather.

- [] Personal Snack Food: The food is great on the trek but you might enjoy a few snacks (not more than 5 pounds) from home and also some drink mixes if you like these to add to your water bottle (let the iodine have 30 minutes contact time before adding). Summit climbers should bring some high altitude snacks they prefer for hard days, approximately 10 pounds including a drink mix like Cytomax. Include a number (10-20) of Gu, Power Gel or similar for the upper route.
- [] MP3 Player and Books. Plan on sharing books with the Base Camp Library we establish every year.
- [] Pee Bottle
- [] Chemical Hand Warmers (6)

Travel Items

- [] Duffel Bags: We normally pack all our equipment in two large duffel bags. Make sure they are well labeled with indelible ink as well as a travel tag. The duffels go on the trek/climb with you and will be carried by porters and yaks. Expect for them to get wet and muddy, so rugged, waterproof duffels are good. Bags with wheels are nice for the airport, but the porters and yaks don't like to carry them, so don't bring wheeled bags (or at least not two of them). You will also store some travel clothes at the hotel in Kathmandu while trekking, so a small additional bag with a lock might be handy. You'll want padlocks, but for flying out of the USA, it might be better to use plastic zip ties which can be cut by TSA staff if necessary (bring extra zip ties). Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- [] Daypack: A smaller rucksack makes a great carry-on bag for your flight and is useful during the trek.
- [] Travel Wallet: Some type of secure travel wallet is a must. Remember a pen for travel documents.
- [] Passport (valid for at least 6 months after the trip ends with sufficient extra pages for visa stamps and in same name as airline ticket (or with endorsement-for women who changed name w/ marriage). It is easy to get your Nepal visa on arrival in Kathmandu at the airport...bring a passport photo. Bring a copy of the information pages and a couple of extra passport photographs. Carry these in a separate location. You'll be glad you did if you ever lose a passport.
- [] Camera: with spare batteries, and film or memory cards, but keep it reasonable in size and weight. Consider a small USB drive to make it easy to share photos with your teammates.
- [] Casual Clothes: For travel/meals in dining rooms. You'll want a shirt or two with a collar to wear on flights and for restaurants. A sweatshirt or light jacket might be nice in the evening. Tip: Keep your travel clothing modest, please do not wear short shorts and skimpy tops, the locals take offense.
- [] Bathing Suit: Some of the hotels have pools (eg, in Bangkok).

Trekking Gear

- [] Trekking Poles: Poles come in handy for balance and easing impact to your knees. Get collapsible poles that can attach to your backpack and fit into your duffel.
- [] Backpack: You may choose to bring a smaller "daypack" for your airline travel carry on, and this can be used on the trek if you want to carry a smaller (35 liter or so), light trekking pack. You need a pack big enough for your clothes, water, camera, food, etc during the day.
- [] Pack Cover: Waterproof rain cover for your trekking pack.
- [] Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- [] Trekking Clothes: Light hiking pants and / or hiking shorts for warm weather down low- NOT cotton. Shirts for hiking on nice days (t-shirts OK, quick-drying synthetic fabric is better.) Don't overdo your trekking clothes. A pair of shorts, long pants and a couple of shirts will do. You can hand wash them during the trek as needed.
- [] Lightweight Approach Boots: Find a pair that fits and log some miles in them before your trip. A low cut shoe is adequate, but some hikers will prefer more ankle support.
- [] Sleeping Bag: Climbers will make due with their expedition bag, trekkers only can get by with a lighter bag rated to 10°F.
- [] Sleeping Pad or Thermarest (one light one is sufficient, you will be provided a thick open cell foam "trekking mattress").

Immunizations Checklist

- Tetanus-Diphtheria** - You should already have. Do you need a booster?
- Polio** -You should already have. Do you need a booster?
- MMR** -You should already have. Do you need a booster?
- Meningitis** - Recommended. Consult your physician.
- Hepatitis A** - Recommended. Consult your physician.
- Hepatitis B** - Not a bad idea. Ask your physician.
- Cholera** - Ask your physician. Not usually recommended any more.
- Typhoid** - Not a bad idea to be safe. The tablet form, Vivotif Berna, is good for five years.
- Rabies** - The new vaccine is easy. Rabid animals are occasionally encountered in Nepal.
- Malaria** – Not necessary unless you plan on traveling, for example, to certain parts of Thailand before/after the trip...then malaria chemoprophylaxis is recommended (we suggest Malarone)



We recommend that you visit the travel clinic at a major University Hospital or your local Public Health Department for the most up to date info on travel requirements, or check the Center for Disease Control Website at www.cdc.gov

“After preparing for many months (and years, really) to pursue the dream of climbing big peaks in the Himalayas, I was encouraged to know that the IMG team had prepared even harder than me to make the climb of Cho Oyu a reality. The logistics and equipment were first rate (oxygen apparatus, personal tents at ABC, large dome dining tent, communications tent, caravan of 50 Yaks) all of which made the difference... The guides' and the Sherpas' prior Himalayan experience was extremely valuable, and proved to be the difference in having a successful summit bid during a difficult weather season. In fact, many climbing teams this spring left the mountain without ever making a summit attempt, mostly because tactical errors on the mountain and lack of good food weakened them unnecessarily....”

—Tom R.

“I can't say enough about our Sherpas. They were all super helpful and friendly. I personally heard Sherpas with two other teams say that we had the strongest Sherpas on the mountain. Jangbu and Ang Passang did an excellent job of dealing with the Tibetan yak herders, as well as coordinating the setting up of and carries to the higher camps. I was fortunate to have Da Nuru as my climbing partner on summit day. He took good care of me. I don't think I would've summited and/or gotten back down to Camp 3 without him. Without his help, I at least would've frostbitten some fingers. And Pemba's fine cooking was a pleasant surprise. I'm sure I actually gained weight at A.B.C., which was key because I lost a lot of weight during the summit bid...”

—Pete F.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml