

## Annapurna IV Expedition

24,688 feet • 7525 meters

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Do you want to go climb a big Himalayan Peak but you don't want to break the bank? Well, give Annapurna 4 a shot! I tried to climb this gorgeous mountain back in autumn 1987. We had a great trip right up until we got creamed by one of the all-time big autumn snowstorms to hit the Himalayas, but I always wanted to try it again. This time, though, we are going to try it in the spring season, when there is a bit less chance of the big snow event.

Leading the 2012 Annapurna 4 expedition will be IMG senior guide Eben Reckord. Eben has summits of Everest and Cho Oyu under his belt and many other climbs and expeditions all over the world. This will be Eben's fourth trip into the Annapurna area in the last three years, so he know the area very well.

Eben will be joined by a cadre of our IMG Sherpa A Team to lend a hand with the camps and route. This climb will require three camps above Base Camp. There is a combination of snow and a bit of rock getting up to Camp 1, then snow to Camp 2 up on the ridge. Higher, we will put a Camp 3. We are not planning to use oxygen, but we will bring oxygen along for emergency. For climbers that do want to use oxygen, we have our personal sherpa and extra oxygen option (they go together).



Going abroad is half the fun of international climbing. Though the climbing itself is brilliant, there is nothing like landing in Kathmandu and experiencing the hustle and bustle of one of the most interesting cities in the world. Then, we are off to sleepy Pokhara, and onto to the famous Annapurna circuit trail, considered as one of the most beautiful treks on the planet.

Eben and our IMG staff will work with you on your technical climbing skills, as well as teaching you the tricks for going to high altitude. This is a fun climb, perfect for climbers with Denali, Cotopaxi, or Aconcagua under their belts who are ready for a real Himalayan expedition.

After the climb ends, for people in a hurry, you have the option of flying straight back to Kathmandu. Or, if you can spare a few days, trek on around the Annapurna Trek to Jomsom via the Thorung La, one of the world's classic high trekking passes (17,873 ft; 5416 meters). From there you can fly back to Kathmandu.

Hope you can join us!

Eric Simonson  
IMG Himalayan Program Director

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***“I have to say, in my opinion, IMG ran one excellent expedition! I have done and do many sports that can get very dangerous very quickly if they are not managed correctly or respected accordingly. You nailed it!”*** —Mark

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

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## Program Fees, Deposit and Payment Schedule

<b>ANNAPURNA IV SUMMIT CLIMB</b>	<b>\$12,750</b>	<b>April 9 - May 17, 2012</b>
<b>ANNAPURNA IV BASE CAMP TREK</b>	<b>\$3,000</b>	<b>April 9 - 28, 2012</b>

This is a guided climb led by Eben Reckord and our IMG Sherpa team, and it 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 summit program will receive full logistics support for their climb, oxygen for the upper mountain, as well as IMG and Sherpa leaders and guides. Please contact us to discuss further what we offer for on-mountain support and compare this to other expeditions.

**A Note on Dates:** *Dates are listed starting with the arrival day to Kathmandu to the arrival day back to Kathmandu at the end of the trip. Note -- the ending dates for the Annapurna IV climb are flexible, depending on weather and conditions. Normally climbers will change their departure flights from Kathmandu when they know exactly when the expedition is going to end. It would be normal to add one week of contingency days to the itinerary.*

**Costs included in trip fee:** *All airport transfers in Kathmandu before and after the climb, hotels with breakfast in Kathmandu for stated itinerary at beginning of expedition, welcome dinner, food and lodging while trekking to and from Base Camp, Park fees, permits, liaison officer, Sherpa climbers and cook staff, camp equipment including sleeping tents, dining facilities, cooking gear and fuel, VHF radio and satellite communications systems, climbing route equipment, first aid kit, hyperbaric (gamow) bag and emergency medical oxygen. Climbers get a single tent at Base Camp.*

**Costs not included in trip fee:** *International round-trip air fare and travel expenses to/from Kathmandu, hotels and meals upon arrival back in Kathmandu AFTER the trip are not covered (we will make a hotel reservation for you in Kathmandu and will cover the cost of your transfer to the Kathmandu airport). Other items not covered include personal gear, excess baggage charges, airport taxes and visas, Sherpa tip pool (we suggest \$400 per person), satellite telephone 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.*

<b>Payment Schedule*</b>	<b>Summit Climb</b>
With Application	\$1,000
6 months prior departure	\$5,000
3 months prior departure	Balance

*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. Payments made by wire transfer to IMG require inclusion of an additional \$30.00 wire transfer fee.*

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***“I just wanted to thank you and the rest of the IMG family... After close to 2 months on the mountain and seeing all the other expeditions, their resources and how they operate, I knew that I had chosen the best...”***

—Zach Z.

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## IMG's Annapurna IV Expedition Options

### DEPARTURE OPTIONS:

Depending on how healthy and how much of a hurry people are in, we have several departure options:

- 1) For people who are sick or need to leave fast after the climb, helicopter service is available from Humre village (below Base Camp) back to Kathmandu. Price is approximately \$6250 with the B2/B3 helicopters coming from Kathmandu. The heli can take approximately 3 passengers and their duffles depending on weights.
- 2) For people want to trek back (without going higher, which is preferable for people with altitude problems that do not require helicopter) then easiest is to retrace the trek route back to Besisahar and drive back to Kathmandu (normally takes 4-5 days). We will organize a porter/guide to hike out with members who need to go this way.
- 3) After the climb, for people who are healthy, it is possible to trek to Jomsom (via Thorung La pass @ 17,873ft/5416m). This normally takes Annapurna circuit trekkers 4 days to Jomsom, but being well acclimatized the climbers should be able to do it in 3. From Jomsom, there are flights back to Kathmandu.

The trip cost includes either #2 or #3 (depending on your health, in the opinion of the leader). The cost of #1 (helicopter option) is not covered.

### PERSONAL SHERPA and OXYGEN OPTION: \$7000

We will assign exclusively to you (in addition to our normal Sherpa support) one of our very best Sherpas. As a small two-person team, you will be able to take advantage of the "best of both worlds" with all the "horsepower" of the main IMG team at their disposal, in case of emergency, but also having the additional flexibility afforded by a climbing partner who is committed to climbing exclusively on your own schedule, when you want to. Your personal Sherpa will also be available to help carry your personal gear to the higher camps. In addition, we will provide oxygen for use at the high camp and on the summit day.

### ANNAPURNA IV, Nepal (24,688 feet • 7525 meters)



## Annapurna IV Spring 2012 Climb Itinerary

Day 1	Monday, April 9, 2012	Arrive Kathmandu
Day 2	Tuesday, April 10, 2012	Free day
Day 3	Wednesday, April 11, 2012	Drive to Besisahar and on to Bulbule (840m), then trek to Ngadi (930m)
Day 4	Thursday, April 12, 2012	Trek to Shyange (1100m)
Day 5	Friday, April 13, 2012	Trek to Tal (1700m)
Day 6	Saturday, April 14, 2012	Trek to Timang (2270m)
Day 7	Sunday, April 15, 2012	Trek to Bradang (2850m)
Day 8	Monday, April 16, 2012	Trek to Humre (3280m)
Day 9	Tuesday, April 17, 2012	Acclimatization day
Day 10	Wednesday, April 18, 2012	Trek to Annapurna IV base camp
Day 11	Thursday, April 19, 2012	Base Camp
Day 12	Friday, April 20, 2012	Base Camp
Day 13	Saturday, April 21, 2012	Fix to camp 1
Day 14	Sunday, April 22, 2012	Carry to camp 1
Day 15	Monday, April 23, 2012	Move to camp 1
Day 16	Tuesday, April 24, 2012	Fix to camp 2
Day 17	Wednesday, April 25, 2012	Carry to camp 2
Day 18	Thursday, April 26, 2012	Move to camp 2
Day 19	Friday, April 27, 2012	Descend to base camp
Day 20	Saturday, April 28, 2012	Rest
Day 21	Sunday, April 29, 2012	Rest
Day 22	Monday, April 30, 2012	Camp 1
Day 23	Tuesday, May 1, 2012	Camp 2
Day 24	Wednesday, May 2, 2012	Fix to camp 3
Day 25	Thursday, May 3, 2012	Move to camp 3
Day 26	Friday, May 4, 2012	Descend to base camp
Day 27	Saturday, May 5, 2012	Rest day
Day 28	Sunday, May 6, 2012	Rest day
Day 29	Monday, May 7, 2012	Rest day
Day 30	Tuesday, May 8, 2012	Camp 1 (Sherpas to camp 2)
Day 31	Wednesday, May 9, 2012	Camp 2 (Sherpas to camp 3)
Day 32	Thursday, May 10, 2012	Camp 3 (Sherpas fix upper mountain)
Day 33	Friday, May 11, 2012	Summit and back to camp 3
Day 34	Saturday, May 12, 2012	Descend to base camp
Day 35	Sunday, May 13, 2012	Pack up base camp and return to Humre
Day 36	Monday, May 14, 2012	Trek to Thorung Phedi
Day 37	Tuesday, May 15, 2012	Trek over Thorung La to Muktinath
Day 38	Wednesday, May 16, 2012	Trek to Jomsom
Day 39	Thursday, May 17, 2012	Fly to Kathmandu

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***“I wanted to say thanks for a great expedition. I was very impressed with the organization and facilities that were put together for the trip. Outstanding group of staff and in general the trip flowed with great ease because of the groundwork you've spent years perfecting. Thanks for the fantastic adventure!”***

—Kris E.

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

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## **Annapurna IV Spring 2012 Base Camp Trek Itinerary**

Day 1	Monday, April 9, 2012	Arrive Kathmandu
Day 2	Tuesday, April 10, 2012	Free day
Day 3	Wednesday, April 11, 2012	Drive to Besisahar and on to Bulbule (840m) and trek to Ngadi (930m)
Day 4	Thursday, April 12, 2012	Trek to Shyange (1100m)
Day 5	Friday, April 13, 2012	Trek to Tal (1700m)
Day 6	Saturday, April 14, 2012	Trek to Timang (2270m)
Day 7	Sunday, April 15, 2012	Trek to Bradang (2850m)
Day 8	Monday, April 16, 2012	Trek to Humre (3280m)
Day 9	Tuesday, April 17, 2012	Acclimatization day
Day 10	Wednesday, April 18, 2012	Trek to Annapurna IV base camp
Day 11	Thursday, April 19, 2012	Base Camp
Day 12	Friday, April 20, 2012	Base Camp
Day 13	Saturday, April 21, 2012	Trek to Manang
Day 14	Sunday, April 22, 2012	Acclimatization, visit monastery
Day 15	Monday, April 23, 2012	Trek to Yak Kharka
Day 16	Tuesday, April 24, 2012	Acclimatization day hiking
Day 17	Wednesday, April 25, 2012	Trek to Thorung Phedi
Day 18	Thursday, April 26, 2012	Trek over Thorung to Muktinath
Day 19	Friday, April 27, 2012	Trek to Jomsom
Day 20	Saturday, April 28, 2012	Fly to Kathmandu
Day 21	Sunday, April 29, 2012	Free day in Kathmandu
Day 22	Monday, April 30, 2012	Depart Kathmandu

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***“I can't say enough good things about both the logistics and the staff. I had plenty of ideas about how the trip should go and what was possible. Your expedition service surpassed all my expectations, provided me with the best opportunity to summit... and as such, I was successful in fulfilling a dream of 20 years. I will recommend your service to anyone interested. It was simply the best on the mountain.”***

—Dan G.

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# Annapurna IV Details

## 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** programs are recognized worldwide as simply outstanding. We are known for our highly professional staff of leaders, climbers and Sherpas, and first-rate logistics, all of which results in our record of safety and success on the mountain. Since 1990, over 490 IMG team members have summited the world's classic 8,000-meter peaks.

## Leadership

The autumn 2012 Annapurna IV expedition is a guided climb, led by IMG senior guide Eben Reckord, under the direction of Eric Simonson. Eben is a veteran of many high altitude expeditions including summits of Everest and two Cho Oyu. This will be Eben's third trip into the Annapurnas in three years, so he knows the area well.. Working for the group will be a number of our IMG “A Team” sherpas, under the direction of Ang Jangbu. IMG has plenty of experience operating in the Himalayas: since 1990, we have had over 490 IMG team members summit the world's classic 8,000-meter peaks, including Everest, Lhotse, Cho Oyu and Shishapangma.

## 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 Annapurna IV, we encourage you to contact us to discuss your goals and qualifications and secure an exciting role for yourself on our expedition!

## The IMG Sherpa team

Ang Jangbu and his staff in Kathmandu puts together one of the very best Sherpa teams on the mountain each year for IMG. We are proud to have a group of climbers working for us who are among the best paid, best led, best equipped, and best trained in the business. Our Sherpa team is the envy of the mountain and is comprised of many of the world's most experienced high altitude climbers. The Sherpa staff on the expedition have many 8,000m summits under their belt! Many of our Khumbu Sherpas do intensive technical skills training on an annual basis with some of the best American climbers in their home town of Phortse, through the Khumbu Climbing School, which IMG is proud to be a sponsor of: <http://www.alexlowe.org/kcs.shtml>

## Difficulty

How hard is Annapurna IV? You need to have solid cramponing skills and be able to rappel with a pack on. You'll be ascending and descending on fixed ropes most of the time, but there may be some sections that will be climbed unroped. If you have a question about whether or not you are ready for a climb like Annapurna IV, please get in contact with us.

## 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 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 ([www.CTTDestinations.com](http://www.CTTDestinations.com)) at 800/909-6647 or [img@cttdestinations.com](mailto:img@cttdestinations.com) for help with your plans.

### Travel Insurance

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](#).

### Annapurna IV 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 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](http://www.cdc.gov)

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*“I had the expedition and experience of a lifetime!! The whole expedition was fantastic, of course getting to the top makes it that much sweeter. Everything was first class, and the way our Sherpas took control on summit day was amazing... I don't have the words to explain really how great the whole expedition was. If you ever need me to speak to a future client, don't ever hesitate. I am already planning my next trip with IMG!”*

—Jeff G.

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

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## Things to Consider

Climbing high altitude 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 a core group that has climbed together extensively, producing a team that knows how to work well together.
- **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** Base Camp is top-notch and our enthusiastic cooks do a great job and our menus are well considered. It makes a difference! Some of the amenities we offer include: a gas powered hot shower, a shower tent, a separate communications tent, individual tents at base camp, excellent base camp food which often includes fresh baked goods, sushi, and tempura by our trained cooks, western snack food, thick foam pads for sleeping, etc. We feel these small comforts go a long way in making our clients more at home at base camp, and allow them to relax and focus on their climb.
- **IMG** itineraries are longer than most others offered on the market, and we allow enough time for a second attempt, if necessary. We know how to acclimatize properly and we don't rush.
- **IMG** brings advanced technology to the mountain. All climber/sherpa teams 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. We have wireless internet available at BC @ \$10/MB.
- **IMG** provides its state-of-the-art proprietary oxygen system to every summit climber. 1800 liters of oxygen will be placed at Camp 3 for use during the summit bid. Additional oxygen will be available for sleeping at C3 as well as emergency and backup.
- **IMG** maintains a full team medical kit at base camp and bring appropriately sized kit up with us to higher camps so we can properly deal with medical situations should they arise. We supply a gamow bag, pulse oximeter, and extra medical oxygen for emergencies.

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*“You clearly have Himalayan climbing "dialed in" from years of experience. Nothing was overlooked. Safety was always top priority, and no shortcuts were allowed. And if I didn't immediately recognize this, the contrast couldn't have been more apparent as we moved up the mountain. I was so glad to be an IMG client. I don't want to criticize other services, but there really is a world of difference, and it's worth every penny!”*

—Robert M.

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## Annapurna IV Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for a high altitude trekking trip. 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.

### Travel Items

- Duffel Bags: One duffel will accompany you on the trek to BC. Climbers will need a second duffel, which will be packed with the mountain equipment and which will go direct to BC. Duffels are carried by porters and yaks and should be sturdy and waterproof with name written on bag (in case tag is lost). 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. You will also store some travel clothes at the hotel in Kathmandu while trekking, so a smaller additional bag with a lock might be handy. **Tip:** Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- Daypack: Large daypack or bag with a shoulder strap, so you don't have to set it down while doing the duffel shuffle or handling travel documents while going through passport control and customs at the airport. It needs to be big enough to hold everything you'll need for an overnight stop.
- Locks: You'll want padlocks in Nepal, 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).
- Travel Wallet: Important for carrying your important documents including passport, extra photos, duffel inventory list, and money. We suggest that you use a travel wallet that you can hang around your neck and place inside your shirt, or around your waist tucked under your shirt or trousers.
- 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). Get your Nepal visa on arrival in Kathmandu at the airport.
- 2 additional passport photos for Nepal visas.

### 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.
- Backpacks: The "day pack" is great for a travel carry-on and may be big enough for the trek (need room for your clothes, water, camera, food, etc during the day while hiking). Climbers will need a larger pack (50-60 liter size is popular) and this will also be fine for the trek. For the international flights put your backpack into the duffel bags.
- Pack Cover: Waterproof rain cover for your pack.
- Sleeping Bag: Rated to at least 0 degrees Fahrenheit. Synthetic or Down. Base Camp can get down to around 0-10 degrees F at night...so quite chilly.
- Trekkers do not need a pad (foam mattress will be provided for trek and Base Camp). Climbers should bring a Thermarest pad to augment the closed cell pads we put in the tents above BC.

### Footwear

- Lightweight Shoes: Running/tennis shoes and sandals for camp, around town, etc.
- Hiking Boots: Medium-weight hiking boots, waterproofed and broken-in.
- Gaiters: To keep snow, mud, and scree out of your hiking boots.

- Socks: 5 complete changes of socks, in a combination that you have used and know works for you. Make sure your boots are roomy enough for the sock combination you intend to use. Tight boots will make your feet cold.

### **Clothing**

- Base Layer: 2 pair synthetic long johns: one midweight set and one expedition weight set.
- Mid Layers: One additional warm layer (wool sweater, another fleece jacket, shelled vest, etc, that can be worn in conjunction to the other layers).
- Shell Jacket: Waterproof/breathable jacket with hood.
- Shell Pants: Waterproof/breathable pants (full side zips are best).
- Climbing/Trekking 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 and dries quickly. You can wear them over longjohns if it is cold.
- Warm Parka: Down or synthetic. This should be big enough to go over other garments. Many climbers also like insulated pants for cold mornings and evenings at BC.
- 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 far better.)
- 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.
- Bathing Suit: Some of the hotels have pools (eg, in Bangkok).

### **Clothing Accessories**

- Gloves: Light gloves for hiking and warm ski gloves. Bring mittens too if your hands tend to get cold.
- Hats: Warm wool or heavy fleece hat, sun hat and bandana.
- A "Buff" or light balaclava to breathe through in the cold dry air. Good for preventing "Khumbu cough"

### **Camp Accessories**

- Headlamp: With several sets of extra batteries. Climbers should bring a second "back up" headlamp.
- Water Bottles: 2 water bottles with foam insulation shells. Bring a Pee bottle too.
- Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- Camera: With spare batteries and a large capacity memory card.
- Pocket Knife. Climbers need to bring Bowl, Cup spoon.

### **Personal Accessories**

- Wrist Watch: With alarm and light for reading in the dark. We like the Suunto ones.
- Eyewear: Bring good sunglasses. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions that cause blowing dust.
- Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them. Lens solutions are not widely available in Nepal, bring enough.
- Skin Care: Maximum SPF sunscreen and lip balm.
- Basic First Aid and personal: Bring plenty of hand sanitizer (Purell). Also you'll want moleskin, tape, aspirin (many climbers take an 81mg aspirin every day to prevent stroke), ibuprofen / acetaminophen, Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid, insect repellent, ear plugs, and several rolls of toilet paper (we will have a supply at Base Camp), small towel, soap/shampoo, a few disposable dust masks, hand cream (for chapped hands)

- Prescription Medications: 1) Antibiotic for upper respiratory problems (azithromycin) 2) Antibiotic for GI problems (Cipro or azithromycin); 3) Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week); 4) Sleeping pills for jet lag; 5) Malaria Chemoprophylaxis, if needed based on travel plans; 6) Asthma medication, if any history (many climbers use Advair inhalers at high altitude to prevent Khumbu cough). For serious illness on high altitude expeditions standard treatment protocol is 7) nifedipine (for pulmonary edema) and 8) dexamethasone (for cerebral edema) in association with immediate descent.
- Cold medicine (Sudafed, etc), Chloroseptic or Tessalon Perles throat lozenges.
- Personal Snack Food: Approximately 5 pounds of personal snacks, also some drink mixes if you like these (add drink mix to your water bottle after giving iodine tablets 30 minutes of contact time). Summit climbers should bring some extra high altitude snacks they know they will like to eat up high!
- MP3 Player, Kindle or Books. Plan on sharing books among your team members. You can also borrow from and add to the Base Camp Library we establish every year.

### ***Climbers add the following***

- Ice axe: We like a general purpose axe in the 60-70 cm range, depending upon your height and the type of climbing you anticipate. A wrist leash is useful for wearing while crossing snow bridges or on steep slopes where losing an axe would be a big problem. A spike with a point is preferable to a tubular shape (which can glance off the ice at certain angles).
- Crampons: The number one rule with crampons is that they need to stay on your boots no matter what. Make sure your boots are compatible with your crampons. Avoid "cookie cutter" crampons with a vertical side rail. They tend to ball up in soft snow. Mono points, heel hooks, and various technical ice paraphernalia may be great for an icicle, but are unnecessary for mountaineering.
- Helmet
- Bowl, Cup, Spoon, Pocketknife for up high
- Climbing Harness: We prefer a harness with a minimum of padding that can be adjusted to fit over bulky clothing with leg loops that open up so you don't have to step into the harness.
- Ascenders & Hardware: Two large locking carabiners, mechanical ascenders with slings, rappel device (Figure 8 or ATC that will work on a variety of rope diameters from 6mm to half inch braided rope), 4 extra shoulder slings with 'biners. Bring 30 feet of 6mm accessory cord or ½ inch tape webbing to rig your ascender and safety sling (we will show you a good way to do this).
- Warm shelled mittens (down or similar insulated preferred)
- Plastic double boots and overboots or many climbers prefer the Millet Everest or the La Sportiva Olympus Mons boots which have an integrated gaiter.
- 1 pair of Glacier glasses, with a spare pair as backup.
- A "Buff" or light balaclava to breathe through in the cold dry air
- Goggles (including light yellow or clear lens for night if it is cold)
- Small repair kit. We'll have a large repair kit at Base Camp with tools, etc.
- Holster or other manner for stowing ice axe (between shoulders under pack?). Must be out of the way and easy to reach with one hand.
- Good 1 liter thermos bottle
- Extra socks (you can hand wash socks and underwear at BC, no problem).
- Down pants that work with the down parka or a down suit. Summit day can be very cold! Many climbers also like insulated pants for cold mornings and evenings at BC.